EX 1 Put the verb into the correct form of Present Simple.

1 I ..... (not/believe) everything I read on the Internet.
2 We ..... (keep) in good shape by jogging three times a week.
3 Regular exercise ..... (release) endorphins and puts people in a good mood.
4 At ninety, my grandmother still ..... (swim) every day.
5 This book is about a teenager who ..... (find) his missing brother after a long search.
6 Our summer school ..... (start) on Wednesday at 10 am.
7 ..... (you/exercise) at home or are you a member at a gym?
8 ..... (he/not get) enough sleep and is tired every day.

Present continuous

3 Match the verbs in bold in the sentences (1-6) to their uses (a-f).

[1] They **are staying** in Spain this month to improve their Spanish.
[2] Bob is constantly **making up** excuses for getting to work late.
[3] John is **speaking** on the phone right now.
[4] We **are going** out for lunch later.
[5] The weather **is getting** hotter and hotter every year because of global warming.
[6] She **is reading** a really interesting book right now.

a action happening now
b action happening around the time of speaking
c fixed arrangement in the near future
d temporary situation
e changing or developing situation
f frequently repeated action with *always, constantly, continually* to express annoyance or criticism

4 Put the verbs in brackets into the *present continuous*.

1 A: ..... **(you/come)** home for dinner?
B: No, Mum, I ..... **(stay)** back at school for basketball practice.
2 A: ..... **(you/make)** progress with your salsa lessons?
B: Yes, I ..... **(dance)** better and better every week.
3 A: ..... **(Leo/play)** video games again?
B: No, he ..... **(research)** a project for school.
4 A: Frank ..... **(always/make)** fun of other people!
B: Really? He ..... **(come over)** tonight so I'll have a talk with him about that.

Present simple vs Present continuous

5 Choose the correct item.

1 John and Mark **stay/are staying** with their cousins for the summer holidays.
2 Anna **is eating out/eats out** with her family every Friday.
3 The first bus to the city centre **departs/is departing** at 6:00 am.
4 Can you turn the radio down? I'm **trying/try** to do my homework.
5 Gary **is coming over/comes over** for dinner tonight.
6 Most newborn babies **are sleeping/sleep** over 15 hours during the day.

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