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**Nombre del trabajo: Weekly Activity #4 Unit 1**

**Materia: INGLES V**

**PASIÓN POR EDUCAR**

**Grado: BACHILLERATO 5TO SEMESTRE**

**Grupo: A**

## GRAMMAR

### The Present Simple and the Present Continuous tense: review

#### The Present Simple

(for habits and routines)

Example: I make dinner at least twice a week.

Example: He hardly ever meets his friends for dinner.

#### Questions

Do you always play golf on Saturdays?

How often do you lift weights?

Frequency adverbs	
100%	always
↑	almost always
	usually / often / generally
	sometimes / occasionally
↓	hardly ever
	never
0%	

## Simple present

### Grammatical rules

- We use simple present for habits and routines.
- We use simple present with time adverbs.

Time adverbs	Meaning
Always	Siempre
Every day	Todos los días
Usually	Usualmente
Often	A menudo
Sometimes	A veces
Rarely	Raramente
Hardly ever	Casi nunca
Never	Nunca

# Simple present

## Form (Forma)

To conjugate the simple present we use the infinitive for the subjects "I", "you", "we" and "they" and for the third persons "he", "she" and "it", we add a "-s" to the end of the verb

Subject (Sujeto)	Verb (Verbo)
I, you, we, they	talk, eat, learn, do, go...
he, she, it	talks, eats, learns, does, goes...

## Structure (Estructura)

### 1. Affirmative Sentences (Frases afirmativas)

Subject + verb.

Examples:

I **talk**. (Yo hablo.)  
He **eats**. (Él come.)  
They **learn**. (Ellos aprenden.)

### 2. Negative Sentences (Frases negativas)

Subject + do/does + not + verb.

Examples:

I **do not [don't]** talk. (Yo no hablo.)  
He **does not [doesn't]** eat. (Él no come.)  
They **do not [don't]** learn. (Ellos no aprenden.)

We use **do** for:  
**I, You, We and They**

We use **does** for:  
**He, She and It**

### 3. Interrogative Sentences (Frases interrogativas)

Do/Does + subject + verb?

Examples:

**Do you talk?** (¿Tú hablas?)  
**Does he eat?** (¿Él come?)  
**Do they learn?** (¿Ellos aprenden?)

## Examples with time adverbs: (Ejemplos usando los adverbios de tiempo)

I always **talk** to my mother on Sunday. (Siempre hablo con mi madre el domingo.)

He never **eats** vegetables. (Nunca come las verduras.)

They usually **learn** something new in class. (Normalmente aprenden algo nuevo en la clase.)

## Exeption (when we use the verb **to be**):

I **am** always happy. (Siempre estoy contento.)

He **is** often sick. (A menudo él está enfermo.)

They **are** rarely late. (En raras ocasiones llegan tarde.)

## Present Continuous

### Grammatical rules (Reglas gramaticales)

- We use simple continuous for actions in progress and future plans.

### Form (Forma)

To conjugate the present continuous we use the auxiliary **verb to be** and the **verb+ing**

Subject	Auxiliary (to be)	Verb + ing
I	<b>am</b>	talking, eating, learning, doing, going...
he, she, it	<b>is</b>	talking, eating, learning, doing, going...
you, we, they	<b>are</b>	talking, eating, learning, doing, going...

## Structure (Estructura)

### 1. Affirmative Sentences (Frases afirmativas)

Subject + auxiliary verb (to be) + verb+ing.

Examples:

I'm **talking**. (*Estoy hablando.*)

He's **eating**. (*Esta comiendo.*)

They're **learning**. (*Estan aprendiendo.*)

### 2. Negative Sentences (Frases negativas)

Subject + auxiliary verb (to be) + not + verb+ing.

Examples:

I'm **not talking**. (*No estoy hablando.*)

He's **not eating**. (*No esta comiendo.*)

They're **not learning**. (*No estan aprendiendo.*)

### 3. Interrogative Sentences (Frases interrogativas)

Auxiliary verb (to be) + subject + verb+ing?

Examples:

Are you **talking**? (*¿Estás hablando?*)

Is he **eating**? (*¿Está comiendo?*)

Are they **learning**? (*¿Están aprendiendo?*)

**There are some verbs that we can't use for present continuous:**

**be** (*ser/estar*), **want** (*querer*), **need** (*necesitar*),  
**know** (*saber/conocer*), **prefer** (*preferir*), **remember** (*recordar*),  
**understand** (*comprender*), **care** (*cuidar*), **see** (*ver*), **hear** (*oír*), **smell** (*oler*),  
**believe** (*creer*), **belong** (*pertenecer*),  
**cost** (*costar*), **seem** (*parecer*), **exist** (*existir*), **own** (*poseer*),  
**like** (*gustar*), **dislike** (*desagradar*), **love** (*amar*), **hate** (*odiar*),  
**fear** (*temer*), **envy** (*envidiar*), **mind** (*importar*)...

**Exercise 1.** Complete the sentences. Use the Present Simple or the Present Continuous tense. (Completa las oraciones usando presente simple o presente continuo con las palabras en el paréntesis)

1. Brian can't answer the phone right now. \_\_\_he is studying\_\_\_\_\_ **(he / study)**.
2. How often \_\_\_ does she go\_\_\_\_\_ **(she / go)** walking?
3. \_\_\_\_\_are we going to play\_\_\_\_\_ **(we / play)** tennis this weekend?
4. \_\_\_he lifts\_\_\_\_\_ **(he / lift)** weights three times a week.
5. \_\_\_they are making\_\_\_\_\_ **(they / make)** lunch. Can they call you back?
6. How often \_\_\_do you clean\_\_\_\_\_ **(you/ clean)** the house?
7. \_\_\_\_\_i do\_\_\_\_\_ **(I / do)** aerobics every day.
8. \_\_\_\_\_she is going \_\_\_\_\_ **(she / go)** shopping tonight.

**Exercise 2.** Complete the table with the missing sentences use the Present Simple. (Completa la siguiente table con las oraciones faltantes usando presente simple)

Affirmative	Negative	Questions
I work everyday	I don't work every day	Do I work everyday?
I go swimming with my brother	I don't go swimming with my brother	Do I go swimming with my brother?
You have to study	You don't have to study	Do you have to study?
He study english	He doesn't study english	Does he study English?
She does her homework	She doesn't do her homework	Does she do her homework?
It needs to be done	It doesn't need to be done	Does it need to be done?
We run in the park	We don't run in the park	Do we run in the park?
They eat their lunch	They don't eat their lunch	Do they eat their lunch?
You want a chocolate cake	You don't want a chocolate cake	Do you want a chocolate cake?

**Exercise 3.** Complete the table with the missing sentences use the Present Continuous.  
 (Completa la siguiente table con las oraciones faltantes usando el presente continuo)

Affirmative	Negative	Questions
I am working at UDS	I am not working at UDS	Am I working at UDS?
I am running in the park	I am not running in the park	Am I running in the park?
You are studying now	You are not studying now	Are you studying now?
He is studying english	He is not studying english	Is he studying English?
She is doing her homework	She is not doing her homework	Is she doing her homework?
Is it working well	It is not working well	It is working well?
We are playing soccer in the park	We are not playing soccer in the park	Are we playing soccer in the park?
They are eating their lunch	They are not eating their lunch	Are they eating their lunch?
You are cooking a chocolate cake	You are not cooking a chocolate cake	Are you cooking a chocolate cake?



# When You Think You Can't...

## Mark Zupan

When he was eighteen years old, a terrible accident made Mark Zupan a quadriplegic and changed his life forever. At first, he could hardly move his arms or legs normally. However, after a lot of hard work, he was able to use his arms to move his wheelchair, and he could even stand for a short time and take a few slow steps. Zupan- or Zup to his friends- became a quad rugby champion, helping his team win a gold medal in the Paralympic Games. "I dream about running all the time", he says, "but you can't live in the past."

Today, Zupan frequently gives talks and raises money for his sport and appears in movies and TV shows. Anyone who spends time with him forgets that he's in a wheelchair. He lifts weights at the gym every day, drives a car, and goes to rock concerts. "A lot of people think quadriplegics can't do anything", he says. To stay in shape, Zupan is careful about his diet and avoids unhealthy and fatty foods. "Just think of me as a human being and an athlete. Because that's who I am".



Zupan became a quad rugby champion.

## Bethany Hamilton

At the age of thirteen, surfer Bethany Hamilton had a dream. She wanted to be a champion in her sport. But she lost her left arm when she was attacked by a shark. A month later, she was surfing again.

Today, she's a professional competitive surfer. Because she can only use one arm, she has to use her legs more to help her go in the right direction. Hamilton practices every day at the beach. She has a prosthetic arm, but she rarely uses it, and never when she's surfing.

Hamilton often appears on TV. She wants to help other people follow their dreams, even when they face great difficulties. "People can do whatever they want if they just set their hearts to it, and just never give up".

In 2011, Hollywood made a movie about her experience. Bethany has a happy life and got married in 2013.



Hamilton was attacked by a tiger shark when she was thirteen.



**Exercise 4.** Read the text above and answer the next exercises. (Lee el texto de arriba y contesta el siguiente ejercicio).

**Complete the paragraph about Marc Zupan. Use “can”, “can’t” or “has to”.**

Zupan has to spend most of his time in a wheelchair, but he can stand up and take a few steps for a short time. He can't go walking or running, but he can play quad rugby. He has to be careful about his diet so he doesn't get out of shape. He doesn't have complete use of his hands, but he can lift weights. He can't drive a car using his feet, but he can use his hands. A lot of people think quadriplegics can't do anything, but Zupan proves that they can.

**Complete the paragraph about Bethany Hamilton using the Present Simple or the Present Continuous.**

When she surfs, Hamilton uses **(use)** her legs to help her go in the right direction.

She has a **(have)** a prosthetic arm, but she hardly ever wears **(wear)** it.

She completes **(complete)** regularly with the world's top professional women surfers.

In the photo, she is competing against other surfers with two arms.

She is wearing **(wear)** a t-shirt and she is standing **(stand)** on her surfboard. Hamilton

wants **(want)** to help other people with difficult experiences follow their dreams.