

Grammar

Expressions of frequency

4 Put the words in the correct order to make sentences.

1 I'm / on / always / time

I'm always on time.

2 I / late / Fridays / often / work / on

3 He's / after / usually / class / tired

4 I / night / go / running / never / at

5 doesn't / She / emails / usually / weekends / check / her / at

6 I / the / all / time / go / there

7 I / to / relax / have / rarely / time

8 the / to / I / hardly / cinema / ever / go

5 Complete the second sentence so the meaning is the same as the first sentence. Use the words in the box.

always every month never often once a week rarely
usually

1 It's a very busy job and I normally have a lot of work to do.

It's a very busy job and I *usually have a lot of work to do*.

2 My job is really fun, so I hardly ever get bored.

My job is really fun, so I'm _____.

3 My students make me happy all the time!

My students _____.

4 I have a team meeting every Monday.

I have _____.

5 We get paid on the last Friday of the month.

We get paid _____.

6 I don't ever have enough sleep!

I _____.

7 I work late two or three times a week.

I _____.

Grammar

Present simple and present continuous

1 Choose the correct alternatives.

- 1 a I study/'m studying English a lot these days.
b I study/'m studying English twice a week.
- 2 a I try/'m trying to stay healthy. It's important.
b I try/'m trying yoga at the moment. It's great.
- 3 a I usually take/'m taking a taxi today. I'm really late!
b I usually take/'m taking the train to work. It's cheap and easy.
- 4 a I use/'m using a laptop when I'm in the office.
b I use/'m using a laptop at the moment. I'm in a café.
- 5 a I talk/'m talking to my best friend right now on social media.
She needs my advice.
b I talk/'m talking to my best friend every day. We're very close.
- 6 a I cook/'m cooking for myself most days. I enjoy it.
b I cook/'m cooking a curry. Would you like to join us?

2 Decide if the underlined words in each sentence are correct (✓) or incorrect (x). Then correct the incorrect words.

I usually wake

- 1 I usually waking up at 6 a.m. on weekdays. x

I usually wake up at 6 a. m. on weekdays

- 2 I have a shower every morning.
- 3 I can't speak now, I cook dinner!
- 4 I work for a big company in the city.
- 5 She's cleaning the house at the moment
- 6 I'm from Italy, but this year I live in Spain.
- 7 She tries a new lifestyle this month.