



Grammar

What do you do every day?
Do you often go running?

PRESENT SIMPLE

Positive	I/You/We/They play volleyball. He/She/It goes running.
Negative	I/You/We/They don't paint pictures. He/She/It doesn't write poems.
Questions	Do I/you/we/they sit near the window? Does he/she/it live near here?
Short answers	Yes, I/you/we/they do . No, I/you/we/they don't . Yes, he/she/it does . No, he/she/it doesn't .

We use the **present simple** to talk about things we do often or every day.

*I play football after school every day.
He doesn't go skating in the summer.*

UNIT 1

ADVERBS OF FREQUENCY

- We use the present simple to talk about things we do often or every day.

100%



0%

*I **always** play table tennis in the summer.*

*I **usually** go sailing with my dad.*

*I **often** do athletics with my friends.*

*I'm **sometimes** late for school.*

*I'm **never** unhappy.*

- We use the present simple with **adverbs of frequency** to say **how often** we do things.
How often do you go snowboarding?
*We **sometimes** go snowboarding in the winter.*
- With the verb **be**, we put the adverb after the verb and before the adjective.
*Are you **sometimes** tired after school?*
*Yes, I'm **often** tired. / No, I'm not **often** tired.*
- With other verbs in the present simple, we put the adverb before the main verb.
*Do you **often** play hockey at school?*
*Yes, I **often** play hockey. / No, I don't **often** play hockey.*
- Remember, we use **never** with positive verbs.
*I **never** go snowboarding. (not + don't never go...)*

Practice

- 1** Complete the sentences with the present simple form of the verbs in the box.

go not go not play
play study watch

- 1** I basketball in a team.
- 2** My teacher sailing when the weather is bad.
- 3** My brother TV after dinner every day.
- 4** your mum running before work?
- 5** My friends and I rugby at the weekend. We prefer football.
- 6** My best friend always hard before an exam.

2 Rewrite the sentences with the adverb of frequency in brackets in the correct place.

0 I'm late for school. (always)

I'm always late for school.

1 We play badminton. (never)

2 My dad doesn't go running. (often)

3 My friends and I go cycling. (sometimes)

4 We aren't bored in our sports lesson. (usually)

5 Are you tired in the morning? (often)

3 Put the words in order to make questions. Then write answers that are true for you.

0 play / you / table tennis / how often / do / ?

How often do you play table tennis?

I sometimes play table tennis.

1 you and your friends / go / often / sailing / do / ?

2 you / sometimes / bored / are / at home / ?

3 dinner / how often / cook / you / do / ?

4 your best friend / how often / watch / does / TV / ?

5 sometimes / do / you / go / alone / running / ?

write about your family members hobbies

UNIT 2

PRESENT CONTINUOUS AND PRESENT SIMPLE

➤ SEE GRAMMAR REFERENCE, STARTER, PRESENT SIMPLE PAGE 138

Present continuous

Positive	I'm (am) waking up. You/We/They're (are) getting dressed. He/She/It's (is) eating breakfast.
Negative	I'm (am) not brushing my hair. You/We/They aren't (are not) going to school. (or You/We/They're not going to school.) He/She/It isn't (is not) helping. (or He/She/ It's not helping.)
Questions	Am I eating lunch? Are you/we/they making breakfast? Is he/she/it drinking hot chocolate?
Short answers	Yes, I am. No, I'm not. Yes, you/we/they are. No, you/we/they aren't. (or you/we/they're not.) Yes, he/she/it is. No, he/she/it isn't. (or he/she/it's not.)

SPELLING: *-ING* FORM

Present continuous

most verbs add *-ing*

go → *going*
brush → *brushing*
eat → *eating*

verbs ending in *-e*: remove *-e* and add *-ing*

wake → *waking*
have → *having*

verbs ending in *-ie*:
change the *-ie* to *-y* and
add *-ing*

lie → *lying*

one-syllable verbs ending
in a consonant + a vowel
+ a consonant (except
w, *x* or *y*): double the
consonant and add *-ing*

get dressed → *getting
dressed*
shop → *shopping*

two-syllable verbs ending
in a stressed vowel + a
consonant: double the
consonant and add *-ing*

begin → *beginning*
(**but** *open* → *opening*)

In British English, we
double the final *l* in *travel*.

travel → *travelling*
(American English:
travel → *traveling*)

We use:

- the **present simple** to talk about things we do often or every day. We often use it with frequency adverbs such as *often, usually always and never*.

We often eat salad in the summer.

- the **present continuous** to talk about things we're doing now or at the moment. We often use it with words such as *now, at the moment and today*.

I'm preparing my school bag at the moment.



Practice

1 Write complete sentences in the present continuous.

0 My brother / make sandwiches at the moment.
My brother's making sandwiches at the moment.

1 We / serve dinner now.

2 I / not going to school this morning.

3 What / you make?

4 My friends / not go cycling at the moment.

5 your best friend / sit next to you?



2 Choose the correct words to complete the sentences.

- 1** We *never eat / 're never eating* dinner at a restaurant.
- 2** I *go / 'm going* swimming after school every day.
- 3** Shh! My baby brother *sleeps / 's sleeping* at the moment.
- 4** What *do you usually have / are you usually having* for breakfast?
- 5** Are you *watch / watching* TV now? No, *I'm not / it isn't*.
- 6** My mum *doesn't work / isn't working* today. She's on holiday.
- 7** We *always go / are always going* to school by bus.

3 Complete the sentences so they are true for you.

1 For breakfast, I often

2 My friends and I sometimes
..... after school.

3 At the moment, my best friend

4 I'm
..... and shoes today.

5 On Friday afternoon, I usually

6 I now.

Work book unit 1

VOCABULARY

Sports

1 Match the words in the box to the photos.

athletics
sailing

badminton
skating

baseball
snowboarding

cycling
surfing

gymnastics
table tennis

hockey
volleyball

rugby



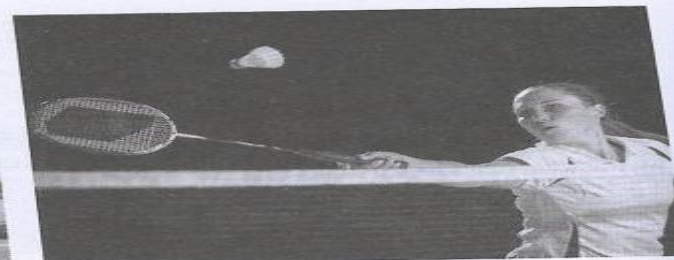
0 rugby



1 _____



2 _____



3 _____



4 _____



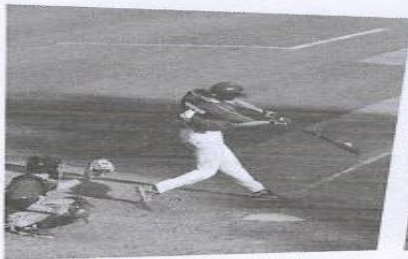
5 _____



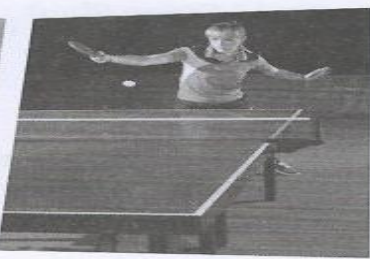
6 _____



7 _____



8 _____



9 _____



10 _____



11 _____



12 _____

VOGABULARY

Sports

1 Match the words in the box to the photos.

athletics badminton baseball cycling gymnastics hockey rugby
sailing skating snowboarding surfing table tennis volleyball



0 rugby



1 Volleyball



2 skating



3 badminton



4 Hockey



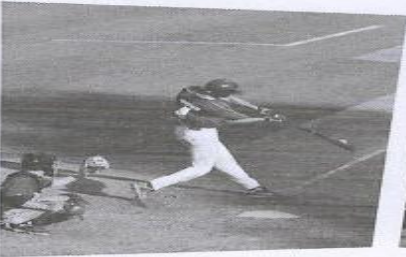
5 snowboarding



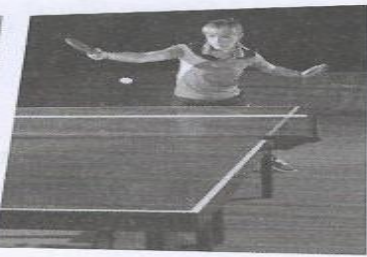
6 cycling



7 gymnastics



8 Baseball



9 table tennis



10 athletics



11 sailing



12 surfing

Baseball table tennis athletics sailing surfing

2 Complete the table with the sports in Exercise 1.

play	go	do
.....
.....
.....
.....
.....

2 Complete the table with the sports in Exercise 1.

play	go	do
Volleyball	skating	athletics
Rugby	snowboarding	gymnastics
Badminton	cycling	
Hockey	sailing	
Baseball	surfing	
Table tennis		

3 Choose the correct verbs to complete the sentences.

- 0 My sister plays / goes volleyball at the weekend.
- 1 My friends John and Toby *play* / *go* sailing in the summer.
- 2 We *go* / *do* athletics in the evening.
- 3 My brother *plays* / *goes* hockey on Sundays.
- 4 I don't *play* / *go* table tennis with my friends.
- 5 Do you *play* / *go* snowboarding alone?

3 Choose the correct verbs to complete the sentences.

- 0 My sister plays / goes volleyball at the weekend.
- 1 My friends John and Toby *play* / go sailing in the summer.
- 2 We *go* / do athletics in the evening.
- 3 My brother plays / goes hockey on Sundays.
- 4 I don't play / go table tennis with my friends.
- 5 Do you *play* / go snowboarding alone?

1 Put the adverbs of frequency in the correct place on the line.

always never often sometimes usually

0%

100%

1

2

3

4

5

always

1 Put the adverbs of frequency in the correct place on the line.

always never often sometimes usually

0%

100%

1

Never

2

sometimes

3

often

4

usually

5

always

2 Rewrite the sentences with the adverbs of frequency in brackets in the correct place.

0 I watch sport on TV. (never)

I never watch sport on TV.

1 My sister goes cycling with my dad. (usually)

2 I play rugby with my friends. (never)

3 Snowboarding is dangerous. (sometimes)

4 My friends do gymnastics after school. (often)

5 My grandparents play table tennis on Sundays.
(always)

2 Rewrite the sentences with the adverbs of frequency in brackets in the correct place.

0 I watch sport on TV. (never)

I never watch sport on TV.

1 My sister goes cycling with my dad. (usually)

My sister usually goes cycling with my dad.

2 I play rugby with my friends. (never)

I never play rugby with my friends.

3 Snowboarding is dangerous. (sometimes)

Snowboarding is sometimes dangerous.

4 My friends do gymnastics after school. (often)

My friends often do gymnastics after school.

5 My grandparents play table tennis on Sundays.
(always)

My grandparents always play table tennis on Sundays.

3 Put the words in the correct order to make questions.

0 do / play / often / you / baseball / ?

Do you often play baseball?

1 you / in the city / usually / go / cycling / do / ?

2 badminton / parents / play / often / do / your / ?

3 you / go / often / do / snowboarding / how / ?

4 friends / your / rugby / school / do / play /
sometimes / at / ?

5 do / go / always / sailing / you / in the summer / ?

3 Put the words in the correct order to make questions.

0 do / play / often / you / baseball / ?

Do you often play baseball?

1 you / in the city / usually / go / cycling / do / ?

Do you usually go cycling in the city?

2 badminton / parents / play / often / do / your / ?

Do your parents often play badminton?

3 you / go / often / do / snowboarding / how / ?

How often do you go snowboarding?


4 friends / your / rugby / school / do / play /
sometimes / at / ?

Do your friends sometimes play rugby at school?

5 do / go / always / sailing / you / in the summer / ?

Do you always go sailing in the summer?

5 Correct the mistakes in the sentences.

 **0** At school, usually we play volleyball on Friday.
At school, we usually play volleyball on Friday.

1 I go swimming always on a Sunday.

2 I often am tired in the evening.

3 People go sometimes cycling with their friends.

4 At the weekend, usually I do sports.

5 In the holidays, we go sometimes sailing.

5 Correct the mistakes in the sentences.



0 At school, usually we play volleyball on Friday.

At school, we usually play volleyball on Friday.

1 I go swimming always on a Sunday.

I always go swimming on Sunday.

2 I often am tired in the evening.

I am often tired in the evening.

3 People go sometimes cycling with their friends.

People sometimes go cycling with their friends.

4 At the weekend, usually I do sports.

I usually do sports at the weekend.

5 In the holidays, we go sometimes sailing.

We sometimes go sailing in holidays.

1 Find nine more words for sports equipment and sports.

a	b	e	s	g	b	h	k	b	d	i
f	o	o	t	b	a	l	l	n	p	l
e	a	c	i	d	t	r	u	g	b	y
i	r	a	c	k	e	t	m	y	a	g
g	d	a	k	f	b	e	g	s	l	c
m	r	h	p	r	t	n	h	d	l	i
h	o	c	k	e	y	n	a	o	c	e
c	b	s	u	r	f	i	n	g	n	f
l	d	k	e	f	a	s	u	n	f	b

1 Find nine more words for sports equipment and sports.

a	b	e	s	g	b	h	k	b	d	i
f	o	o	t	b	a	l	l	n	p	l
e	a	c	i	d	t	r	u	g	b	y
i	r	a	c	k	e	t	m	y	a	g
g	d	a	k	f	b	e	g	s	l	c
m	r	h	p	r	t	n	h	d	l	i
h	o	c	k	e	y	n	a	o	c	e
c	b	s	u	r	f	i	n	g	n	f
l	d	k	e	f	a	s	u	n	f	b

2 Choose the correct words to complete the sentences.

- 1** Hockey players hit the ball with a *stick / bat*.
- 2** You use a small white *board / ball* when you play table tennis.
- 3** Tennis *balls / rackets* are usually yellow.
- 4** Baseball players hit the ball with a long *stick / bat*.
- 5** In badminton, players use a *racket / stick* to hit the ball.
- 6** When you go surfing, you use a *ball / board*.

2 Choose the correct words to complete the sentences.

- 1** Hockey players hit the ball with a *stick* / *bat*.
- 2** You use a small white *board* / *ball* when you play table tennis.
- 3** Tennis *balls* / *rackets* are usually yellow.
- 4** Baseball players hit the ball with a long *stick* / *bat*.
- 5** In badminton, players use a *racket* / *stick* to hit the ball.
- 6** When you go surfing, you use a *ball* / *board*.

1 Read the text about Lola. How often does she do her favourite sport?

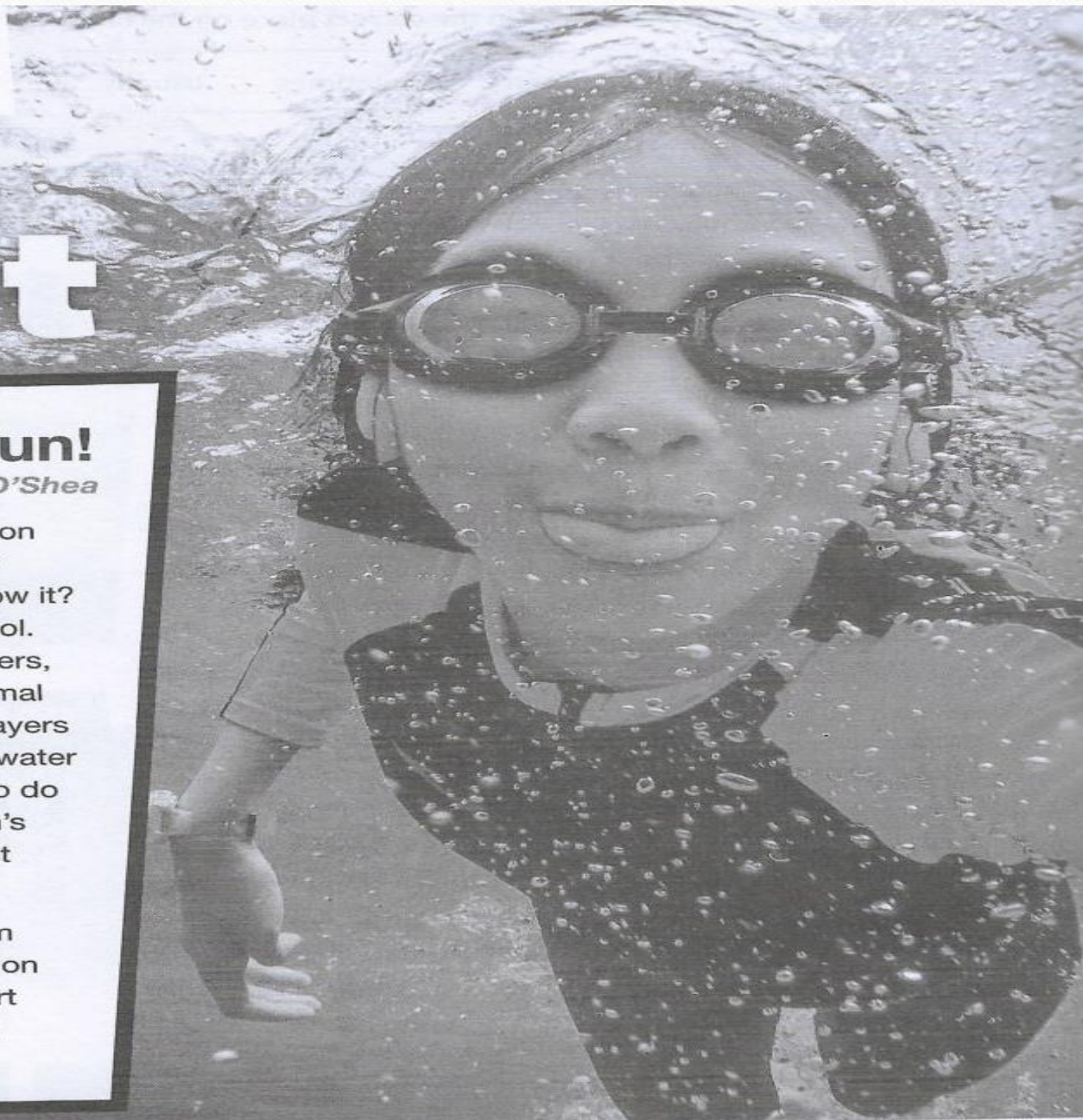
Teenblog: Sport

It's hard work, but it's fun!

Posted by Lola O'Shea

At school, I do a lot of sports like rugby, badminton and hockey. I love football, but now I have a new favourite sport – underwater football! Do you know it? It's like football, but you play it in a swimming pool. There are two teams. Each team has got 13 players, with five players in the water. The ball isn't a normal football; it's big and heavy. In normal football, players don't use their hands to hit the ball, but in underwater football, they can use their head, hands or feet to do this. Players try to hit the ball into the other team's goal. The winning team is the team with the most goals at the end of the game.

I don't play underwater football at school, but I'm in a team at a club. We usually play every week, on Saturday. Underwater football is an exciting sport but it's hard work. I love it because I like football and I like swimming, too. It's really fun!



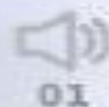
2 Read the text again and choose the correct answers.

- 1** What sports does Lola do at school?
A rugby, badminton and underwater football
B rugby, badminton and hockey
C rugby, badminton and swimming
- 2** How is underwater football different to normal football?
A There are three teams.
B The players use a racket to hit the ball.
C You play it in a swimming pool.
- 3** How do you win a game?
A You swim to the other team's goal.
B You score goals.
C You hit the ball.
- 4** Why does Lola like underwater football?
A because it's exciting and fun
B because she's in a team
C because it's hard work

2 Read the text again and choose the correct answers.

- 1 What sports does Lola do at school?
A rugby, badminton and underwater football
B rugby, badminton and hockey
C rugby, badminton and swimming
- 2 How is underwater football different to normal football?
A There are three teams.
B The players use a racket to hit the ball.
C You play it in a swimming pool.
- 3 How do you win a game?
A You swim to the other team's goal.
B You score goals.
C You hit the ball.
- 4 Why does Lola like underwater football?
A because it's exciting and fun
B because she's in a team
C because it's hard work

LISTENING



1

Listen to an interview with teen sports star, Andrea Murray. Tick (✓) the activities that Andrea does regularly.

plays volleyball

.....

plays tennis

.....

goes snowboarding

.....

cycles

.....

studies

.....

listens to music

.....

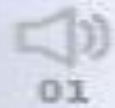
reads

.....

goes to the cinema

.....

LISTENING



1

Listen to an interview with teen sports star, Andrea Murray. Tick (✓) the activities that Andrea does regularly.

plays volleyball

✓

plays tennis

✓

goes snowboarding

✓

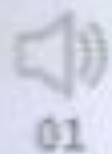
cycles

studies

listens to music

reads

goes to the cinema



2

Listen to the interview again. Are the sentences right (✓) or wrong (X)?

- 1 Andrea listens to Barry's podcast.
- 2 Andrea's father plays badminton.
- 3 Andrea's brothers and sisters don't like sport.
- 4 Andrea always plays tennis on school days.
- 5 She gets up at five o'clock on Wednesdays.
- 6 She doesn't have any free time.



2

Listen to the interview again. Are the sentences right (✓) or wrong (X)?

1 Andrea listens to Barry's podcast.

.....
X

2 Andrea's father plays badminton.

.....
X

3 Andrea's brothers and sisters don't like sport.

.....
X

4 Andrea always plays tennis on school days.

.....
✓

5 She gets up at five o'clock on Wednesdays.

.....
X

6 She doesn't have any free time.

.....
X

Listen again and complete Andrea's diary.

Friday

- 5.00 am - 0 *get up*
 - 1 *for*
two hours
 - go to school
-

Saturday

- 2 - *get up*
 - have breakfast
 - 3 *all day*
-

Sunday

- 6.00 am - *get up*
- morning - 4
- afternoon - 5

Listen again and complete Andrea's diary.

Friday

- 5.00 am - 0 get up
- 1 play tennis for
two hours
- go to school

Saturday

- 2 cycle - get up
- have breakfast
- 3 play tennis all day

Sunday

- 6.00 am - get up
- morning - 4 Do my homework
- afternoon - 5 play tennis

My favourite sport

by Lydia

My favorite sport is basketball. Does you know it? There are to teams with five people in a team. You need a basketball and two baskets to play it. Players throw the bal in the net two score points. The team with the most points wins. I sometimes play basketball at school, but I also in a team at a club. We playing every Saturday. I like basketball because it's fast and its fun.



- 2 Read the text again and find ten mistakes with spelling and grammar.
- 3 Think about your favourite sport and answer the questions in Exercise 1. Make notes below.

My favourite sport

by Lydia

favorite

Do

My favorite sport is basketball. Does you know it? There are two teams with five people in a team. You need a basketball and two baskets to play it. Players throw the ball in the net to two score points. The team with the most points wins. I sometimes play basketball at school, but I also in a team at a club. We playing every Saturday. I like basketball because it's fast and its fun. And fun



- 2 Read the text again and find ten mistakes with spelling and grammar.
- 3 Think about your favourite sport and answer the questions in Exercise 1. Make notes below.

4 Write about your favourite sport. Use the notes you made in Exercise 3 and write about 50 words. Remember to read your work carefully and check for spelling and grammar mistakes.

VOGABULARY

Daily routines

1 Complete the phrases with the verbs in the box.

brush check clean get
have leave prepare
put tidy wake

- 0 clean your teeth
- 1 your room
- 2 the house
- 3 up
- 4 breakfast
- 5 your messages
- 6 dressed
- 7 your school bag
- 8 on your shoes
- 9 your hair

2 Match the phrases in Exercise 1 to the photos.



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____



10 _____

3 Complete the text with the correct form of phrases in Exercise 1.

Hi, I'm Keisha and this is my morning routine. On school days, I usually ¹ wake up at 7 o'clock. Before I get out of bed, I ² _____ on my phone.

Then, I ³ _____ in the kitchen with my parents. I usually have fruit, biscuits or bread, but I don't really like breakfast. I ⁴ _____

in my room. I usually wear jeans and a T-shirt. Then, I ⁵ _____ (I do this at least twice a day and after every meal!) and brush my hair. After,

I ⁶ _____: I take my homework, books, lunch and my phone – that's very important! Then, I put on my shoes and ⁷ _____ at 8 o'clock.

I always walk to school with my friend Lucas.



GRAMMAR

Present continuous and present simple

1 Look at the example sentences a and b. Then complete the rules below with the phrases in the box.

a I always leave the house at 8 o'clock.

b I'm wearing a T-shirt and jeans today.

adverbs of frequency present continuous
present simple *today, now and at the moment*

We use the ¹ _____ to talk about habits and routines. We often use it with ² _____.

We use the ³ _____ to talk about things we're doing now. We often use it with words like ⁴ _____.

2 Choose the correct words or phrases to complete the sentences.

- 1 I *always / at the moment* prepare my school bag before school.
- 2 My parents *now / always* watch TV in the evening.
- 3 My brother is making breakfast *now / usually*.
- 4 Why have you got your maths book? We're studying English *often / today*.
- 5 What are you doing *sometimes / at the moment*?
- 6 I don't *usually / never* go to bed at 9 o'clock.

3 Complete the sentences with the present simple or present continuous form of the verbs in brackets.

- 0 He plays (play) tennis every day.
- 1 I never _____ (tidy) my room. My mum hates it!
- 2 They usually _____ (watch) films at the weekend.
- 3 My dad _____ (cook) breakfast today.
- 4 My mum _____ (not work) in a school. She's a police officer.
- 5 Jack _____ (not work) today because he's not very well.
- 6 What book _____ (you / read) at the moment? Is it good?

4 Correct the mistakes in the sentences.

 **1** I study now because I've got an exam tomorrow.

2 Are you knowing Katy? She's my sister.

3 My brother watching TV with his friends.

4 My mum is a doctor. She is usually working at weekends.

5 Every day we are drinking tea for breakfast.

VOCABULARY

Food

- 1 Look at the photos and choose the correct words.



- 1 We eat *cereal / rice, bread / pasta* and *jam / honey* for breakfast.



- 2 In summer, we often have salad with *cabbage / cheese* and *tomatoes / cucumber* for lunch.





3 Yesterday I ate *fish / meat, rice / pasta* and *mango / vegetables*.



4 I usually eat *fruit / yoghurt* for dessert.

2 Match the words to the meanings.

- | | |
|---------------|--|
| 1 breakfast | a the large part of a meal |
| 2 dessert | b a drink, usually made from fruit |
| 3 dinner | c the first meal of the day |
| 4 juice | d you eat this between meals |
| 5 lunch | e you eat this in the evening |
| 6 main course | f you eat this at midday |
| 7 snack | g you eat this sweet food at the end of a meal |

3 Complete the sentences for you.

- 1 For breakfast, I always have _____.
- 2 My favourite dessert is _____.
- 3 My favourite snacks are _____.
- 4 For dinner, we usually have _____.

READING

1 Read the texts. For each question, write A (Anna), L (Lena) or Y (Yuko).

- 1 Who has a hot drink in the morning?
- 2 Who uses the computer in the evening?
- 3 Who goes to school by bus or car?
- 4 Who does sport in the afternoon?
- 5 Who can't choose what she wears to school?
- 6 Who goes home before 2 pm?
- 7 Who takes her lunch to school?

My school day



Anna – the USA

I always get up at 6.30 am. Breakfast is cereal and milk. After breakfast, I prepare my school bag and leave the house at 7.30 am. I usually go to school on the school bus, but sometimes my mom drives me. Lessons start at 8.00 am every day. I have lunch at school. My dad makes a cold lunch for me every morning. I usually have sandwiches and fruit. School ends at 2.30 pm and I catch the school bus home. In the evening, I do my homework and watch TV.

Lena – Germany

I get up at 6.00 am and leave the house at 7.00 am. I always walk with my friend Grete. School starts at 7.30 am. We have five or six lessons every day. They finish at 1.30 pm and I usually go home for lunch. I sometimes go to homework club after school. We have dinner at 7.00 pm, and then I often watch videos on the internet.



Yuko – Japan

I get up at 7.30 am and have breakfast with my sisters. It's usually rice or eggs with tea. I put on my uniform, and then I leave the house at 8.15 am and walk to school. Lessons start at 8.30 am. Students all have lunch at school – fish and rice with vegetables. School finishes at 3.00 pm, and I have volleyball or badminton clubs after lessons every day. I leave school at 5.00 pm and go home. In the evening, I go to music lessons and do my homework.

2 Read the texts again and answer the questions.

1 What does Anna have for breakfast?

2 How does Yuko travel to school?

3 What time does school start for Lena?

4 What does Anna usually have for lunch?

5 What does Lena do after dinner?

6 When does Yuko do her homework?

WRITING

A paragraph about your routine

- 1 Read the text and match the times to the activities.

A typical school day

- by Leo

I get up at 7 o'clock and get dressed. My breakfast is cereal or toast. Then I prepare my school bag and go to school at 8 o'clock. I usually walk to school but sometimes I go on the bus. School starts at half past eight and finishes at 3 o'clock. Lunch is at 1 o'clock. I usually have sandwiches or a salad. After school I go home. Dinner is at half past seven. After dinner, I do my homework and go on the internet. I go to bed at half past nine.

- 1 7.00 am _____
- 2 8.00 am _____
- 3 8.30 am - _____
- 4 1.00 pm _____
- 5 3.00 pm _____
- 6 7.30 pm _____
- 7 9.30 pm _____

- a have dinner
- b go home
- c go to bed
- d get dressed
- e leave the house
- f start school
- g have lunch

2 Look at the text again. Find and underline sentences with *and*, *but* and *or*. Then complete the rules with *and*, *but* and *or*.

- 1 We use _____ to link two ideas.
- 2 We use _____ to contrast two things.
- 3 We use _____ for different things we can choose.

3 Complete the sentences with *and*, *but* and *or*.

- 1** I walk to school with my friends Ally _____ Hamish.
- 2** Do you go to school at 8 o'clock _____ at 8.30?
- 3** For breakfast, I have cereal, _____ I don't have toast.
- 4** I have tea _____ hot chocolate. I don't have both.
- 5** I like football, _____ I don't like basketball.
- 6** In the evening, I do my homework _____ then I watch TV.

4 Think about the activities you do in a typical day and what time you do them. Use the ideas in Exercise 1 and your own ideas. Make notes below.

5 Write a paragraph about a typical school day. Use the notes you made in Exercise 4 and write about 50 words. Remember to use *and*, *but* and *or* in your text.
