

**1** **Circle** the present simple or continuous.

- 1 *We play / **We're playing*** a big hockey match on Friday.
- 2 After a marathon, the body *needs / is needing* plenty of liquids.
- 3 It's almost match time and thousands of spectators *arrive / are arriving* at the stadium.
- 4 *I join / I'm joining* a karate club next month.
- 5 What *are you thinking / do you think*? Should we take part in the competition or not?
- 6 Every year my school *gives / is giving* students the chance to visit another city.
- 7 Chris *doesn't score / aren't scoring* any goals because he's a goalkeeper.
- 8 It's half time and United *beat / are beating* City two-nil.

**6** Put the verbs in the correct form of the present simple or continuous.

- A:** Now, on today's show we have Isabella Birk, she  
1 *is sitting* (sit) right here on our sofa and she is Britain's youngest surfing champion. So tell us, Isabella, 2 \_\_\_\_\_ (train) every day?
- B:** Not every day. It depends on the weather. The wind  
3 \_\_\_\_\_ (generate) big waves, small waves. I have to wait and see.
- A:** We have a clip of you at the UK Championship last month. Can you tell us what's happening here on the screen?
- B:** So, here I 4 \_\_\_\_\_ (paddle) and I 5 \_\_\_\_\_ (wait) for the wave to come. This was quite a big wave as you can see. And now I 6 \_\_\_\_\_ (try) to keep my balance.
- A:** Fantastic. You're doing it very well. Tell us,  
7 \_\_\_\_\_ (want) to be a professional one day?
- B:** I would like to, but I know it's difficult to become a pro. I 8 \_\_\_\_\_ (love) surfing. We'll see.
- A:** And what are your plans for the rest of the year?  
9 \_\_\_\_\_ (enter) any more tournaments?
- B:** Yes, I am. In July, I 10 \_\_\_\_\_ (travel) to California with Surfing England to take part in my first international competition.
- A:** Isabella, best of luck and thank you for being with us today.