

- 1** Look at the examples from the listening. Write *simple* or *continuous*.
Complete the rules with the underlined words.

Present

Today, I'm **talking** about my morning routine.

I'm **having** cereal with fruit today.

At the moment, I'm **wearing** my favourite T-shirt.

I'm **leaving** the house now.

I'm **not wearing** my uniform today.

Present

I never **have** a shower in the morning.

I always **check** my messages in the morning.

I sometimes **have** toast and butter.

I usually **wear** my uniform.

I **don't** usually **have** a shower in the morning.

We often use the **present simple** with words like _____, _____, _____ and _____.

We often use the **present continuous** with words like _____, _____ and _____.

GRAMMAR REFERENCE

- 2** Complete the sentences with the correct tense of the verbs in brackets.

0 I 'm shopping (shop) at the moment. I can't talk.

1 My mum always _____ (cook) nice food.

2 I _____ (stay) at home today. I _____ (not go) to school.

3 It's five o'clock now and I _____ (watch) TV with my sister.

4 What time _____ your dad usually _____ (get up) on Sundays?

5 It's OK, Jack _____ (not sleep) at the moment. You can go and talk to him.

Choose the correct words to complete the sentences.

- 1 We *never eat* / *'re never eating* dinner at a restaurant.
- 2 I *go* / *'m going* swimming after school every day.
- 3 Shh! My baby brother *sleeps* / *'s sleeping* at the moment.
- 4 What *do you usually have* / *are you usually having* for breakfast?
- 5 Are you *watch* / *watching* TV now? No, I'm not / it isn't.
- 6 My mum *doesn't work* / *isn't working* today. She's on holiday.
- 7 We *always go* / *are always going* to school by bus.

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.

every day	on Sundays
Listen!	right now
now	always
today	at the moment
sometimes	often
usually	Look!

Present Simple

Present Continuous

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?