

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.

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)