1A present simple and present continuous; state verbs; adverbs of frequency

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Present simple

We use the present simple to talk about something that is always or generally true, or for habits or routines (things that happen regularly).

Present continuous

We use the present continuous to talk about an activity happening right now, at the time of speaking.

We also use the present continuous to talk about a temporary activity happening around now.

He's studying philosophy at university.

We often use these words and phrases with the present continuous: *now, at the moment, currently, this month.*

He's living with his grandmother at the moment.

We also use the present continuous for future arrangements (see page 113).

We form the present continuous with the correct form of the verb *be* + the *-ing* form of the verb.

+	I'**m watching** a film at the moment.
-	He **isn't talking** to me.
?	**Are** you **living** with your parents at the moment?

State verbs

Some verbs are not usually used with continuous tenses. They describe thoughts, feelings, sense and perceptions. They are called 'state verbs'.

Common state verbs are: *be, believe, belong, feel, forget, hate, hear, imagine, know, like, love, matter, mean, need, prefer, realise, remember, seem, suppose, understand.*

Adverbs of frequency

Adverbs of frequency tell us how often something happens. We often use adverbs of frequency with the present simple.

The most common adverbs of frequency are: *always, often, usually, sometimes, occasionally, rarely, never.*

We also use expressions of frequency to talk about how often something happens, e.g. *every day/year, twice a week, hardly ever, once in a while.*

I **hardly ever** talk to him.

We usually put adverbs of frequency **before** the main verb, or **after** the verb *be*

I **often study** in the evenings.

I'**m not usually** late.

Adverbs of frequency can go at the beginning, in the middle or at the end of a sentence.

Occasionally, I see my aunt.

I **occasionally** see my aunt.

I see my aunt **occasionally**.

Always and *never* do not normally go at the beginning or end of sentences.

Expressions of frequency usually go at the beginning or the end of the sentence.

Once in a while he sends flowers.

We work together **every day**.

PRACTICE

1 **Complete the sentences with the present simple or present continuous form of the verbs in brackets.**

1 _____ you _____ with your parents at the moment? (live)
2 _____ your partner _____ how to cook? (know)
3 What song _____ you _____ to? I've never heard it before. (listen)
4 How often _____ you _____ your family? (see)
5 This month I _____ to finish this new project. (try)
6 When we go to Rome, we usually _____ with my sister. (stay)

2 **Add the expressions of frequency on the line according to how often you think they happen.**

every day | every weekend | from time to time | hardly ever | once a month | once in a while | twice a year

never ——— always

3 **Complete the sentences. Choose the correct place (a or b) for the adverb or expression of frequency.**

1 (a) _____ our manager deals (b) _____ with problems. It's her job. (usually)
2 I (a) _____ get up early (b) _____ and go for a run. (every day)
3 She's a close friend but (a) _____ we (b) _____ see each other – maybe only once a year. (rarely)
4 I (a) _____ clean the house at the weekend (b) _____ . I hate it when it's a mess. (always)
5 (a) _____ I (b) _____ speak to my manager – maybe once a month. (once in a while)
6 (a) _____ I (b) _____ work late at night because I get too tired and I can't concentrate. (never)
7 We go (a) _____ out for a meal together (b) _____ . (occasionally)
8 I (a) _____ wish I worked part-time because I'd love to spend (b) _____ more time with my family. (sometimes)

LIVEWORKSHEETS