

PRESENT SIMPLE & CONTINUOUS

B1 | Teens / Adults | Grammar Practice | 35-45 minutes

Learn and practise | Contrast habits, temporary situations and changing trends.

1. READ: A different journey to work

Read the conversation. Notice how the speakers describe routines and changes.

Maya: You're early! **Do you usually get** here before eight?

Leo: No, I **normally take** the bus, but I'm **cycling** this week.

Maya: Really? Isn't it a long ride?

Leo: A bit, but the buses **are getting** slower with all the roadworks.

Maya: I **know** what you mean. Mine was twenty minutes late today.

Leo: Try riding with me tomorrow. We can stop for coffee on the way.

2. GRAMMAR: Routines, temporary situations and changes

Simple: habits and facts. Continuous: temporary situations and changes in progress.

Meaning	Form	Example
Habit / fact	present simple	I usually take the bus.
Temporary	am/is/are + verb-ing	I'm cycling this week.
Changing trend	am/is/are + verb-ing	Traffic is getting worse.

State verbs: know, believe, need and understand usually take the simple form.

Time clues: usually / every day; this week / at the moment.

A time clue helps, but choose the form that matches the meaning.

A. CHOOSE

Circle the correct form. The example answer is bold: I **know** / am knowing the way.

1. I usually walk / am walking to work.
2. We stay / are staying with Jo this week.
3. More people cycle / are cycling these days.
4. I need / am needing a new helmet.
5. Does / Is she work on Saturdays?
6. Why do / are you wearing a coat today?
7. The journey takes / is taking 30 minutes most days.
8. Prices rise / are rising at the moment.

Read each answer aloud. Explain which meaning or time clue helped you.

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Use it | Complete a context, write sentences and speak with a partner.

B. COMPLETE: Trying something different

Use the present simple or present continuous. Write the full verb form.

1. I _____ (usually / drive) to the office.
2. This month, I _____ (try) the train instead.
3. My car _____ (need) some repairs.
4. More commuters _____ (use) this route these days.
5. The train _____ (leave) at 7.40 every weekday.
6. Today we _____ (not / travel) together; Jo is ill.

C. CHANGE THE SENTENCES

1-2: Rewrite using the word in brackets. Keep the meaning.

Example: On most days, I take the train. (usually) **I usually take the train.**

1. On most days, he walks to work. (usually) _____
2. This is a temporary stay with Jo. (staying) _____

3-4: Make questions. Example: She is staying here. **Is she staying here?**

3. You work from home on Fridays. _____
4. Sam is learning to drive. _____

D. WRITE ABOUT YOU

Write three sentences: a routine, a temporary situation and a change happening around you.

Example: **I usually cook at home. I'm working late this week. Food prices are rising.**

E. SPEAK WITH A PARTNER

Compare your sentences. Ask: **What do you normally do after work or school?**

Are you doing anything differently this month? Ask why.

Discuss one change in your town. Is it a positive change?

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Answer key | Keep this page separate during student practice.

1. READ: A different journey to work

Sample target language from the conversation:

Maya: You're early! **Do you usually get** here before eight?

Leo: No, I **normally take** the bus, but I'm **cycling** this week.

Leo: A bit, but the buses **are getting** slower with all the roadworks.

Maya: I **know** what you mean. Mine was twenty minutes late today.

A. CHOOSE

- | | |
|------------------------|----------------|
| 1. walk | 2. are staying |
| 3. cycle / are cycling | 4. need |
| 5. Does | 6. are |
| 7. takes | 8. are rising |

B. COMPLETE: Trying something different

- | | |
|------------------|---|
| 1. usually drive | 2. am trying |
| 3. needs | 4. use / are using |
| 5. leaves | 6. aren't travelling / are not travelling |

C. CHANGE THE SENTENCES

1. He usually walks to work.
2. I'm staying with Jo temporarily. / We're staying with Jo temporarily.
3. Do you work from home on Fridays?
4. Is Sam learning to drive?

D. WRITE ABOUT YOU / E. SPEAK

Personal answers will vary. Check the target grammar.

Sample: I usually walk to college. I'm taking the bus this week. More people are moving into my area.

Teacher note: A3/B4: both forms work; simple describes a current habit, continuous a developing trend. C2: accept a sensible subject. Use simple forms with state verbs such as need.