

Worksheet 1 : Free Time Fun / Unit 1 – Team Together 6
Present Simple, Present Continuous, and State Verbs

Part 1: Vocabulary – Free time activities

- Archery
 - Gymnastics
 - Athletics
 - Scooting
 - Skiing
 - Ice skating
 - Snowboarding
 - Table tennis
 - Volleyball
 - Hockey
 - Board games
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Part 2: Using do / play / go with sports

1 Do

- Use **do** for sports without a ball or general physical activities.
Examples: do gymnastics, do athletics, do archery

2 Play

- Use **play** for games with a ball or team games.
Examples: play volleyball, play hockey, play table tennis, play board games

3 Go

- Use **go** for activities ending in **-ing** (usually outdoors or adventurous).
Examples: go skiing, go snowboarding, go ice skating, go scooting
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Part 3: Grammar

1. Present Simple

- Use for **habits, routines, and facts**.
Form: Subject + base verb (I/we/You/They/plural nouns) (+ **s/es/ies** for he/she/it/ singular nouns)

Examples:

- I **play volleyball** every Saturday.
- She **does gymnastics** at school.
- They **go skiing** in winter.

Keywords: always, often, every day, sometimes, never

2. State Verbs (used with Present Simple)

- State verbs describe **feelings, opinions, preferences, or perceptions**.
- We usually do **NOT** use them in Present Continuous.

a) Feelings: like, love, hate, enjoy, prefer

- I **like** board games.
- She **loves** volleyball.
- They **hate** skiing.

b) Opinions / Perceptions: think, believe, know, understand, look, sound

- I **think** hockey is exciting.
- We **believe** table tennis is fun.
- She **knows** the rules of volleyball.

- The game **looks** easy.
- That music **sounds** fun.

c) **Preferences / Wants:** want, need, prefer, would like

- I **prefer** ice skating to skiing.
- He **wants** a new board game.
- They **would like** to go snowboarding.

✗ Wrong: "I am liking volleyball."

✓ Correct: "I like volleyball."

3. Present Continuous

- Use for **actions happening now or around now.**

Form: Subject + **am/is/are** + verb + ing

Examples:

- I **am playing hockey** now.
- She **is doing gymnastics** at the moment.
- They **are going snowboarding** today.

Keywords: now, at the moment, right now, today

Part 4: Exercises

A. Choose the correct answer

1. She **(does / is doing)** gymnastics on Mondays.
 2. They **(play / are playing)** hockey now.
 3. We **(go / are going)** skiing in winter.
 4. He **(plays / is playing)** board games every Friday.
 5. I **(like / am liking)** ice skating.
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B. Complete with do / play / go + the correct sport

6. We ___ volleyball every weekend.
 7. She ___ gymnastics every day.
 8. They ___ scooting in the park now.
 9. He ___ table tennis after school.
 10. I ___ skiing in winter.
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C. State Verbs – Choose the correct form

11. I **(think / am thinking)** hockey is fun.
 12. She **(wants / is wanting)** a new board game.
 13. We **(prefer / are preferring)** table tennis.
 14. He **(knows / is knowing)** the rules.
 15. They **(love / are loving)** snowboarding.
 16. The game **(looks / is looking)** easy.
 17. That music **(sounds / is sounding)** fun.
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D. Change into Present Continuous if possible

18. She plays volleyball every Saturday.
19. They know the answer.
20. He does athletics at school.
21. I want a new board game.
22. We go ice skating in winter.

E. Open Questions

23. What sport are you doing now?
 24. What sport do you usually do in your free time?
 25. Which sport don't you like?
 26. What is your best friend doing at the moment?
 27. Write 3–4 sentences about:
 - Sports you **usually** do.
 - Sports you **are doing today**.
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Part 5: Answer Key

A.

1. does
2. are playing
3. go
4. plays
5. like

B.

6. play
7. does
8. are going
9. plays
10. go

C.

11. think
12. wants
13. prefer
14. knows
15. love
16. looks
17. sounds

D.

18. → She is playing volleyball now.
19. not possible (state verb)
20. → He is doing athletics now.
21. not possible (state verb)
22. → We are going ice skating now.

E. (Sample answers)

23. I am playing table tennis.
24. I usually do gymnastics.
25. I don't like hockey.
26. My friend is snowboarding now.
27. Example:

I usually play volleyball and do athletics. Today I am going scooting in the park.