

Present Simple (some uses)

We use the Present Simple:

❖ **to talk about habits or things that happen regularly**

I play tennis every week

It always rain here in November

❖ **to talk about things that are always true**

Sleep is really important for health

❖ **to give factual information**

Christian Dior Couture makes luxury, ready-to-wear fashion.

We don't use it to talk about the future except for 'timetabled' future:

His train arrives at 8.30.

We form the present simple with the infinitive form of the verb. To make negative sentences, we add *don't* before the verb. To make questions, we add *do* before the subject.

After *he, she, it*, etc. we add -s to the verb. We use *doesn't* in negative sentences, and *does* in questions.

The secrets of sleep

Why ¹ *do we sleep* (we / sleep)?

From birth, we ² (spend) a third of our lives asleep, but scientists still ³ (not / know) exactly why.

Why ⁴ (we / have) problems sleeping?

In modern society, many adults ⁵ (not / get) the seven or eight hours sleep they need every night. We ⁶ (work) long hours and we rarely ⁷ (go) to bed at sunset.

Why ⁸ (we / sleep) differently?

It ⁹ (depend) on the time of year and also our age. Teenagers usually ¹⁰ (need) more sleep than adults. Lots of elderly people ¹¹ (not / sleep) longer than four or five hours at night, but they often ¹² (take) naps during the day.

Adverbs and expressions of frequency

We use adverbs and other expressions in present simple sentences to talk about how often we do things.

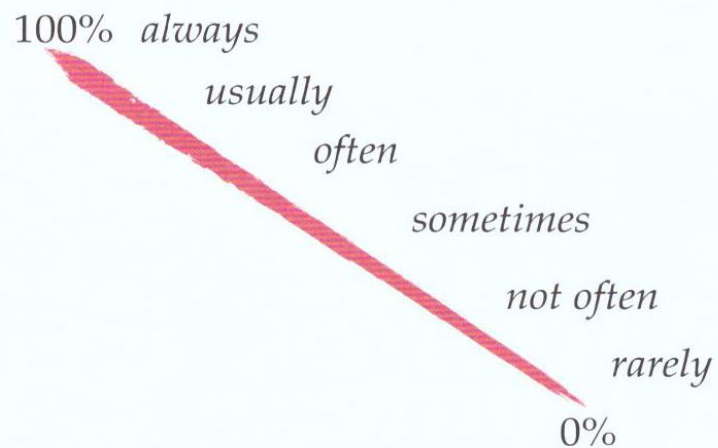
Mike **usually** goes for a run in the evening.

I'm **often** late for work.

I have a hot drink **five or six times a day**.

We go on holiday **two or three times a year**.

Some common frequency adverbs are:



Position

Frequency adverbs and expressions of frequency go in different places in a sentence.

- Adverbs of frequency go before the main verb, but after the verb *to be*.

They **never** eat out.

She's **always** out at the weekend.

I don't **often** do sport.

- Expressions of frequency normally go at the beginning or end of a sentence.

I go out with friends **three or four times a week**.

Once a week, I go for a run.

Put the adverb or expression in brackets in the correct place in the sentence. Sometimes there is more than one correct answer.

- 1 My brother ^{*always*} plays tennis on Saturday mornings. (always)
- 2 We eat out at a restaurant. (about once a month)
- 3 I take a bus to school. (every day)
- 4 She is at home in the middle of the day. (rarely)
- 5 They go on holiday. (twice a year)
- 6 Are you late for work? (often)

Which two sentences use the Present Simple? Can you recognise the other tense?

- Well, one man is trying to answer these questions and that man is photographer David McLain.
- ★ He's speaking to us right now on the phone.
- Men live to the same age as women.
- ★ Every Sunday the whole family eats a big meal together.
- Also, more and more young people are moving to the city these days, and they are doing less exercise because of their lifestyle.

Present Continuous (or Progressive)

We use the Present Continuous:

- ❖ **to talk about something actually in progress at this moment**

Are you listening?

- ❖ **to talk about something happening around now, but not necessarily at this moment**

I'm looking for a new job

to talk about temporary situations

He's working in Saudi Arabia at the moment.

- ❖ **to talk about the future**

What are you doing tomorrow evening?

- ❖ **to talk about a changing situation**

More and more people are changing their diet.

Form

We form the present continuous with *be* + verb + *-ing*.

	+	-	?
I	<i>I'm writing.</i>	<i>I'm not writing.</i>	<i>Am I writing?</i>
you/we/ they	<i>We're writing.</i>	<i>They aren't writing.</i>	<i>Are you writing?</i>
he/she/it	<i>He's writing.</i>	<i>She isn't writing.</i>	<i>Is she writing?</i>

Some verbs describe states (for example, *agree, believe, hate, know, like, love, prefer, want*). We don't use these verbs with the continuous.

~~*He's owning a really nice car.*~~

He owns a really nice car.