

1 Look at the example sentences a and b. Then complete the rules below with the phrases in the box.

- a I always leave the house at 8 o'clock.
b I'm wearing a T-shirt and jeans today.

adverbs of frequency present continuous
present simple *today, now and at the moment*

We use the ¹ _____ to talk about habits and routines. We often use it with ² _____.

We use the ³ _____ to talk about things we're doing now. We often use it with words like ⁴ _____.

2 Choose the correct words or phrases to complete the sentences.

- 1 I *always* / *at the moment* prepare my school bag before school.
- 2 My parents *now* / *always* watch TV in the evening.
- 3 My brother is making breakfast *now* / *usually*.
- 4 Why have you got your maths book? We're studying English *often* / *today*.
- 5 What are you doing *sometimes* / *at the moment*?
- 6 I don't *usually* / *never* go to bed at 9 o'clock.

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

- 0 He plays (play) tennis every day.
- 1 I never _____ (tidy) my room. My mum hates it!
- 2 They usually _____ (watch) films at the weekend.
- 3 My dad _____ (cook) breakfast today.
- 4 My mum _____ (not work) in a school. She's a police officer.
- 5 Jack _____ (not work) today because he's not very well.
- 6 What book _____ (you / read) at the moment? Is it good?

4 Correct the mistakes in the sentences.



- 1 I study now because I've got an exam tomorrow.
- 2 Are you knowing Katy? She's my sister.
- 3 My brother watching TV with his friends.
- 4 My mum is a doctor. She is usually working at weekends.
- 5 Every day we are drinking tea for breakfast.

1 Complete the sentences with the verbs in the box in the present simple or present continuous.

catch do get have ~~tidy~~ watch

- 1 I 'm tidying _____ my room at the moment.
- 2 My brother usually _____ dressed at 7.00 in the morning.
- 3 On Mondays we _____ a bus to school.
- 4 They never _____ TV in the evenings.
- 5 I can't help you now. I _____ my homework.
- 6 They sometimes _____ breakfast at 8.30 on Wednesdays.

2 Put the words in order to make sentences.

- 1 do / at / you / Mondays / school / athletics / Do / on
Do you do athletics at school on Mondays?
- 2 hair / you / often / brush / your / How / do
_____?
- 3 moment / the / aren't / rugby / club / working / at / We / at / the
_____.
- 4 brother / your / leaving / Are / house / you / the / and / now
_____?
- 5 bags / now / and / our / sister / school / I / are / My / preparing
_____.
- 6 they / morning / usually / shower / have / Do / a / in / the
_____?
- 7 lunch / the / usually / eat / weekend / don't / a / big / We / at
_____.

3 Complete the sentences with the correct verb in the present simple or present continuous.

clean ~~do~~ drink eat go leave play

- 1 I usually do my homework at 5.00 but now I 'm doing it late.
- 2 We leave the house at the moment but we usually go at 8.30.
- 3 I don't usually eat spaghetti but I am drinking some now.
- 4 Today am I cleaning my teeth at 8.00 but I usually brush them at 7.00.
- 5 They go to bed at 9.00 every day but today they are going to bed at 9.30.
- 6 Today my parents are playing tennis but they usually play badminton.
- 7 I always drink orange juice in the morning but today I am drinking coffee.

4 Complete the conversation with the verbs in the box in the present simple or present continuous.

get go ~~meet~~ play play put wear

- Jeff: Hi Beatriz. What are you doing at the sports club today?
- Beatriz: I ¹ 'm meeting my friends. They often ² go to baseball practice on Tuesdays. They ³ are dressed and they ⁴ are wearing on their shoes at the moment.
- Jeff: Great. I play on the baseball team.
- Beatriz: How often do you play?
- Jeff: We ⁵ play a game every Saturday. Today we ⁶ are playing a match!
- Beatriz: Yes! My friends are also on the team. Look! They're coming now. They ⁷ are wearing the new baseball uniform!

5 Find and correct the mistakes in the sentences.



- 1 Today I go to school at 9.00.
Today I am going to school at 9.00.
- 2 At the moment I prepare my school bag.
I am preparing my school bag at the moment.
- 3 I usually am having breakfast at 7.15.
I usually have breakfast at 7.15.
- 4 I'm eat toast and jam at the moment.
I am eating toast and jam at the moment.
- 5 We never are wearing a school uniform at the weekends.
We never wear a school uniform at the weekends.
- 6 What do you doing at the moment?
What are you doing at the moment?
- 7 My dad is working from Monday to Friday.
My dad works from Monday to Friday.
- 8 My sister and I are going windsurfing at the weekends.
My sister and I go windsurfing at the weekends.

6 Complete Pablo's diary entry with a verb in the present simple or present continuous, positive or negative.

Dear Diary,

Today is Tuesday but it's a holiday! On Tuesdays I usually ¹ get up at 6.45 and I have breakfast. I always go to school at 8.10. This morning it's 9.00 and I ² am not having my breakfast. Now it's 9.30 and I'm not at school! I ³ am talking to my teachers. I'm watching TV and I ⁴ am playing table tennis with my sister. Every Tuesday at 12.15 we ⁵ have lunch at school. We usually eat sandwiches but today I ⁶ am eating pasta and drinking orange juice. Now it's 5.45 and I usually ⁷ do homework but today we're going skating!

Pablo