

WORKSHEET: PRESENT CONTINUOUS & ADVERBS OF FREQUENCY

NAME: _____ DATE: _____

PART 1: PRESENT CONTINUOUS

A. Complete the sentences using the present continuous form of the verbs in parentheses.

1. She _____ (read) a book right now.
2. They _____ (play) soccer in the park.
3. My mother _____ (cook) dinner at the moment.
4. We _____ (watch) a movie at the cinema.
5. He _____ (write) an email to his friend.

B. Rewrite the following sentences in negative form.

1. He is studying for his exam. → _____
2. We are eating lunch at the restaurant. → _____
3. They are dancing at the party. → _____
4. She is talking on the phone. → _____
5. I am running in the park. → _____

C. Write questions using the present continuous.

1. (she / listen / to music?) → _____
 2. (they / play / basketball?) → _____
 3. (he / work / on a project?) → _____
 4. (you / watch / TV?) → _____
 5. (we / travel / to Spain?) → _____
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PART 2: ADVERBS OF FREQUENCY

A. Complete the sentences with the correct adverb of frequency. (always, usually, often, sometimes, rarely, never)

1. I _____ go to bed late.
2. She _____ eats vegetables because she likes them.
3. They _____ play video games on weekends.
4. We _____ visit our grandparents during holidays.
5. He _____ forgets his homework.

B. Rewrite the sentences placing the adverb of frequency in the correct position.

1. She is late for school. (always) → _____
2. They go to the cinema. (sometimes) → _____
3. We are tired after school. (often) → _____
4. He plays the guitar. (rarely) → _____
5. I am happy on my birthday. (always) → _____

C. Answer the following questions using complete sentences.

1. How often do you do your homework?
 2. How often do you go to the park?
 3. How often do you watch TV?
 4. How often do you eat fast food?
 5. How often do you read a book?
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Bonus Activity: Write five sentences using both the present continuous and an adverb of frequency.

Example: She is always listening to music in her room.

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
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Teacher's Note: This worksheet helps students practice the present continuous tense and adverbs of frequency through a variety of exercises, including fill-in-the-blank, sentence restructuring, and writing practice.