

Unit 1

All about grammar

Present simple and Present continuous

We use the **Present simple** to talk about regular events. We use the **Present continuous** to talk about things happening now.

All about grammar Present simple versus Present continuous

Present simple	I / You / We / They	go	swimming	every day.
	He / She	goes	climbing trampolining	at the weekend. on Fridays.
Present continuous	I'm / You're / We're / They're	going	diving	in this picture.
	He's / She's		abseiling	now.

1 Look and complete using the present simple or the present continuous.

do archery ~~play hockey~~ play badminton win go abseiling do gymnastics



1 She 's playing hockey today.



2 I go on Thursdays.



3 He goes every day.



4 We win our match now!



5 He goes at school.



6 They are playing table tennis in this picture.

Look

go → goes do → does

2 Write sentences using the present simple or the present continuous.

1 he / do / archery (never) He never does archery.

2 we / do / gymnastics (in this picture) are doing gymnastics

3 they / go / trampolining (sometimes) go to the trampoline

4 she / play / table tennis (now) is playing table tennis

5 I / go / running (every day) go to the running track

6 he / go / climbing (usually) (at the weekend) goes to the climbing wall

3 Write about what sports you do. (Where? When? How often?)