

unit 1.1 Challenging sports

Grammar – Present simple or present continuous

[A]

Name _____

No. _____

Class _____

Date _____

Mark _____

Teacher _____

A Put the words in the correct column.

every day often this week always now at the moment usually
at present today sometimes right now at the weekend

Present simple	Present continuous

B Choose the correct option.

1. Zoe usually _____ a new sport every month.
a. try b. is trying c. tries
2. My brother _____ wing walking. He's afraid of heights.
a. enjoy b. doesn't enjoy c. enjoys
3. Derek _____ snow kiting this weekend. Would you like to go too?
a. is going b. are going c. goes
4. How much _____? It's an expensive sport, I believe.
a. does motocross cost b. is motocross costing c. do motocross costing
5. Look! Carol _____ off that bridge! She really loves bungee jumping.
a. jumps b. jumping c. is jumping

C Complete the sentences with the present simple or present continuous of the verbs in brackets.

1. The boys _____ (not study) at the moment. They _____ (watch) a YouTube video about abseiling.
2. We usually _____ (go) cycling every day, but today we _____ (do) some indoor activities.
3. "How often _____ (you / do) extreme sports, Eva?"
"Not very often, I _____ (not like) them. I _____ (think) they're dangerous."
4. "_____ (Melissa / compete) in the e-sports tournament this afternoon?"
"Yes, she _____."
5. Most athletes _____ (go) to bed early.
6. I _____ (try) an extreme sport today: parkour!