

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.

.....

- 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

Grammar Focus

Grammar Rules:

Use

Actions happening right now

She is swimming.

Form

am / is / are + verb-ing

He is wearing a hat.

Negative

am not / isn't / aren't + verb-ing

They aren't sitting.

Question

Am / Is / Are + subject + verb-ing?

Is she holding a towel?

Spelling rules for -ing:

- wear → wearing (add -ing)
- sit → sitting (double consonant)
- take → taking (drop -e)



Unscramble the Questions

1.

wearing

she

what

is

?

What is she wearing?

2.

he

is

a

carrying

book

?

Is he carrying a book?

3.

are

sunglasses

they

wearing

?

Are they wearing sunglasses?

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.





2 Complete the rules with the underlined words.

We often use the **present simple** with words like
_____, _____, _____ and _____.

We often use the **present continuous** with words like
_____, _____ and _____.



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

0 I _____ (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



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	



Thank You!

