NAME(S): _____

Present Simple vs. Present Continuous

1. Identify the tense

Choose whether the sentence is in
A) Present Simple or **B) Present Continuous:**

1. The coach is reviewing the team's performance while they warm up on the field.
   A) Present Simple B) Present Continuous
2. Professional athletes train for several hours every day to improve their endurance.
   A) Present Simple B) Present Continuous
3. We are participating in a high-intensity interval training session this afternoon.
   A) Present Simple B) Present Continuous
4. She usually practices yoga early in the morning before going to work.
   A) Present Simple B) Present Continuous
5. The goalkeeper is stretching his legs because he feels some tension.
   A) Present Simple B) Present Continuous

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2. Choose the correct verb form

6. The players usually ___ (follow) a strict nutrition plan during the tournament.
   A) follow
   B) are following
7. Right now, the cyclist ___ (adjust) the height of his seat before the race.
   A) adjusts
   B) is adjusting
8. My trainer ___ (recommend) a combination of cardio and strength exercises.
   A) recommends
   B) is recommending
9. Listen! The crowd ___ (cheer) for their favorite team.
   A) cheers
   B) is cheering
10. During the off-season, many athletes ___ (focus) on improving flexibility.
    A) focus
    B) are focusing

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3. Choose the best option to complete the sentence

13. At the moment, the boxing coach ___ new defensive strategies with the athletes.
    A) practices
    B) is practicing
14. My friend ___ to the gym three times a week to stay in shape.
    A) goes
    B) is going
15. The referee ___ the match carefully because the teams are very competitive today.
    A) watches
    B) is watching
16. The athletes ___ extra hydration this week because of the heatwave.
    A) need
    B) are needing
17. At the moment, our team ___ a new tactic to improve ball control.
    A) practices
    B) is practicing
18. My cousin ___ in a local triathlon every year.
    A) competes
    B) is competing
19. Shhh! The tennis player ___ the ball to serve.
    A) tosses
    B) is tossing
20. This month, the swimmers ___ their breathing technique with the coach.
    A) focus
    B) are focusing
21. Usually, the sports therapist ___ athletes recover from injuries.
    A) helps
    B) is helping
22. Right now, the runners ___ their pace as they climb the hill.
    A) increase
    B) are increasing

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