



Week 1

Key term	Definition
telling the time in Spanish:	<p>To tell the time in Spanish:</p> <ol style="list-style-type: none"> Say the hour first Follow this with the minutes (a phrase or number) <p>Example: <i>Es la una y cinco.</i> = <i>It is five past one.</i></p> <p><i>Son las diez y veinte.</i> = <i>It is twenty past ten.</i></p> <p><i>Son las ocho menos diez.</i> = <i>It is ten to eight.</i></p>

Español	Inglés
es la una	it is one o'clock
son las dos	it is two o'clock
y cinco	five past
y cuarto	quarter past
y media	half past
menos cuarto	quarter to
menos veinte	twenty to
menos cinco	five to

Week 2

Key term	Definition
reflexive verbs:	<p>Reflexive verbs are a special type of verb that direct [reflect] back to the subject of the verb.</p> <p>These verbs are often used to describe actions that we do to ourselves.</p>

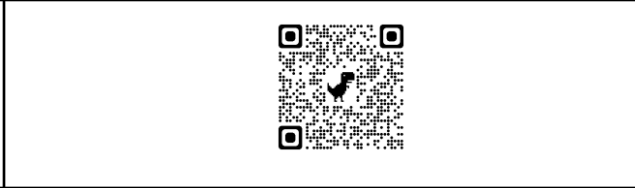
Español	Inglés
lavarse los dientes	to brush your teeth
me lavo los dientes	I clean my teeth
despertarse	to wake up
me despierto	I wake up
ducharse	to have a shower
me ducho	I have a shower
levantarse	to get up
me levanto	I get up
vestirse	to get dressed
me visto	I get dressed
acostarse	to go to bed
me acuesto	I go to bed

Week 3

Español	Inglés
¿ Qué se debe hacer para estar en forma?	What must you do stay in shape?
Para estar en forma no se debe beber muchos refrescos.	To stay in shape you must not drink lots of fizzy drinks.

se debe	you must
no se debe	you must not
beber agua frecuentemente	drink water frequently
comer más frutas y verduras	eat more fruit and vegetables
comer menos chocolate	eat less chocolate
dormir ocho horas al día	sleep for 8 hours a day
beber alcohol	drink alcohol
beber muchos refrescos	drink lots of fizzy drinks
comer comida basura	eat junk food
fumar cigarros	smoke cigarettes

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Español	Inglés
¿ Qué tal estás?	What do you feel like?
Me duele el pie y me duelen los ojos.	My foot [it] hurts me and my eyes [they] hurt me.
me duele	it hurts me
me duelen	they hurt me
el estómago	the stomach
los ojos	the eyes
la garganta	the throat
la cabeza	the head
los oídos	the ears
el brazo	the arm
el pie	the foot
la pierna	the leg
la espalda	the back

Key term	Definition														
conjugate:	To change the spelling of an infinitive verb, in order to provide information about who is doing the action and when it is taking place. Example: <i>to dance</i> → <i>I danced</i>														
preterite tense:	Refers to completed actions in the past. Example: <i>I played football.</i>														
AR verbs:	To conjugate the preterite tense with AR verbs: <ol style="list-style-type: none"> Remove the 'AR' at the end of the infinitive verb. This leaves you with the verb stem. Add the ending that matches the pronoun you are using. <table border="1" style="margin-left: 20px;"> <thead> <tr> <th>PRONOUN</th> <th>ENDING</th> </tr> </thead> <tbody> <tr> <td>I</td> <td>é</td> </tr> <tr> <td>you</td> <td>aste</td> </tr> <tr> <td>he/she</td> <td>ó</td> </tr> <tr> <td>we</td> <td>amos</td> </tr> <tr> <td>you lot</td> <td>asteis</td> </tr> <tr> <td>they</td> <td>aron</td> </tr> </tbody> </table> Example: <i>bailar</i> → <i>bail</i> → <i>bailé</i> <i>(to dance)</i> → <i>(stem)</i> → <i>(I danced)</i>	PRONOUN	ENDING	I	é	you	aste	he/she	ó	we	amos	you lot	asteis	they	aron
PRONOUN	ENDING														
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Español	Inglés
¿ Qué tal estás?	What do you feel like?
No me encuentro bien, estoy cansado y tengo náuseas.	I do not feel well, I am tired and I feel sick.
tengo	I have
estoy	I am
tengo catarro	I have a cold
tengo tos	I have a cough
tengo quemaduras de sol	I have sunburn
tengo náuseas	I feel sick
estoy cansado/a	I am tired
estoy enfermo/a	I am ill
no me encuentro bien	I don't feel well

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