



AN ASTRONAUT'S DAY

Read the text and complete the activities.

My name is Alex and I am an astronaut. I work for a space agency and I love exploring space.

I usually get up at six o'clock. I have breakfast with the other astronauts and then I do some physical exercise. We exercise every morning because it is important to keep our bodies strong in space.

After breakfast, I usually check the equipment and work on different experiments. I sometimes take photographs of the Earth from the space station. In the afternoon, I talk to scientists on Earth and write reports about our work.

Today is a special day. We are preparing for an experiment. My colleague Sarah is checking the equipment and I am reading the instructions. Another astronaut is taking photographs of the Earth.

We usually work inside the space station, but today we are getting ready to go outside. We are wearing our special spacesuits because we are going on a spacewalk.

It is very exciting!



1. Present Simple or Present Continuous?

1. Alex gets up at six o'clock.
2. He is reading the instructions.
3. The astronauts exercise every morning.
4. Sarah is checking the equipment.
5. Alex sometimes takes photographs of the Earth.
6. They are preparing for an experiment.
7. He talks to scientists on Earth.
8. They are wearing their spacesuits.



2. Complete the sentences

Use the correct form of the verbs.

1. Alex usually _____ (get up) at six o'clock.
2. He _____ (have) breakfast with the other astronauts.
3. They _____ (exercise) every morning.
4. Today they _____ (prepare) for an experiment.
5. Sarah _____ (check) the equipment now.
6. Alex _____ (read) the instructions at the moment.
7. He sometimes _____ (take) photographs of Earth.
8. They _____ (wear) spacesuits today.

✓ 3. True or False?

1. Alex is an astronaut. _____
2. He usually gets up at eight o'clock. _____
3. The astronauts exercise every morning. _____
4. Alex sometimes takes photographs of Earth. _____
5. Today they are preparing for an experiment. _____
6. Sarah is sleeping. _____
7. They are going on a spacewalk. _____

4. What's happening now?

Imagine you are an astronaut on a space station.

Complete the sentences using the **Present Continuous**.

1. I _____
2. My colleague _____
3. We _____
4. Another astronaut _____

★ Challenge

Write **two sentences** about your routine using the Present Simple.