

## Present tenses

### present simple

We use the present simple:

- for habits and repeated actions.

*I go sailing every weekend.*

*My brother usually comes with me.*

- for facts, or things that are always true.

*You don't need any expensive equipment for swimming.*

*Some hobbies cost a lot of money.*

- with state verbs, e.g. like, love, think, understand, realise, hear, smell, sound.

*I love surfing! I don't understand what you're saying.*

- to describe what happens in a film, book or story.

*In the end, she wins and becomes the world champion.*

*Luckily, the police arrive and rescue him.*

### present continuous

We use the present continuous:

- for actions that are happening right now or around now.

*I'm doing my homework at the moment.*

*Oh, no! It's raining!*

- for situations that are changing.

*Gymnastics is becoming much more popular.*

*More young people are getting into surfing.*

- with **always**, for things that happen often or repeatedly, and are usually annoying.

*I'm always losing things! Dan is always complaining!*

### adverbs and adverbial phrases of frequency

- Adverbs of frequency (e.g. always, usually, often, never) go before the main verb, but after the verb be. We usually use adverbs of frequency with the present simple.

*I usually get home at about 7.30.*

*We often spend the whole day at the beach.*

*It is usually warm and sunny in June.*

*The water is often quite cold.*

- Adverbial phrases (e.g. every day, in summer, most weekends, at the moment) usually go at the end of a sentence, but they can also go at the beginning for emphasis. If they go at the beginning, they are followed by a comma.

*I go running most evenings.*

*Most people spend more time outdoors in summer.*

*Most days, the waves are really good for surfing.*

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

Do you want to find your DREAM?

It's OK if you've got a dream, but what if you 1.....

(want) to find something cool to do and aren't sure what it is yet?

A lot of people who 2.....

(not know) what they want end up doing what other people think they should do.

Ask people what their dreams are and you often find they're different from what they 3.....

(actually/do) right now. Be the one who's brave enough to do something different!

Think: what 4.....

(you/always/think) about? 5.....

(you/feel) excited about sport, art, music ... ? What can't you live without? If you 6.....

(always/complain) because you have to practise the piano and can't help being envious of the drummer in that band – quit the piano and learn the drums instead.

The important thing is to set goals to keep yourself motivated. If you stick to them, you'll soon realise that you 7.....

(improve) all the time and are well on the way to achieving your dream!

**Put the adverbs or adverbial phrases (in brackets) in the correct place in the sentences.**

1 You're watching TV. You should go and get some fresh air! (always)

2 I'm learning to drive. (at the moment)

3 I am late for my guitar lessons because I love them. (never)

4 I don't play baseball in winter. (often)

5 Our team wins a match – they're useless! (rarely)

6 Jayden visits his grandmother after school. (most days)

7 Jude goes to bed early so she can get up early! (every night)

8 Alex is speaking to someone on the phone. (right now)

Write sentences in the present simple or present continuous.

1. rugby / on / play / usually / my / friends / Saturdays / with / I

2. today / exhausted / I / pretty / feel

3. ten / out / Belle / tennis / of / times / practice / misses / nine

4. am / skills / improving / baseball / my / I

5. doing / Kylie / ballet / is / at / training / moment / the / her

6. loves / Brooke / guitar / in / playing / the / band

7. online / Jamie / to / who / chatting / is / ?

8. is / asking / Billie / my / always / taking / football / without