



Learn with Pictures and Video S4

Staying Fit with British English Exercises

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English

The friends are playing tennis.

The woman is running on the track.

The man is jumping on top of the mountain.

The robot is moving its arms.

The woman is swimming in the pool.

Vocabulary

English	Definition	Class
friend	person whose company you enjoy	noun
play	to do an activity for fun	verb
tennis	game played with a racket and a ball	noun
woman	female human adult	noun
run	to move with legs at a pace faster than walking	verb
track	course marked for something to follow	noun
man	adult human male	noun
jump	to move up into the air by pushing	verb
mountain	land mass that raises high from the ground	noun
robot	machine that often looks like a human	noun
move	to pass from one position to another	verb
arm	limb connected to the shoulder	noun
swim	to move through water by moving your arms and legs	verb
pool	swimming pool, a small body of water contained for swimming	noun

Vocabulary Sample Sentences

All of her friends called to wish her a happy birthday.

It's too cold to play outside.

The young men are playing tennis.

The scared woman is protecting her baby.

The deer are running away.

Cars speed around the auto racing track.

The man disappeared into the shadows.

She dared me to jump off the ramp with my skateboard.

A blanket of white snow covered the mountain top.

The robot looked real.

I'll move your bag from the floor to the table.

He was working out his flabby arms.

Their children like to swim in the swimming pool every summer.

They had to clean their pool because it was full of leaves.

Their children like to swim in the swimming pool every summer.

Grammar Points

The focus of this lesson is tense comparison in British English.

Present tense, Present Progressive tense, and Past tense

In this lesson you'll learn the difference between the different tenses in the English language: present tense, present progressive tense, and past tense.

1. The friends are playing tennis.

Tense	British English
present tense	The friends play tennis.
present progressive tense	The friends are playing tennis.
past tense	The friends played tennis.

2. The woman is running on the track.

Tense	British English
present tense	The woman runs on the track.
present progressive tense	The woman is running on the track.
past tense	The woman ran on the track.

3. The man is jumping on top of the mountain.

Tense	British English
present tense	The man jumps on top of the mountain.
present progressive tense	The man is jumping on top of the mountain.
past tense	The man jumped on top of the mountain.

4. The robot is moving its arms.

Tense	British English
present tense	The robot moves its arms.
present progressive tense	The robot is moving its arms.
past tense	The robot moved its arms.

5. The woman is swimming in the pool.

Tense	British English
present tense	The woman swims in the pool.
present progressive tense	The woman is swimming in the pool.
past tense	The woman swam in the pool.