




English: Sports 4

Prepositions of Time

PREPOSITIONS of TIME		
in	<ul style="list-style-type: none">• the morning• the afternoon• the evening• February• (the) spring• (the) summer• (the) fall / autumn• (the) winter• 2013• the 1990s	
on	<ul style="list-style-type: none">• Sunday• Monday morning• Tuesday afternoon• Wednesday evening• my birthday• a holiday• May 5• a weekday• the weekend (U.S.)	
at	<ul style="list-style-type: none">• night• 10:30• noon / midday• midnight• bedtime• sunrise / sunset• the weekend (U.K.)	



Prepositions of Time

Prepositions of Time		
IN	ON	AT
In The Afternoon 	On Friday Afternoon(s) 	At Dusk 
In The Evening 	On Monday Evening(s) 	At Night 
In (the) Summer 	On a Summer Evening 	At Sunset 
In (the) Winter 	On a Cold Day 	At Bedtime 
In (the) Fall/ Autumn 	On My Birthday 	At Dinner Time 
In (the) Spring 	On My Wedding Day 	At Lunch Time 

Prepositions of Time		
IN	ON	AT
In The Morning 	On Monday 	At 8.30 am 
In The Afternoon 	On Wednesday 	At 12 O'clock 
In The Evening 	On Sunday 	At 6 pm 
In January 	On 24th January 2015 	At Noon/ Midday 
In April 	On April 15th 	At Midnight 
In The Morning 	On Sunday Morning(s) 	At Dawn 

Prepositions of Time

PREPOSITIONS OF TIME — ON

DAYS OF THE WEEK

on Monday

DAYS OF THE MONTH

on the 28th

ON + DAY + PART OF THE DAY

on Sunday morning

DATES WITH 'MONTH AND DAY'

on April 13rd

HOLIDAYS WITH 'DAY'

on Christmas Day

THE WEEKEND (US)

on the weekend

English Study Here

English Study Here

English Study Here

English Study Here

English Study Here

www.englishstudyhere.com



Like



facebook.com/englishstudyhere

PREPOSITIONS OF TIME

AT - IN - ON



AT

'At' is used for precise times

- At 10.30am
- At 8 o'clock
- At bedtime
- At breakfast
- At Christmas
- At dawn/dusk
- At dinnertime
- At midday
- At night/noon
- At Southern
- At sunrise/sunset
- At ten o'clock
- At that time
- At the beginning
- At the end
- At the moment
- At the present
- At the same time
- At the weekend

IN

'In' is used for months, years, decades, centuries, and long periods of time

- In 16 year's time
- In 1991
- In December
- In January
- In the 1970's
- In the 21st century
- In the 70s
- In the afternoon
- In the Christmas holiday
- In the Dark Ages
- In the evening
- In the future
- In the morning
- In the past
- In the seventies
- In the Summer
- In this century

ON

'On' is used for days and dates

- On a Summer evening
- On Christmas day
- On Christmas
- On Friday
- On holiday
- On January 3rd
- On my birthday
- On my wedding day
- On that day
- On the 10th
- On the 10th of January
- On the first day
- On the last day
- On Tuesday night
- On Wednesday
- On West day



Prepositions of Time

Prepositions of time



at

night
clock

holidays

at night
at 7 o'clock
at 6.35 p.m.
at Christmas
at the weekend



on

days of the week
dates
particular days

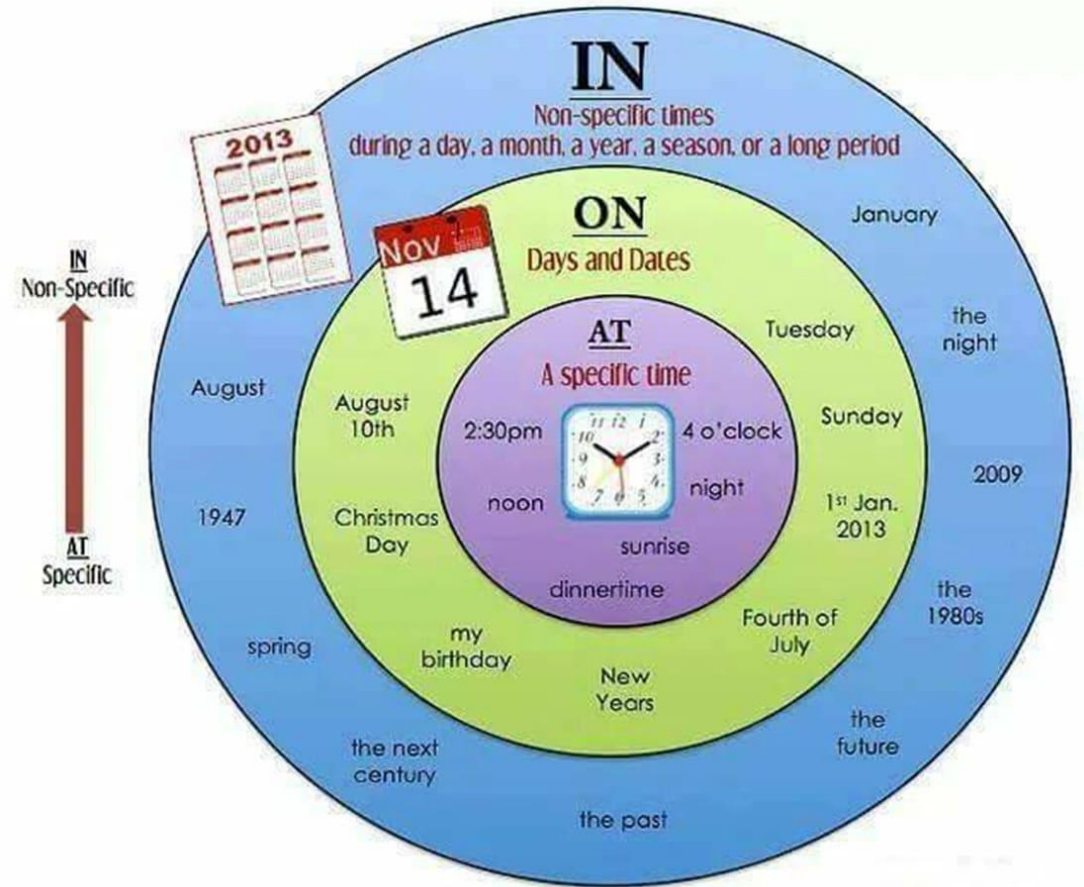
on Mondays
on (the) 5th (of) June
on my birthday
on the following day



in

parts of the day
months
seasons
years
decades
centuries

in the morning
in December
in winter
in 2015
in the 1990's
in the 20th century



Prepositions of Time

PREPOSITIONS OF TIME

test-english.com

AT

TIMES OF DAY

- at 4 o'clock
- at 10:30
- at noon
- at midnight

MEALTIMES

- at lunchtime
- at dinnertime

HOLIDAYS

- at Christmas
- at Eastern
- at the weekend

EXPRESSIONS

- at present
- at the moment
- at night

IN

MONTHS

- in April

SEASONS

- in the summer
- in the spring

YEARS

- in 1990

DECADES

- in the 80s

CENTURIES

- in the 20th century

LONG PERIODS

- in the ice age
- in the present
- in the past

PARTS OF THE DAY

- in the morning
- in the afternoon
- in the evening
- at night

ON

DAYS

- on Tuesday
- on Saturday
- on my birthday
- on Christmas day
- on Halloween

DATES

- on 15th June
- on 20th May
- on our anniversary

PARTS OF SPECIFIC DAY

- on Monday morning
- on Friday evening
- on Saturday night
- on Sunday afternoon

! LAST/NEXT **at/in/on**

- ~~Call me **at** the next weekend.~~
- Call me next weekend.
- ~~I met her **on** the last Friday.~~
- I met her last Friday.

Prepositions of Time

Prepositions of Time		
IN	ON	AT
In 3 Hours 	On My Lunch Break 	At Lunch 
In the Past 	On That Day 	At That Time 
In a Moment 	On Time 	At The Moment 
In a Few Minutes 	On the First Day 	At This Moment 
In the Future 	On the Last Day 	At Present 
In 2 Weeks 	On Weekdays 	At the Weekend (U.K) 

Prepositions of Time		
IN	ON	AT
In a Week 	On the Weekend (U.S.) 	At the Weekend (U.K) 
In the Easter Holiday 	On Easter Day 	At Easter 
In (the) Winter 	On Christmas Day 	At Christmas 
In a Year 	On New Year's Day 	At New Year 
In the 10 Years Time 	On Time 	At the Same Time 
In 1980 	On the 10th 10th	At Breakfast 

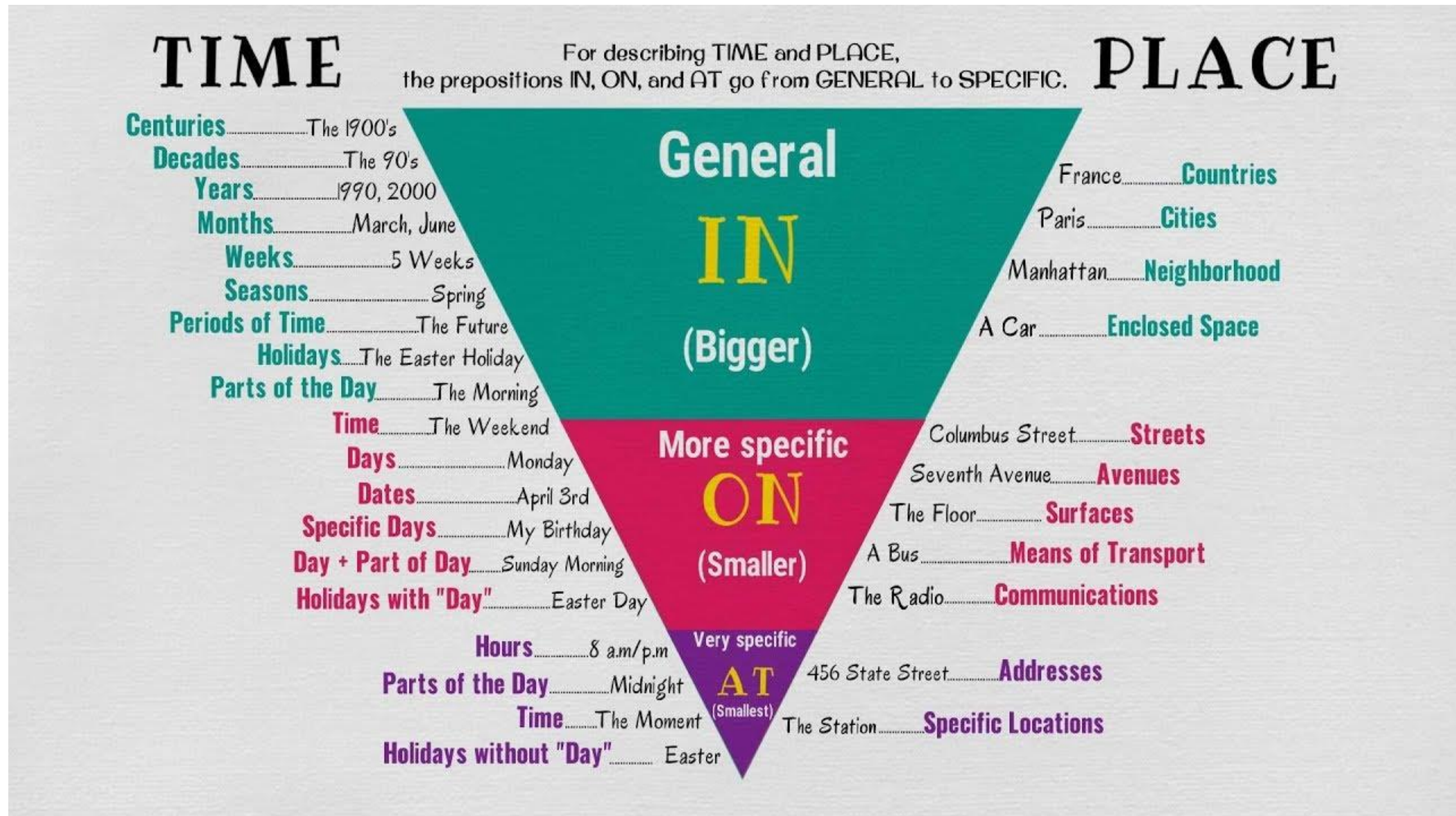
Prepositions of Time

Preposition	Usage	Example
On	• Days of the week	<i>On Monday</i>
	• Calendar dates	<i>On 17th / on 17th May / on 17th May 2012</i>
	• 'Special' days	<i>On my birthday / on my wedding anniversary</i>
In	• Months/Seasons	<i>In January / in winter</i>
	• Year/Decade	<i>In 2012 / in the 1980s</i>
	• Period of the day	<i>In the morning / afternoon / evening</i>
	• After a certain period ('when')	<i>In two hours / in a few minutes</i> (literally - two hours/a few minutes from now)
At	• 'Night'	<i>At night, we... (not 'in the night')</i>
	• 'Weekend'	<i>At weekends, I normally... ('on weekends' is also correct)</i>
	• A precise time	<i>The staff meeting is at 9:30</i>
(From...) to	• Marking a period of time	<i>From Monday to Wednesday</i>
	• Telling the time	<i>Twenty (minutes) to five</i>
Past	• Telling the time	<i>Half past eight</i>
Till/until	• Marking a period of time	<i>From Monday till / until Wednesday</i>
	• Marking How long	<i>We are working on this till / until June</i>
By	• 'At the latest'	<i>I will finish it by Monday</i>
	• 'Up to this point'	<i>By December 2011, we had completed half</i>
Since	• 'From then to now'	<i>I've been working here since 2004 (= for six years)</i>
For	• 'Over this period of time'	<i>The project was for four years</i>
Ago	• 'At this past point'	<i>It started three years ago (= in 2009)</i>
Before / Prior to	• 'Earlier than this point'	<i>Before / prior to this policy, no such mechanism existed</i>

Prepositions of Time

PREPOSITIONS OF TIME		
PREPOSITION	EXPLANATION	EXAMPLE
During	Used when something happens within the time something else is happening	We stayed at a student hostel during the conference.
For	Used with a period of time.	I'm just going to bed for two hours or so.
Until/Till	Up to a certain time	We'll wait till/until half past six for you.
Since	Refers back to a point in time when something began	Forty years have passed away since they met.
From...to	To show when something begins & ends.	Her visit will extend from Monday to Thursday.
Ago	Refers to how far back in time something happened	He left the house over an hour ago .
Before	Refers to any time previous to a specific point in time	She's always up before dawn.
By	Not later than	He had promised to be back by five o'clock.
After	Used when we want to say "later in time than".	I felt fairly relaxed after taking the medicine.
To	Telling the time, when referring to the number of minutes before the hour.	It's a quarter to two.
Past	Refers to the amount of time past the hour	It's five past ten.
Between...and	To talk about time that separates two points.	They lived in New York between 1998 and 2004.
Within	Refers to a span of time during which something may occur	You should receive a reply within seven days.

Prepositions of Time and Place



Prepositions of Time

– Exercises

NAME: _____ DATE: _____

GRAMMAR WORKSHEET

PREPOSITIONS OF TIME: AT / IN / ON

- Complete the sentences below with *at*, *in*, or *on*.

1. He always gets up at seven o'clock in the morning.
2. Our flight to London leaves _____ the second of July.
3. Sharon's birthday is _____ January.
4. My grandfather was born _____ 1953.
5. I stayed up really late last night. I went to bed _____ midnight.
6. Did you do anything special _____ your birthday?
7. Stewart usually goes cycling _____ the evenings after work.
8. In Canada, it always snows _____ winter.
9. Would you like to join us for dinner _____ Thursday?
10. I like to read stories to my kids _____ bedtime.
11. That store isn't open _____ Sunday mornings.
12. We sometimes eat our lunch in the cafeteria _____ noon.
13. Hurry up! The train will leave _____ a few minutes.
14. My brother often goes swimming _____ the weekend.
15. Our classes finish at three _____ the afternoon.
16. The Beatles were a popular music band _____ the 1960s.
17. I sometimes get up _____ sunrise and do exercise.
18. What time does he go to work _____ the morning?
19. Do you and your family ever go traveling _____ summer?
20. What time do you go to bed _____ night?



- Fill in the blanks below with the correct prepositions of time.

1. My brother has a new job. He works in the evening.
2. We're going to have a picnic _____ Saturday afternoon. Would you like to come?
3. I'll be finished my work _____ an hour. Then, I can go home.
4. When is the meeting? Is it _____ 2:00?
5. I like to get up really early, _____ sunrise, when the birds start to sing.
6. Tom's birthday is next week, _____ January 14.
7. My grandfather was born _____ the 1950s.
8. Will we be _____ time, or will we miss our flight?
9. My family and I like to ski _____ winter.
10. Are there any holidays _____ October?
11. Our school cafeteria opens for lunch _____ noon.
12. What time does your son go to bed _____ night?
13. We moved to this city _____ 2012.
14. Are you going to do anything special _____ your birthday?
15. I'm not going to watch that TV show. It starts _____ midnight!

Prepositions of Time

– Exercises

NAME: _____ DATE: _____

GRAMMAR WORKSHEET

PREPOSITIONS OF TIME: AT / IN / ON

- Complete the sentences below with *at*, *in*, or *on*.



1. He always gets up at seven o'clock in the morning.
2. Our flight to London leaves _____ the second of July.
3. Sharon's birthday is _____ January.
4. My grandfather was born _____ 1953.
5. I stayed up really late last night. I went to bed _____ midnight.
6. Did you do anything special _____ your birthday?
7. Stewart usually goes cycling _____ the evenings after work.
8. In Canada, it always snows _____ winter.
9. Would you like to join us for dinner _____ Thursday?
10. I like to read stories to my kids _____ bedtime.
11. That store isn't open _____ Sunday mornings.
12. We sometimes eat our lunch in the cafeteria _____ noon.
13. Hurry up! The train will leave _____ a few minutes.
14. My brother often goes swimming _____ the weekend.
15. Our classes finish at three _____ the afternoon.
16. The Beatles were a popular music band _____ the 1960s.
17. I sometimes get up _____ sunrise and do exercise.
18. What time does he go to work _____ the morning?
19. Do you and your family ever go traveling _____ summer?
20. What time do you go to bed _____ night?

NAME: _____ DATE: _____

GRAMMAR WORKSHEET

PREPOSITIONS of TIME



AT	IN	ON
<ul style="list-style-type: none"> • night • 10:30 • noon / midday • midnight • bedtime • sunrise • sunset • the weekend (U.K.) 	<ul style="list-style-type: none"> • the morning • the afternoon • the evening • February • (the) spring • (the) summer • (the) fall / autumn • (the) winter • 2013 • the 1990s • a (few) minute(s) 	<ul style="list-style-type: none"> • Sunday • Monday morning • Tuesday afternoon • Wednesday evening • my birthday • a holiday • Christmas day • May 5 • a weekday • time • the weekend (U.S.)

- Fill in the blanks below with the correct prepositions of time.

1. My brother has a new job. He works in the evening.
2. We're going to have a picnic _____ Saturday afternoon. Would you like to come?
3. I'll be finished my work _____ an hour. Then, I can go home.
4. When is the meeting? Is it _____ 2:00?
5. I like to get up really early, _____ sunrise, when the birds start to sing.
6. Tom's birthday is next week, _____ January 14.
7. My grandfather was born _____ the 1950s.
8. Will we be _____ time, or will we miss our flight?
9. My family and I like to ski _____ winter.
10. Are there any holidays _____ October?
11. Our school cafeteria opens for lunch _____ noon.
12. What time does your son go to bed _____ night?
13. We moved to this city _____ 2012.
14. Are you going to do anything special _____ your birthday?
15. I'm not going to watch that TV show. It starts _____ midnight!

Sport Injuries

Pulled Muscle

Muscle strain is another name for a pulled muscle...

Common Sites for Pulled Muscles



Source: https://www.onhealth.com/content/1/sports_injuries

Sport Injuries

Pulled Muscle

Muscle strain is another name for a pulled muscle. It occurs when a muscle is overstretched and tears. Symptoms of a pulled muscle may include pain, swelling, weakness, and difficulty or inability to use the muscle. Muscles in the quadriceps, the calves, hamstrings, groin, low back, and shoulder are the most common sites for pulled muscles. Minor muscle strains resolve with RICE -- Rest, Ice, Compression, and Elevation. Nonsteroidal anti-inflammatory drugs (NSAIDs) may help manage pain and swelling as well. More serious muscle strains require evaluation and treatment by a doctor.

Common Sites for Pulled Muscles



Source: https://www.onhealth.com/content/1/sports_injuries

Sport Injuries

Stress Fracture

A stress fracture is an overuse injury that occurs when muscles are no longer able to absorb the impact from physical activity, and a bone absorbs the pressure, resulting in a break. Stress fractures can occur when increasing activity, especially too quickly. The majority of stress fractures occur in the lower legs and feet. Women are more prone to stress fractures than men. Stress fractures cause pain with activity. Rest is prescribed to allow a stress fracture to heal. Sometimes a special shoe or a brace helps decrease stress on the bone, which facilitates healing.

Common Sites for Pulled Muscles



Source: https://www.onhealth.com/content/1/sports_injuries