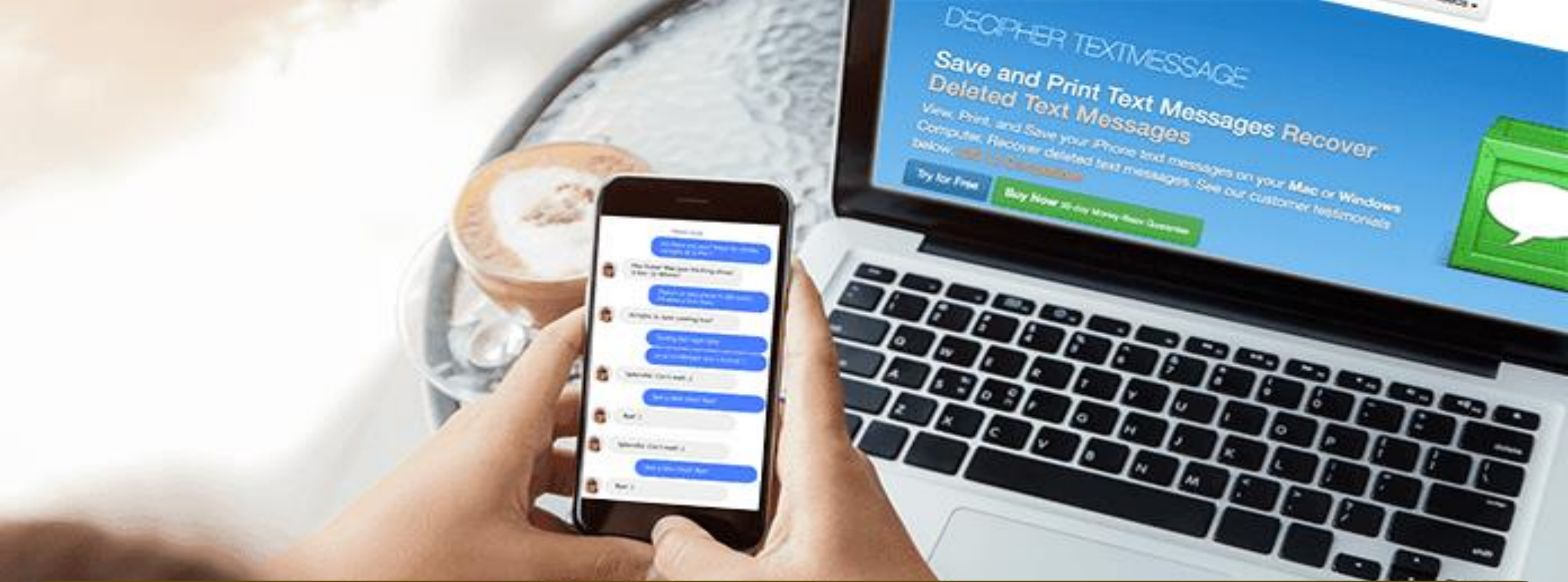








check your messages



tidy your room

A young boy with short brown hair is shown from the chest up, looking down at his hands as he buttons a blue and white plaid button-down shirt. He is in a brightly lit room with a blurred background that includes a yellow object on the left and a window on the right. A large yellow rounded rectangle is positioned at the bottom of the frame, containing the text "get dressed" in blue.

get dressed



have breakfast



Prepare your school bag



leave the house

Wake up





brush your hair



Put on your shoes



clean your teeth



sentences with the times in the box. You don't need to use all the times.

6.00	6.30	6.45	6.50	7.00	7.10
7.15	7.30	7.40	8.00	8.10	

- 1 My alarm goes off at
- 2 I get up at
- 3 I clean my teeth at
- 4 I get dressed at
- 5 I prepare my school bag at
- 6 I put my shoes on and leave home at



Listen again and check.

Present Simple vs Present Continuous





I always

wake up

late.



He
never

has a
shower

in the
morning.



She
sometimes

has

toast and
butter.



We usually

wear

uniform.



We

are Shopping

now.



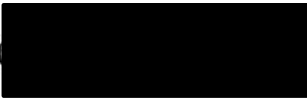
they

are leaving

**At the
moment.**

What's the difference?

Present Simple

- 1) I read books 
- 2) You like bananas.
- 3) She likes  pizza.
- He goes  to a fitness centre on Sundays.

Present Continuous

- 1) I  a book 
- 2) You  TV at 
- 3) He/she/it  homework 

Structure – Present Simple

- The most important thing to remember about this tense is ...

- I
- You
- We
- They

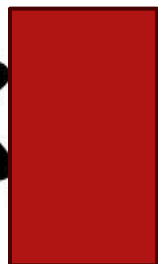
work

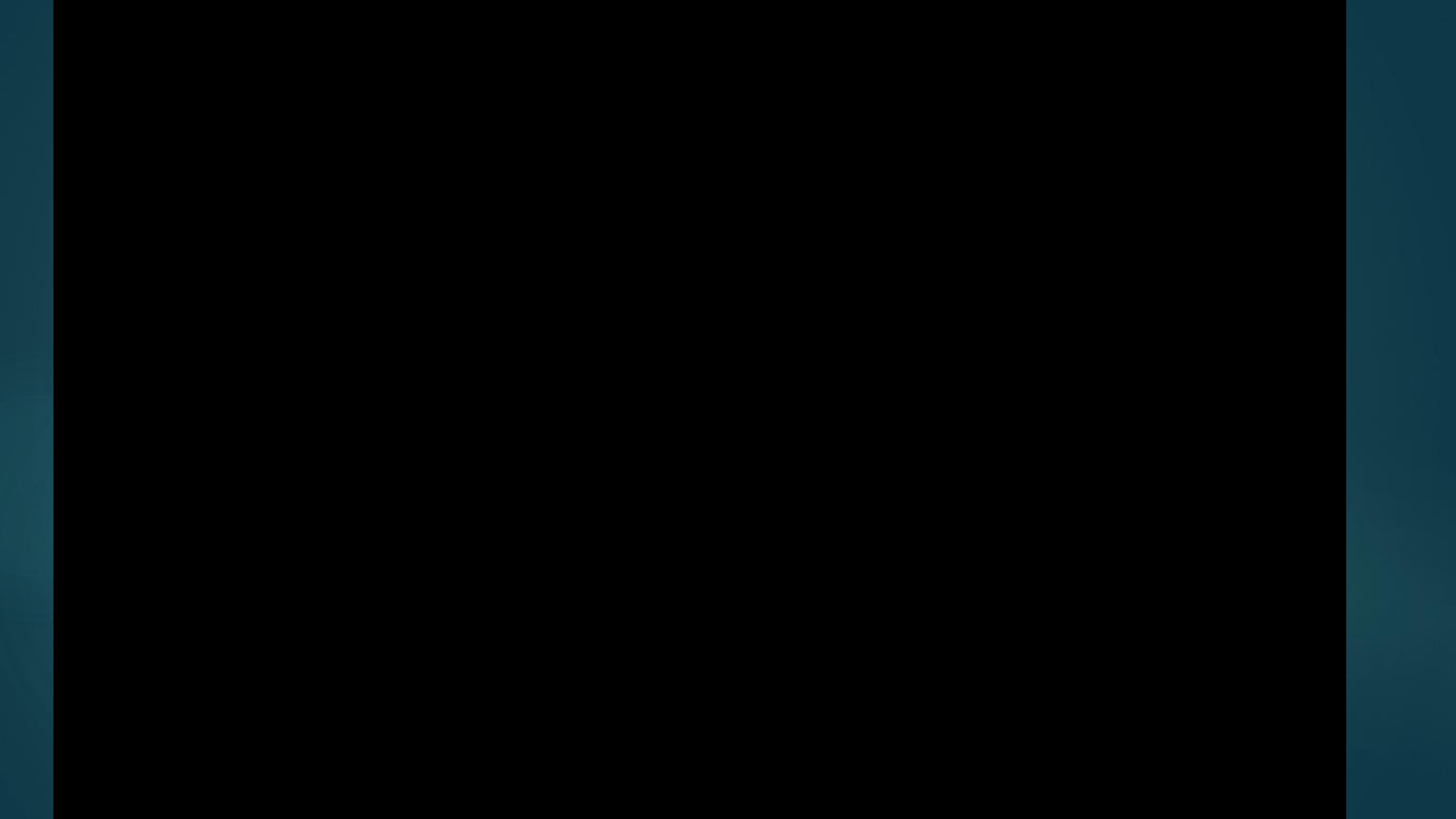


- But for 3rd person singular, we say ...

- He
- She
- It

works





GRAMMAR

Present continuous and present simple

- 1 Look at the examples from the listening. Write *simple* or *continuous*.

Present

Today, I'm **talking** about my morning routine.

I'm **having** cereal with fruit today.

At the moment, I'm **wearing** my favourite T-shirt.

I'm **leaving** the house now.

I'm **not wearing** my uniform today.

Present

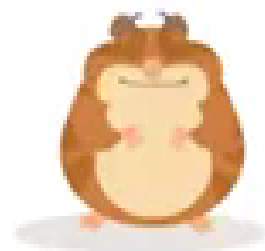
I never **have** a shower in the morning.

I always **check** my messages in the morning.

I sometimes **have** toast and butter.

I usually **wear** my uniform.

I **don't** usually **have** a shower in the morning.



PRESENT SIMPLE OR CONTINUOUS

Look at the clue (BLUE WORDS) and choose: TeacherSheila

1	I play / am playing tennis every weekend.
2	She plays / is playing the piano on Fridays.
3	My brother likes / is liking riding a bike.
4	Mary sings / is singing her favourite song now.
5	Mark sets / is setting the table every day.
6	I write / am writing a book in this moment.
7	Look! My grandfather sleeps / is sleeping !
8	David goes / is going to his village every summer.
9	You always buy / are buying a lot of food.
10	My friends sometimes go / are going to the park.
11	I often help / am helping my mum.
12	The dog never walks / is walking in my garden.
13	Listen! Paul sings / is singing!
14	Michael plays / is playing the guitar right now.
15	William usually goes / is going to school by bus.

3 Complete the sentences with the correct tense of the verbs in brackets.

- 0 I *'m shopping* (shop) at the moment. I can't talk.
- 1 My mum always _____ (cook) nice food.
- 2 The teachers usually _____ (give) us a lot of homework on Monday.
- 3 I _____ (stay) at home today. I _____ (not go) to school.
- 4 It's five o'clock now and I _____ (watch) TV with my sister.
- 5 What time _____ your dad usually _____ (get up) on a Sunday?
- 6 It's OK, Jack's _____ (not sleep) at the moment. You can go and talk to him.

4 Correct the mistakes in the sentences.



is getting

- 0 My cousin ~~gets married~~ today.
- 1 How are you? I write to you to give you some news.
- 2 What do you do at the moment?
- 3 My brother and I are not going swimming every day.
- 4 My mum is only working in the mornings.
- 5 We usually are eating a big breakfast on Sunday.

5 Make sentences with the present simple and present continuous. Use *usually* and *today* or *at the moment*.

- 0 walk to school / go by bus.
I usually walk to school, but today I'm going by bus.
- 1 have a sandwich for lunch / spaghetti
- 2 watch TV after school / do my homework
- 3 play football on Saturday / play tennis
- 4 get up at seven o'clock / eight o'clock
- 5 have a shower / have a bath

6 Put the words in order to make questions.

- 1 your / the / moment / friend / what / doing / is / at?
- 2 bed / do / go / you / what / usually / to / time?
- 3 school / do / get / home / how / from / you?
- 4 sitting / is / teacher / at / down / your / the / moment?
- 5 sun / today / shining / is / the?
- 6 day / do / every / get / at / same / up / the / time / you?

7 Work in pairs, Student A, mime an activity in the box. Student B, guess what it is.

catch a bus check your messages
do some homework go to sleep
paint a picture play football
prepare lunch put on your coat
take a photo



Are you putting on your sunglasses?

Are you taking a photo?

No

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 _____.