unit **1.1 Challenging sports**

Grammar – Present simple or present continuous

[A]

Name _____ No. _____ Class _____

Date _____ Mark _____ Teacher _____

A **Put the words in the correct column.**

every day often this week always now at the moment usually
at present today sometimes right now at the weekend

Present simple	Present continuous

B **Choose the correct option.**

1. Zoe usually _____ a new sport every month.
   a. ☐ try b. ☐ is trying c. ☐ tries
2. My brother _____ wing walking. He's afraid of heights.
   a. ☐ enjoy b. ☐ doesn't enjoy c. ☐ enjoys
3. Derek _____ snow kiting this weekend. Would you like to go too?
   a. ☐ is going b. ☐ are going c. ☐ goes
4. How much _____? It's an expensive sport, I believe.
   a. ☐ does motocross cost b. ☐ is motocross costing c. ☐ do motocross costing
5. Look! Carol _____ off that bridge! She really loves bungee jumping.
   a. ☐ jumps b. ☐ jumping c. ☐ is jumping

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

1. The boys _____ **(not study)** at the moment. They _____ **(watch)** a YouTube video about abseiling.
2. We usually _____ **(go)** cycling every day, but today we _____ **(do)** some indoor activities.
3. "How often _____ **(you / do)** extreme sports, Eva?"
   "Not very often, I _____ **(not like)** them. I _____ **(think)** they're dangerous."
4. "_____ **(Melissa / compete)** in the e-sports tournament this afternoon?"
   "Yes, she _____."
5. Most athletes _____ **(go)** to bed early.
6. I _____ **(try)** an extreme sport today: parkour!

LIVEWORKSHEETS