

Simple Present Tense

Affirmative	Interrogative	Negative
I work	Do I work?	I don't work
You work	Do you work?	You don't work
He works	Does he work?	He doesn't work
She works	Does she work?	She doesn't work
It Works	Does it Work?	It doesn't work
We work	Do we work?	We don't work
You work	Do you work?	You don't work
They work	Do they work?	They don't work

Use it for ...

- * Facts.
- * Habitual actions.
- * Things that don't/won't change.
- * Describing yourself.

Signal words

Adverbs of frequency, like:

- * Often
- * Usually
- * Sometimes
- * Never

BUT REMEMBER *** The verb 'to be' is different ***

I + am (Australian.)
He/she/it + is (clever.)

Present Simple Spelling Rules

Most verbs takes -s in the third person singular. (He/ She/ It)

1	- ss, -sh, -ch, -x, -o	→	-es	I miss- he misses I finish- he finishes I watch- he watches I mix- he mixes I go- he goes
2	a consonant + y	→	-ies	I study - he studies I cry- he cries
3	a vowel + y	→	-s	I play- he plays

VS



English grammar - VERBS

to be + ing (PRESENT CONTINUOUS)

Positive

I am walking.
I'm walking.
You are walking.
You're walking.
He is walking.
He's walking.
She is walking.
She's walking.
It is walking.
It's walking.
We are walking.
We're walking.
You are walking.
You're walking.
They are walking.
They're walking.

Negative

I am not walking.
I'm not walking.
You are not walking.
You aren't walking.
He is not walking.
He isn't walking.
She is not walking.
She isn't walking.
It is not walking.
It isn't walking.
We are not walking.
We aren't walking.
You are not walking.
You aren't walking.
They are not walking.
They aren't walking.

Question

Am I walking?
Are you walking?
Is he walking?
Is she walking?
Is it walking?
Are we walking?
Are you walking?
Are they walking?

Spelling guide for forming gerund (present participle):

go - going
do - doing
live - living
have - having
sleep - sleeping
slip - slipping
heat - heating
stop - stopping
run - running
lend - lending
cry - crying
play - playing
lie - lying
die - dying

Can you find another grammar rule with the same spelling rules?

Present Tense

Simple Present

- Use with "usually" or "sometimes"
- Use with stative verbs

Present Continuous

- Use with "right now" or "today"
- Use with action verbs
- Use for things happening at the moment or in the future

HEALTHY AND UNHEALTHY LIFESTYLES

Complete the sentences using Simple Present or Present Continuous of the verbs in parentheses.

1. John sometimes (go) to the nightclub because he (like) dancing very much.
2. We (not study) English at the moment. We (take) a break.
3. The girls (play) basketball every Saturday. They (not play) now.
4. I often (eat) a lot of fast food, but now I (cut) down on junk food.
5. Tracy (listen) to her favorite band. I can hear the loud music.
6. you (exercise) enough at the moment?
7. My father usually (work) in the office, but today he (work) at home.
8. The boys (not train) in the stadium, they always (train) in the park.
9. My brother never (do) exercise, he (not like) physical activities very much.
10. she usually (smoke)? Yes, but she (give up) smoking now.
11. My friends (spend) too much time on their cell phones these days.
12. Jane usually (play) sports, but now she (not get) any exercise.
13. The children (run) in the middle of the street. I can see them from the window.
14. What you (do) to stay healthy nowadays?
15. Stan and I (meet) our friends at football practice twice a week.
16. He always (eat) healthy food for lunch.
17. Brian (watch) television every evening.
18. We usually (do) exercise together.
19. Tom and Mark (not want) to go to the gym. They say it's boring.
20. Peter usually (take) regular breaks at work?
21. My classmates (try) to lose weight before graduation.
22. Brenda (walk) to school these days?
23. Jill (not work out) right now, but she (eat) plenty of fruits and vegetables most days.
24. you (sit) for long periods of time at work this month?
25. Don't make a noise! Your dad (sleep) right now.

Present Simple or Continuous? Choose the correct alternative(s) in the sentences

Today she **'s spending** / **spends** too much time on the computer.

They usually **are going** / **go** to the gym on Sundays.

We **'re having** / **have** a barbecue this week. Do you want to come?

She **'s not getting** / **gets** enough exercise these days. She **'s not having** / **doesn't have** enough free time.

I always **am having** / **have** coffee before work in the morning.

They sometimes **are driving** / **drive** everywhere, but now they **'re riding** / **ride** their bikes.

Look! Liz **is losing** / **loses** so much weight these days.

He **'s bringing** / **brings** a healthy lunch to work every day.

Put the verbs into the correct tense (present simple or present continuous)

Harold Taylor is an athlete. He (run) three or four miles a day, but today he (run) 8 miles. He (work out) a lot this week because he (train) for a competition. He (have) a healthy and balanced diet. He (not drink) too much coffee and he never (drink) alcohol. Harold's always very busy, but he (sleep) 8 hours regularly. However, he (go) to bed late these days, so he (get) enough sleep. He (relax) for two hours every day, but he sometimes (get) stressed. He always (try) to stay healthy, and he (get) in better shape now.



eat not eat go
play (x2) walk

It's 8.30! At the moment, Hasan to school. He always to school to get some exercise. It's 10:30! Right now, Hasan a sandwich. He a sandwich every day. Sometimes he has a pizza or a salad.

Now it's 12.00! It's a PE lesson. In PE lessons, the students usually football or handball, but at the moment they basketball.

