

Present simple and present continuous; Adverbs of frequency; State and action verbs

1 Complete with the present simple or the present continuous form of the verbs given.

- 1 She normally (wear) her hair short, she says it looks tidier!
- 2 Hurry up – it (get) late.
- 3 At the moment my team and I (train) for four hours a day to prepare for the school football finals.
- 4 I'm very pleased today because my teacher says I (make) great progress with my English.
- 5 My little sister is really clever but she (not work) very hard.
- 6 You (always/complain) about everything – it's so annoying!

2 Put these words in the correct order.

- 1 out/We/occasionally/eat/on/Sundays/.
.....
- 2 blue/wearing/T-shirt/at/my/the moment/I'm/.
.....
- 3 the weekend/give/don't usually/over/homework/us/teachers/Our/.
.....
- 4 Granny/she sees/looks/her grandchildren/when/cheerful/always/.
.....
- 5 asking/friend/my/clothes/to borrow/My/is always/me/.
.....
- 6 finishing/but today/Dad/ the evening,/usually/in/some/relaxes/he's/work/.
.....

3 Unscramble these words to find 12 state verbs.

- 1 dnsou
2 ebmremer
3 esem
4 etah
5 lebevie
6 mesll
7 name
8 now
9 obglne
10 pparea
11 rpefer
12 surneddant

4 Circle the correct alternative.

Sylvia (1) has/is having many qualities, but she's a bit too shy. She's more intelligent than she (2) thinks/is thinking. She's quite a good student and she (3) knows/is knowing French and Spanish well, but she's poor at maths. In fact, she (4) gets/is getting very low marks in algebra at the moment. Sylvia badly (5) needs/is needing extra lessons and (6) looks/is looking for a private teacher. She's my best friend and we (7) have/are having a great time when we hang out together. And we (8) love/are loving going window-shopping – we (9) look/are looking at clothes, or (10) smell/are smelling the new perfumes, but we rarely buy anything.

5 Choose the best answers to complete the text.

Maya Polar Bear is one of the internet's favourite dogs and she (1) more followers all the time. Maya is a beautiful white Samoyed dog who (2) friendly and easy-going. She's very cute and funny in the photos and videos which her owner Karen (3) Karen (4) words to show what Maya is thinking. In one of her most popular videos, Karen (5) Maya, and Maya (6) funny faces. (7) in the video? Maybe she is! (8) a dog like Maya? If so, you should think about whether a Samoyed is right for you. Samoyed dogs (9) affectionate and energetic, and they (10) playing. However, they (11) noise, which can be annoying!

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|-----------------------|---------------------|--------------------------|
| 1 A get | B gets | C is getting |
| 2 A always is | B is always | C is always being |
| 3 A posts once a week | B once a week posts | C is posting once a week |
| 4 A adds usually | B usually adds | C is usually adding |
| 5 A hugs | B hug | C is hugging |
| 6 A make | B is making | C are making |
| 7 A Does Maya smile | B Maya is smiling | C Is Maya smiling |
| 8 A Do you want | B You want | C Are you wanting |
| 9 A is | B are | C are being |
| 10 A like | B likes | C are liking |
| 11 A make always | B always make | C are always making |