

Present Simple and Present Continuous

beginner-friendly exercise set

When do we use the Present Simple?

We use the Present Simple to talk about:

- Routines and habits
 - I get up at 7. I drink coffee every morning.
- Facts and things that are always true
 - Water boils at 100°C.
- Things that happen regularly
 - She plays tennis on weekends.



Key words: always, usually, often, sometimes, never, every day, on Mondays...

When do we use the Present Continuous?

We use the Present Continuous to talk about:

- Actions happening right now
 - I'm reading a book right now.
- Temporary actions
 - She's staying with her sister this week.
- Things happening around the current time
 - They're studying a lot these days.
- Things we see or hear at the moment
 - Look! The cat is running.



Key words: now, right now, at the moment, today, this week, these days, Look!, Listen!

Present Simple or Present Continuous?

Write PS (Present Simple) or PC (Present Continuous) next to each expression.

- usually _____
- now _____
- every day _____
- at the moment _____
- these days _____
- always _____
- Look! _____
- on Mondays _____
- right now _____
- sometimes _____



Choose the correct option

Choose the correct form of the verb.

Example: She (works / is working) in a café. → works

1. I usually (get up / am getting up) at 7 a.m.
2. Look! It (rains / is raining) outside.
3. My brother (plays / is playing) football every weekend.
4. They (watch / are watching) a film right now.
5. She (doesn't like / isn't liking) coffee.
6. Be quiet! The baby (sleeps / is sleeping).
7. I (read / am reading) a great book at the moment.
8. We (go / are going) to school by bus every day.
9. He (has / is having) lunch at the moment.
10. My parents (live / are living) in a small town.



Fill in the gaps

Complete the sentences with the correct form of the verb in brackets.

Use Present Simple or Present Continuous.

1. She _____ (study) English on Mondays.
2. Right now, she _____ (study) in the library.
3. I _____ (not eat) meat.
4. Please be quiet. I _____ (try) to concentrate.
5. My friends _____ (go) to the gym every Saturday.
6. We _____ (have) dinner at the moment.
7. He always _____ (wear) black clothes.
8. Look! The cat _____ (chase) a bird.



Correct the mistakes

Find and correct the mistakes in each sentence.

1. She is go to school every day.
2. I am liking your new jacket.
3. They plays football now.
4. Look! It rains.
5. We usually are eating dinner at 6.
6. He get up at 6am.
7. We cooking now.
8. Do she like cooking?
9. I are going to sleep now.
10. He don't like singing.



Let's talk - Anna

Anna works in a small bakery. She normally gets up very early and makes fresh bread every morning. She usually talks to many customers and helps them choose cakes. Right now, Anna is sitting in a café. She is drinking hot chocolate and relaxing after work.

1. Where does Anna work?
2. What time does she normally get up – early or late?
3. What does she make every morning?
4. Does she make coffee at work?
5. Who does she usually talk to?
6. How does she help the customers?
7. Where is Anna right now?
8. What is she drinking at the moment?



Let's talk - Thomas

Thomas studies computer science at university. He usually spends a lot of time in the library, reads articles, and does his homework. He often plays video games in the evening. At the moment, Thomas is not studying. He is walking in the park with his dog and enjoying the sunny weather.

TRUE or FALSE?

1. Thomas studies computer science.
2. He usually spends a lot of time in the gym.
3. He reads articles and does his homework.
4. He never plays video games.
5. Right now, Thomas is studying in the library.
6. He is walking in the park at the moment.
7. He is with his cat now.
8. The weather is bad at the moment.



Let's talk - Maria and Ben

Maria and Ben normally work from home. They write emails, join online meetings, and prepare reports for their team. They usually have lunch together in their kitchen. Right now, Maria and Ben are travelling by train. They are listening to music and taking photos of the countryside.

Create questions. You may need to add or change some words.

- Where/they/normally/work?
- What/they/do/at/work?
- they/have/meetings/online?
- they/have/lunch/at/a restaurant?
- they/work/now?
- What/they/do/at the moment?
- What/they/take/photos of?
- What/they/listen/to?



Let's talk!

1. What do you usually do in the morning?
2. What are you doing right now?
3. Do you normally cook at home or eat out?
4. What TV shows are you watching these days?
5. How do you usually relax after work or school?
6. Are you reading any interesting book at the moment?
7. What sports do you often play or watch?
8. What are your friends doing right now?
9. How do you usually spend your weekends?
10. Are you learning anything new these days?



Thank you!
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Answer key

Present Simple or Present Continuous?

- usually PS
- now PC
- every day PS
- at the moment PC
- these days PC
- always PS
- Look! PC
- on Mondays PS
- right now PC
- sometimes PS

Gap fill

1. She studies English on Mondays.
2. Right now, she is studying in the library.
3. I don't eat meat.
4. Please be quiet. I am trying to concentrate.
5. My friends go to the gym every Saturday.
6. We are having dinner at the moment.
7. He always wears black clothes.
8. Look! The cat is chasing a bird.

Choose the correct form of the verb.

1. I usually (**get up** / am getting up) at 7 a.m.
2. Look! It (**rains** / **is raining**) outside.
3. My brother (**plays** / is playing) football every weekend.
4. They (**watch** / **are watching**) a film right now.
5. She (**doesn't like** / isn't liking) coffee.
6. Be quiet! The baby (**sleeps** / **is sleeping**).
7. I (**read** / **am reading**) a great book at the moment.
8. We (**go** / are going) to school by bus every day.
9. He (**has** / **is having**) lunch at the moment.
10. My parents (**live** / are living) in a small town.

Correct the mistakes.

1. She **goes** to school every day.
2. I **like** your new jacket.
3. They **are playing** football now.
4. Look! It **is raining**.
5. We usually **eat** dinner at 6.
6. He **gets** up at 6am.
7. We **are** cooking now.
8. **Does** she like cooking?
9. I **am** going to sleep now.
10. He **doesn't** like singing.

Anna

1. She works in a small bakery.
2. She normally gets up very early.
3. She makes fresh bread every morning.
4. No, she doesn't make coffee at work.
5. She usually talks to many customers.
6. She helps them choose cakes.
7. She is in a café right now.
8. She is drinking hot chocolate at the moment.

Thomas

1. Thomas studies computer science. – TRUE
2. He usually spends a lot of time in the gym. – FALSE
3. He reads articles and does his homework. – TRUE
4. He never plays video games. – FALSE
5. Right now, Thomas is studying in the library. – FALSE
6. He is walking in the park at the moment. – TRUE
7. He is with his cat now. – FALSE
8. The weather is bad at the moment. – FALSE

Maria and Ben

1. Where do they normally work? - They normally work from home.
2. What do they do at work? - They write emails, join online meetings, and prepare reports for their team.
3. Do they have meetings online? - Yes, they do.
4. Do they have lunch at a restaurant? - No, they don't. They have lunch in their kitchen.
5. Are they working now? - No, they aren't working now.
6. What are they doing at the moment? - They are listening to music and taking photos.
7. What are they taking photos of? - They are taking photos of the countryside.
8. What are they listening to? - They are listening to music.



Thank you!
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