

# 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.

- Zoe usually \_\_\_\_\_ a new sport every month.  
a. ☐ try                      b. ☐ is trying                      c. ☐ tries
- My brother \_\_\_\_\_ wing walking. He's afraid of heights.  
a. ☐ enjoy                      b. ☐ doesn't enjoy                      c. ☐ enjoys
- Derek \_\_\_\_\_ snow kiting this weekend. Would you like to go too?  
a. ☐ is going                      b. ☐ are going                      c. ☐ goes
- How much \_\_\_\_\_? It's an expensive sport, I believe.  
a. ☐ does motocross cost                      b. ☐ is motocross costing                      c. ☐ do motocross costing
- 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.

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