ATHALLAH

Present Simple vs Present Continuous

Instructions: Complete the sentences and conversations with the correct form of the verb in brackets. Pay attention to the clue words.

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1. Every Wednesday afternoon, Coach Ryan _____ (train) the junior padel team for two hours because the students have a competition coming soon.
2. Look! Emma _____ (practice) her backhand shot on the padel court right now while her coach watches carefully and gives her helpful advice.
3. My brother usually _____ (exercise) at the sports center before school because he wants to stay strong and healthy throughout the year.
4. At the moment, the players _____ (warm up) near the court because their match will begin in just a few minutes.
5. Olivia always _____ (carry) a water bottle to practice because her coach reminds the team to drink plenty of water.
6. Coach: Why _____ you _____ (wear) your running shoes now?

   Lucas: Because I _____ (join) a fitness training session with the padel team at the moment.
7. Every Saturday morning, Mia and her father _____ (play) padel together at the local sports club before they have breakfast.
8. Listen! The coach _____ (explain) a new exercise routine to the students right now, so everyone is paying close attention.
9. Ava: What _____ your sister usually _____ (do) after school on Tuesdays?

   Ben: She usually _____ (attend) padel lessons, but today she _____ (study) for an important science test.
10. This month, our padel coach _____ (prepare) us for a regional tournament, so we are practicing more often than usual.

LIVEWORKSHEETS