

1 Circle the present simple or continuous.

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

2 Say the sentences. Underline the stressed words.

- All the cyclists were absolutely exhausted after the race.
- Sam is very unhappy that his team lost.
- My sister is extremely good at skiing.
- The tennis players played a really good match.
- The runners were incredibly fast.

3 Correct the underlined parts.

- On my basketball team, we are all being good friends.
.....
are all good
- I'm really pleased that you come to watch me play next week.
- So my brother lives in New York for six months and he's playing for the school baseball team.
.....
- Today I wear a tracksuit because I'm playing sport later.
- I don't like playing football when it's freeze outside.
.....

4 Correct the mistakes in the questions. If there is no mistake, put a tick (✓).

- Are you thinking being a professional cyclist is easy?
.....
Do you think
- Do you do anything fun this weekend?
.....
- Does your school give students the chance to join a club?
.....
- Are you wearing trainers today?
.....
- Are you knowing anyone who's a sailor?
.....
- Do you make progress in English this year?
.....

5 Respond to the questions in Exercise 4 with the words given.

- No / train / a lot *No, they have to train a lot.*
- Yes / meet / friends
- Yes / clubs / after school
- No / wear / boots
- Yes / uncle / boat
- Yes / learn / lots

Which answers are true for you?

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.

1

- 1 *We're playing*
- 2 *needs*
- 3 *are arriving*
- 4 *I'm joining*
- 5 *do you think*
- 6 *gives*
- 7 *doesn't score*
- 8 *are beating*

2

- 1 *absolutely*
- 2 *very*
- 3 *extremely*
- 4 *really*
- 5 *incredibly*

3

- 1 *are all good*
- 2 *you're coming to watch*
- 3 *brother is living in New York*
- 4 *Today I'm wearing a tracksuit*
- 5 *it's freezing outside*

4

- 1 *Do you think*
- 2 *Are you doing*
- 3 ✓
- 4 ✓
- 5 *Do you know*
- 6 *Are you making*

5

- 1 *No, they have to train a lot.*
- 2 *Yes, I'm meeting friends.*
- 3 *Yes, we have clubs after school.*
- 4 *No, I'm wearing boots.*
- 5 *Yes, my uncle has a boat.*
- 6 *Yes, I'm learning lots this year.*

6

- 1 *is sitting*
- 2 *do you train*
- 3 *generates*
- 4 *'m/am paddling*
- 5 *'m/am waiting*
- 6 *'m/am trying*
- 7 *do you want*
- 8 *love*
- 9 *Are you entering*
- 10 *'m/am travelling*