



Name and surname: _____ Date: _____, ___th December, 2024.

 1. Present simple or continuous? Match the **column A (a-b)** with **column B (1-6)**.

Column A

a. Present simple

b. Present continuous

Column B

1. **facts** and things that are always true.
2. actions happening **now**, at this moment.
3. Actions happening for a **temporal** amount of time: *these days, this week, only today*.
4. **Permanent** situations.
5. repeated actions and activities, habits or **routines**: *every day, always, every week, etc.*
6. ends with **-ing**.

2. Multiple choice: present simple or continuous? Circle the correct option:

1. I usually **get up/ am getting up** at 7 O'clock every morning.
2. This week, I **start/ 'm starting** work very early because it's a very busy period.
3. I **never am/ am never** late for work. The fact is that I always come on time.
4. Only for today, I **work/ am working** on reports for our online website.
5. Can you wait? I **'m checking/ check** my emails at the moment.
6. I **go / 'm going** to the gym with my best friend every day.
7. More and more old people **play /are playing** computer games these days. It's not just the young.
8. At the moment I **drive / I'm driving** towards the city. Is that the right direction?
9. I've got a question: **do you work / are you working** now or **do you take / are you taking** a break at the moment?

 3. Read and complete with the correct form of **present simple** from the verbs in brackets:


Nathan Wolfe

Nathan Wolfe **0** _____ is **(be)** a scientist, and he **1** _____ **(study)** the world. He **2** _____ **(travel)** to many places, and he often **3** _____ **(help)** people. In particular, he **4** _____ **(not work)** only with the human body. Nathan **5** _____ **(go)** to places with health problems and study viruses and diseases from animals. It's an important job because he wants to know how the viruses move from animals to humans.

In the modern world, humans and people **6** _____ **(not/stay)** in one place. They travel and **7** _____ **(visit)** different countries. They often **8** _____ **(not know)** how easy it is to bring a new disease back with them to another country, like with COVID-19.

However, modern technology **9** _____ **(help)** Nathan with his work. He often works in places and cities where people don't have electricity. But he **10** _____ **(use)** a mobile phone to continue his life-saving work.

 4. Adverbs of frequency: Put the words **in order** to make sentences and highlight the adverbs of frequency.

1 do / always / in the evening / I / exercise

4 they / to Chile. / go / on holidays / don't often /

2 the weather / in the winter. / always / very cold / is

5 at weekends / we / sometimes / busy / are

3 take / never/ I / this medicine / at night.

6 eats out / rarely / she / during the week.



5. Match the meanings (A—C) with the rules (1—6).

- A. Do this.
- B. Don't do this.
- C. This is allowed by the rules.

- 1. You **must** wear your seat belt in a car.
- 2. You **can't** hit the ball with your hand in football.
- 3. Boxers **have to** wear special gloves.
- 4. You **can** walk in a marathon.
- 5. The students **can't** use their mobile phones during the exam.
- 6. We **can** take photos during the tennis match.

6. Rule verbs: Complete the following sentences with verbs for rules:

have to - has to - must - mustn't, can't - can, don't have to -

- a) Students _____ study a lot to pass all their exams. It's necessary.
- b) During the week, you _____ go to bed at 5 a.m. It's not allowed at home.
- c) Runners _____ wear special equipment or uniform when they are running. It isn't necessary, they can put on anything they like.
- d) During class, students _____ eat or drink! It's not allowed. Students _____ pay attention to the teacher.
- e) In basketball, each team _____ have five players in every match. It's a rule!
- f) In the Olympic games, competitors _____ be very strong and athletic to win gold medals.
- g) In UNO, players _____ spy on others' cards or cheat in the game. It's not allowed!
- h) You _____ buy your racket to a tennis lesson. It's not necessary, the tennis club gives you a racket.
- i) In football, the goalkeeper _____ touch the ball with his/her hand. They use also their feet or whole body. It's allowed.

7. Vocabulary: Complete the sentences with sports vocabulary from the box. There's an **extra word**.

score – competition – spectators – goal - team – line – rules – winners – referee

- a) The _____ gave two red cards and six yellow cards during the match.
- b) "Which is your favourite _____?"
"The one in red. I don't like the blue one."
- c) Can you explain the _____ of American football? I don't understand them.
- d) There were 48,000 _____ at the football match.
- e) My local team got to the final of the _____, but they lost in the end.
- f) _____ at the Olympics get a gold medal because they beat all the other competitors.
- g) The final _____ in the tennis match was three sets to one.
- h) Two runners crossed the finish _____ at the same time so they both came first.



8. **Project: My life, my rules?**

Let's talk about your **personal life** and the rules you have in **YOUR LIFE**. Use this vocabulary to make sentences:

Example:

> *With my friends, I **can** relax and have a good time.*

Lifestyle verbs: Go to bed/ fall asleep/ watch .../ get up late at.../ stay up until... am/ go out with.../ play a sport/ join a club/ do exercise / talk to my friends/ do homework for.../ etc.

1. At home, I **CAN** _____
2. At school, I **MUSTN'T** _____
3. At the _____ club, I **HAVE TO** _____
4. With my friends, I **DON'T HAVE TO** _____
5. In class, I **MUST** _____

