

Weeks 1 and 2 - Vocabulary

Verbs	se lever	- to get oneself up
	se laver	- to wash yourself
	s'habiller	- to dress yourself
	se coiffer	- to do your hair
	se doucher	- to shower
	se laver les dents	- to clean your teeth
	se brosser les cheveux	- to brush your hair
	se maquiller	- to put make up on
	se regarder (dans la glace)	- to look at yourself (in the mirror)
	se préparer	- to prepare yourself
	se raser	- to shave yourself
Adverbs of time:	De temps en temps	- From time to time
	Quelquefois	- Sometimes
	Toujours	- Always
	Tous les jours	- Every day
	Tous les soirs	- Every evening

Weeks 3 and 4 - Vocabulary

Verbs:	Porter - to wear
Nouns:	
shirt	- la chemise
t-shirt	- le tee-shirt
jumper	- le pull
Jeans	- le jean
trousers	- le pantalon
skirt	- la jupe
socks	- les chaussettes (la)
shoes	- les chaussures (la)
boots	- les bottes (la)
hat	- le chapeau
scarf	- l'écharpe (la)
gloves	- les gants (le)
school uniform	- l'uniform scolaire (le)

Weeks 1 and 2 - Grammar

Reflexive verbs are used for actions you do to yourself. They include a **reflexive pronoun**.

se préparer	- to get yourself ready
je me prépare	- I get myself ready
tu te prépares	- you get yourself ready

If the verb begins with a vowel or a silent 'h', you need for form a contraction between the reflexive pronoun and the verb:

je m' habille	- I get myself dressed
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Weeks 3 and 4 - Grammar

Most verbs in French are 'er' verbs.

This means that the infinitive of the verb (the version of the verb you see in the dictionary) ends in an -er, e.g: jouer, manger, visiter.

Almost all -er verbs follow the same pattern in the present tense.

Step 1 - Remove the -er.

Step 2- Add the correct **pronoun** (who is doing the verb) and the correct **ending**.

	porter - to wear	
je porte		- I wear
tu portes		- You wear
il/elle porte		- He/she wears
nous portons		- We wear
vous portez		- You (pl) wear
ils/elles portent		- They wear

Week 5 - Vocabulary

Places:	à la piscine	- to the swimming pool
	à la patinoire	- to the ice-rink
	à la bibliothèque	- to the library
	au cinéma	- to the cinema
	au parc	- to the park
	au parc du trampoline	- to the trampoline park
To go:	à McDo	- to McDonalds
	je vais	- I go
	tu vas	- you go
	il / elle / on va	- he / she goes
	nous allons	- we go
	vous allez	- you (pl) go
Adverbs of time:	ils / elle vont	- they go
	souvent	- often
	rarement	- rarely
	régulièrement	- regularly
	lentement	- slowly

Weeks 6 and 7-Vocabulary

Verbs:	aller à la pêche	- to go fishing
	danser	- to dance
	Jouer au foot / au rugby	- to play football / rugby
	nager dans la piscine	- to go swimming in the pool
	faire de la voile	- to go sailing
	rester au lit	- to stay in bed
	faire de la planche à voile	- to go windsurfing
	Sortir avec mes amis	- to go out with my friends
	lire mon livre	- to read my book
	Time phrases:	Le weekend prochain
La semaine prochaine		- next week
Le mois prochain		- next month
L'année prochaine		- next year
Demain		- tomorrow
Bientôt		- soon
Dans deux jours		- In two days
Le lendemain		- The day after tomorrow

Week 5 - Grammar

The verb 'aller' means 'to go'.

It is an irregular verb which means it does not follow the usual pattern and we have to learn it off by heart.

The verb works as follows :

je vais	- I go/I'm going
tu vas	- you go/You're going
il / elle / on va	- he/she goes/ he/she is going
nous allons	- we go/we are going
vous allez	- you (pl) go/you (pl) are going
ils / elle vont	- they go/they are going

Weeks 6 and 7 - Grammar

To say what you are going to do in the future, you use the verb '**aller**' plus the **infinitive** of the verb you are going to do:

Je vais jouer au foot	- I am going to play football
Tu vas danser	- you are going to dance
il va nager	- he is going to swim
elle va rester au lit	- she is going to stay in bed