

Unit 1 Lesson 1 A Grammar: Present and Past Tenses

Exercises 4,5,6 and Grammar Reference Exercises

Present and past tenses

- 4 Study the Grammar box and match the underlined phrases 1–11 in the article with the meanings a–k.

Present and past tenses

We use the Present Simple for:

- a ☐ routines and habits
- b ☐ facts and things that are generally true

We use the Present Continuous for:

- c ☐ things happening now or around now
- d ☐ situations which are changing during the present time

We use the Past Simple for:

- e ☐ actions that started and finished at a specific time in the past

We use the Past Continuous for:

- f ☐ actions in progress at a specific time in the past

- g ☐ a long activity interrupted by a short one

We use the Present Perfect Simple for:

- h ☐ actions and states which began in the past and continue until now

- i ☐ finished actions in the past when we don't say exactly when they happened

We use the Present Perfect Continuous for:

- j ☐ an action in progress or repeated over a period of time up until now

We use the Past Perfect for:

- k ☐ an action in the past that was completed before another action or time in the past

Grammar Reference and Practice > page 77

- 5 Match time expressions below with the tenses in Exercise 4. Find more time expressions in the article.

at the moment at the time currently earlier
today ever since every so often for
from time to time in recent years nowadays
once in a while recently right now
since the day before yesterday these days

01

- 6 Match the sentence halves. In pairs, discuss the reasons for your answers.

- 1 The phone is ringing _____. The phone rings _____.
a all the time now that we run a business
b and I can't find where I've put it
- 2 I've been calling Malek _____. I've called Malek _____.
a all day today b a couple of times today
- 3 It's getting _____. It gets _____.
a easier and easier to stay in touch with people
b less difficult every time I write an essay
- 4 I was watching a film _____. I watched a film _____.
a when the lights suddenly went out
b when I got home from school
- 5 What do you think ____? What are you thinking ____?
a of my phone b about



- 7 **VALUES** Why is it important to communicate regularly with people we care about?

- 8 **SPEAKING** Complete the sentences with your own ideas.

- 1 I was talking to a friend the other day when ...
- 2 By lunchtime yesterday, I had already ...

Now go to Workbook page 4 for the next lesson.

Exercise 4 Present and Past Tenses

وصلّ الجمل التي تحتها خط (1-11) في النص بالمعاني المناسبة (a-k)

Messaging through time...

Since the dawn of time, people ¹ have been using different ways of communicating at a distance. In ancient times, they used smoke signals and after writing developed, they ² invented more ingenious methods of delivering messages; for example, sending a message in a bottle. At the turn of the 20th century, bottles were found which had been sent by people who ³ were travelling on board the Titanic. Happier stories have also come to light. In 1956, Ake Viking, a Swede, tossed a letter into the sea, hoping it would reach his future wife. Two years later, he received a letter from a Sicilian girl, Paolina, who ⁴ had found his bottle and soon after they were married!

The invention of the telegraph in 1837 sped up communication dramatically. A criminal, John Tawell, was caught after he had escaped on the train to London. A telegram was sent to the London police, and they ⁵ were waiting for him when he arrived there.

In Jordan, there are over six million mobile phones in use by the population. But you can still send telegrams through the Jordan Post Company!

Since the invention of the mobile phone and the Internet, the world ⁶ has become a different place. People ⁷ are still sending messages and it usually ⁸ takes only seconds to deliver them. But ⁹ are we now forgetting how to communicate face-to-face? Without a doubt there are some challenges, but there are also examples of when the Internet ¹⁰ has changed someone's life for the better. Look at Tara Taylor's case, a mother who ¹¹ lives in the USA: when she uploaded a photo of her daughter on social media, a friend spotted a problem with one of the child's eyes. It turned out that the girl had a rare disease, but her sight was saved!

Present and past tenses

4 Study the Grammar box and match the underlined phrases 1-11 in the article with the meanings a-k.

Present and past tenses

We use the Present Simple for:

- a ☐ routines and habits
- b ☐ facts and things that are generally true

We use the Present Continuous for:

- c ☐ things happening now or around now
- d ☐ situations which are changing during the present time

We use the Past Simple for:

- e ☐ actions that started and finished at a specific time in the past

We use the Past Continuous for:

- f ☐ actions in progress at a specific time in the past

- g ☐ a long activity interrupted by a short one

We use the Present Perfect Simple for:

- h ☐ actions and states which began in the past and continue until now
- i ☐ finished actions in the past when we don't say exactly when they happened

We use the Present Perfect Continuous for:

- j ☐ an action in progress or repeated over a period of time up until now

We use the Past Perfect for:

- k ☐ an action in the past that was completed before another action or time in the past

Present and Past Tenses –Exercise 4

Tense	Rule (English + Arabic)		Phrase	Sentence Example
Present Simple	a. routines and habits العادات والروتين	11	lives	Tara Taylor's case, a mother who lives in the USA
Present Simple	b. facts and things that are generally true الحقائق والأشياء التي تعتبر صحيحة بشكل عام	8	takes	it usually takes only seconds to deliver them
Present Continuous	c. things happening now or around now أشياء تحدث الآن أو في الوقت الحالي	7	are still sending	People are still sending messages
Present Continuous	d. situations which are changing during the present time مواقف تتغير في الوقت الحاضر	9	are we now forgetting	But are we now forgetting how to communicate face-to-face?
Past Simple	e. actions that started and finished at a specific time in the past أفعال بدأت وانتهت في وقت محدد في الماضي	2	invented	they invented more ingenious methods of delivering messages
Past Continuous	f. actions in progress at a specific time in the past أفعال كانت جارية في وقت معين في الماضي	3	were travelling	people who were travelling on board the Titanic
Past Continuous	g. a long activity interrupted by a short one نشاط طويل قاطعه نشاط قصير	5	were waiting	they were waiting for him when he arrived there
Present Perfect Simple	h. actions and states which began in the past and continue until now أفعال أو حالات بدأت في الماضي وما زالت مستمرة حتى الآن	6	has become	the world has become a different place
Present Perfect Simple	i. finished actions in the past when we don't say exactly when they happened أفعال انتهت في الماضي دون تحديد وقت محدد	10	has changed	the Internet has changed someone's life for the better
Present Perfect Continuous	j. an action in progress or repeated over a period of time up until now فعل مستمر أو متكرر حتى الآن	1	have been using	people have been using different ways of communicating
Past Perfect	k. an action in the past that was completed before another action or time in the past فعل في الماضي تم قبل فعل أو وقت آخر في الماضي	4	had found	Paolina, who had found his bottle

Exercise 5: Time Expressions

Present Simple	
Present Continuous	
Present Perfect (Simple/Continuous)	
Past Simple/Continuous	

5 Match time expressions below with the tenses in Exercise 4. Find more time expressions in the article.

at the moment at the time currently earlier
today ever since every so often for
from time to time in recent years nowadays
once in a while recently right now
since the day before yesterday these days

وصلّ التعابير الزمنية الموجودة أدناه
بالأزمنة في التمرين 4، ثم ابحث عن
تعابير زمنية أخرى في النص.

Present Simple Time Expressions

5 Match time expressions below with the tenses in Exercise 4. Find more time expressions in the article.

at the moment at the time currently earlier
today ever since **every so often** for
from time to time in recent years **nowadays**
once in a while recently right now
since the day before yesterday these days

Time Expression	Arabic	Example Sentence
every so often	بين الحين والآخر	<i>I go jogging every so often to stay fit.</i>
from time to time	من وقت لآخر	<i>We meet up from time to time to catch up.</i>
nowadays	في الوقت الحاضر	<i>Nowadays, most people use smartphones.</i>
once in a while	أحيانًا	<i>I eat out once in a while when I don't feel like cooking.</i>

Present Continuous Time Expressions

5 Match time expressions below with the tenses in Exercise 4. Find more time expressions in the article.

at the moment at the time currently earlier
today ever since every so often for
from time to time in recent years nowadays
once in a while recently right now
since the day before yesterday these days

Time Expression	Arabic Translation	Example Sentence
at the moment	في هذه اللحظة	I'm studying at the moment , can I call you later?
currently	حالياً	She's currently working on a big project.
right now	الآن	He's not available right now , he's attending a meeting.
these days	في هذه الأيام	I'm exercising more regularly these days .

Present Perfect Simple

Present Perfect Continuous

Time Expressions

5 Match time expressions below with the tenses in Exercise 4. Find more time expressions in the article.

at the moment at the time currently earlier
 today ever since every so often for
 from time to time in recent years nowadays
 once in a while recently right now
 since the day before yesterday these days

Time Expression	Arabic	Example Sentence
ever since	منذ ذلك الحين	<i>She's been driving more carefully ever since the accident..</i>
for	لمدة	<i>I've been living here for ten years.</i>
in recent years	في السنوات الأخيرة	<i>Technology has advanced rapidly in recent years.</i>
recently	مؤخرًا	<i>I've started learning French recently.</i>
since	منذ	<i>He's worked at the bank since 2015.</i>

Past Simple Past Continuous Time Expressions

5 Match time expressions below with the tenses in Exercise 4. Find more time expressions in the article.

at the moment **at the time** currently **earlier**
today ever since every so often for
 from time to time in recent years nowadays
 once in a while recently right now
 since **the day before yesterday** these days

Time Expression	Arabic Translation	Example Sentence
at the time	في ذلك الوقت	At the time , we didn't know what was happening.
earlier today	في وقت سابق من اليوم	I called you earlier today , but you didn't answer.
the day before yesterday	أول أمس	We had a meeting the day before yesterday .

Past Simple

Past Continuous

More Time Expressions from the Article

More Time Expressions from the Article		
in ancient times	في الأزمنة القديمة	People used to live in caves in ancient times .
at the turn of the 20th century	في مطلع القرن العشرين	Many new inventions emerged at the turn of the 20th century .
in 1956 and in 1837	في عام 1956	My grandfather was born in 1956 .
two years later	بعد عامين	She moved to Paris, and two years later , she got married.
soon after	بعد وقت قصير	The power went out soon after the storm began.
when	عندما	I was sleeping when the phone rang.

Time Expressions in the Article

Messaging through time...

5 Match time expressions below with the tenses in Exercise 4. Find more time expressions in the article.

[Since the dawn of time], people have been using different ways of communicating at a distance.

[In ancient times], they used smoke signals and after writing developed, they invented more ingenious methods of delivering messages; for example, sending a message in a bottle. **[At the turn of the 20th century]**, bottles were found which had been sent by people who were travelling on board the Titanic. Happier stories have also come to light. **[In 1956]**, Ake Viking, a Swede, tossed a letter into the sea, hoping it would reach his future wife. **[Two years later]**, he received a letter from a Sicilian girl, Paolina, who had found his bottle and **[soon after]** they were married!

The invention of the telegraph **[in 1837]** sped up communication dramatically. A criminal, John Tawell, was caught after he had escaped on the train to London. A telegram was sent to the London police, and they were waiting for him **[when]** he arrived there.

In Jordan, there are over six million mobile phones in use by the population. But you can still send telegrams through the Jordan Post Company!

[Since] the invention of the mobile phone and the Internet, the world has become a different place. People are still sending messages and it usually takes only seconds to deliver them. But are we now forgetting how to communicate face-to-face? Without a doubt there are some challenges, but there are also examples of **[in recent years]** when the Internet has changed someone's life for the better. Look at Tara Taylor's case, a mother who lives in the USA: **[when]** she uploaded a photo of her daughter on social media, a friend spotted a problem with one of the child's eyes.

It turned out that the girl had a rare disease, but her sight was saved!



English Verb Tense	Time Expression	
Present Simple	every so often	بين الحين والآخر
	from time to time	من وقت لآخر
	nowadays	في الوقت الحاضر
	once in a while	أحياناً
Present Continuous	at the moment	في هذه اللحظة
	currently	حاليًا
	right now	الآن
	these days	في هذه الأيام
Present Perfect (Simple/Continuous)	ever since	منذ ذلك الحين
	for	لمدة
	in recent years	في السنوات الأخيرة
	recently	مؤخرًا
	since	منذ
	since the dawn of time	منذ فجر التاريخ
Past Simple/Continuous	at the time	في ذلك الوقت
	Since the dawn of time	
	earlier today	في وقت سابق من اليوم
	the day before yesterday	أول أمس
	in ancient times	في الأزمنة القديمة
	at the turn of the 20th century	في مطلع القرن العشرين
	in 1956	في عام 1956
	two years later	بعد عامين
	soon after	بعد ذلك بوقت قصير
	in 1837	في عام 1837
	when	عندما

All Time Expressions in the lesson.

5 Match time expressions below with the tenses in Exercise 4. Find more time expressions in the article.

at the moment at the time currently earlier
today ever since every so often for
from time to time in recent years nowadays
once in a while recently right now
since the day before yesterday these days

Exercise 6

English Present and Past Tenses

6 Match the sentence halves. In pairs, discuss the reasons for your answers.

- 1 The phone is ringing _____. The phone rings _____.
 - a all the time now that we run a business
 - b and I can't find where I've put it
- 2 I've been calling Malek _____. I've called Malek _____.
 - a all day today
 - b a couple of times today
- 3 It's getting _____. It gets _____.
 - a easier and easier to stay in touch with people
 - b less difficult every time I write an essay
- 4 I was watching a film _____. I watched a film _____.
 - a when the lights suddenly went out
 - b when I got home from school
- 5 What do you think _____.? What are you thinking _____.?
 - a of my phone
 - b about

صل أنصاف الجمل في التمرين و اشرح سبب الاختيار

Present and past tenses

- 4 Study the Grammar box and match the underlined phrases 1-11 in the article with the meanings a-k.

Present and past tenses

We use the Present Simple for:

- a ☐ routines and habits
 - b ☐ facts and things that are generally true
- We use the Present Continuous for:
- c ☐ things happening now or around now
 - d ☐ situations which are changing during the present time

We use the Past Simple for:

- e ☐ actions that started and finished at a specific time in the past
- f ☐ actions in progress at a specific time in the past

We use the Present Perfect Simple for:

- g ☐ a long activity interrupted by a short one
- h ☐ actions and states which began in the past and continue until now
- i ☐ finished actions in the past when we don't say exactly when they happened

We use the Present Perfect Continuous for:

- j ☐ an action in progress or repeated over a period of time up until now

We use the Past Perfect for:

- k ☐ an action in the past that was completed before another action or time in the past

Grammar Reference and Practice > page 77

- 5 Match time expressions below with the tenses in Exercise 4. Find more time expressions in the article.

at the moment at the time currently earlier
today ever since every so often for
from time to time in recent years nowadays
once in a while recently right now
since the day before yesterday these days

- 6 Match the sentence halves. In pairs, discuss the reasons for your answers.

- 1 The phone is ringing _____. The phone rings _____.
 - a all the time now that we run a business
 - b and I can't find where I've put it
- 2 I've been calling Malek _____. I've called Malek _____.
 - a all day today
 - b a couple of times today
- 3 It's getting _____. It gets _____.
 - a easier and easier to stay in touch with people
 - b less difficult every time I write an essay
- 4 I was watching a film _____. I watched a film _____.
 - a when the lights suddenly went out
 - b when I got home from school
- 5 What do you think _____.? What are you thinking _____.?
 - a of my phone
 - b about



- 7 **VALUES** Why is it important to communicate regularly with people we care about?

- 8 **SPEAKING** Complete the sentences with your own ideas.

- 1 I was talking to a friend the other day when ...
- 2 By lunchtime yesterday, I had already ...

Now go to Workbook page 4 for the next lesson.

Exercise 6

1 The phone is ringing _____. The phone rings _____.

a all the time now that we run a business

b and I can't find where I've put it

	Sentence	Explanation	شرح الاختيار
1	The phone is ringing, and I can't find where I've put it.	"Is ringing" is present continuous , describing what's happening now .	"is ringing" هي المضارع المستمر، تُستخدم لوصف ما يحدث الآن.
	The phone rings all the time now that we run a business.	"Rings" is present simple , describing a regular habit or routine .	"rings" هي المضارع البسيط، تُستخدم للتعبير عن عادة أو شيء يحدث بانتظام.

Exercise 6

2 I've been calling Malek _____. I've called Malek _____.

a all day today
today

b a couple of times

	Sentence	Explanation	شرح الاختيار
2	I've been calling Malek all day today .	"Have been calling" is present perfect continuous , showing an ongoing action with duration.	"have been calling" هي المضارع التام المستمر، تُستخدم للدلالة على عمل مستمر بدأ في الماضي وما زال مستمراً.
	I've called Malek a couple of times today .	"Have called" is present perfect , describing completed actions today.	"have called" هي المضارع التام، تُستخدم للدلالة على أعمال اكتملت في وقت غير محدد من اليوم.

Exercise 6

3 It's getting _____. It gets _____.

a easier and easier to stay in touch with people

b less difficult every time I write an essay

	Sentence	Explanation	شرح الاختيار
3	It's getting easier and easier to stay in touch with people.	"Is getting" is present continuous , showing a gradual change over time .	"is getting" فعل في زمن المضارع المستمر. تُظهر التغيير التدريجي
	It gets less difficult every time I write an essay.	"Gets" is present simple , used for repeated experiences .	"gets" هي المضارع البسيط، تُستخدم عند الحديث عن تجارب متكررة.

Exercise 6

4 I was watching a film _____. I watched a film _____.

a when the lights suddenly went out

b when I got home from school

	Sentence	Explanation	شرح الاختيار
4	I was watching a film when the lights suddenly went out.	"Was watching" is past continuous , interrupted by another past action.	"was watching" هي الماضي المستمر، تُستخدم لحدث كان جاريًا عندما قطعه حدث آخر في الماضي.
	I watched a film when I got home from school.	"Watched" is past simple , describing a completed event in the past.	"watched" هي الماضي البسيط، تُستخدم لوصف حدث اكتمل في الماضي.

Exercise 6

5 What do you think ____? What are you thinking ____?

a of my phone

b about

	Sentence	Explanation	شرح الاختيار
5	What do you think of my phone ?	"Do you think" is present simple (state verb) , used to ask for someone's opinion	"do you think" في المضارع البسيط، تُستخدم للسؤال عن الرأي (من الأفعال الحالتية)
	What are you thinking about ?	"Are you thinking" is present continuous , used to ask what someone is thinking now .	"are you thinking " في المضارع المستمر، تُستخدم للسؤال عن أفكار حالية.

Present and Past Tenses Grammar Reference Ex1

تمارين ال Grammar Reference حذفت من المنهاج

- 1 **Unit 1, Lesson 1A** Complete the sentences using the correct tense and a time expression from the box.

at the time earlier today ever since for
from time to time in recent years
once a week right now these days

- 1 I ____ (lose touch) with a few of my friends ____.
- 2 Dad ____ (make contact) with his cousin ____, so they're not close.
- 3 She ____ (chat) on her mobile ____ ages. Can't they ____ (see) each other in person?
- 4 I ____ (establish contact) with Mr Farley ____, but he hasn't responded yet.
- 5 ____ (you / use) the laptop ____? I need to send an email.
- 6 My teacher took my mobile phone off me yesterday - I ____ (talk) to my friend ____!
- 7 He ____ (stay in touch) with me ____ we had that argument.
- 8 I ____ (love) going for a regular run ____.
- 9 Jaber ____ (prefer) to stay in on Saturday nights ____.
- 10 Muneer wanted to sit down because he ____ (stand) all day at work.

Answers-Present and Past Tenses Grammar Reference Ex1

1. I **have lost** (lose touch) with a few of my friends **these days**.
2. Dad **lost contact** (make contact) with his cousin **years ago**, so they're not close.
3. She **has been chatting** (chat) on her mobile **for** ages. Can't they **see** (see) each other in person?
4. I **have established contact** (establish contact) with Mr Farley **earlier today**, but he hasn't responded yet.
5. **Are you using** (you / use) the laptop **right now**? I need to send an email.
6. My teacher took my mobile phone off me yesterday – I **was talking** (talk) to my friend **at the time**!
7. He **hasn't stayed in touch** (stay in touch) with me **since** we had that argument.
8. I **love** (love) going for a regular run **once a week**.
9. Jaber **prefers** (prefer) to stay in on Saturday nights **these days**.
10. Muneer wanted to sit down because he **had been standing** (stand) all day at work.

Present and Past Tenses Grammar Reference Ex. 2

- 2 Unit 1, Lesson 1A** Complete the sentences using the correct tense and the verbs from the box. Use every verb twice.

appear have look see smell think

- 1** Do you know that man? He _____ at you all evening.
- 2** Why _____ the milk? Do you think it has gone bad?
- 3** We _____ lunch now. Will you join us, please?
- 4** Just look at his face: I bet he _____ about something amazing!
- 5** Apologies, but I _____ much time at the moment. I'll get back to you soon, I promise.
- 6** Monther Rayahneh _____ award-winning TV show, *The Invasion*.

- 7** She _____ to be highly intelligent, but she's awfully lazy too. What a waste!
- 8** I _____ what you mean, but I can't agree with you.
- 9** My mum _____ it's the best idea.
- 10** Malek _____ much better with his hair cut.
- 11** When I got home, the flat _____ of smoke.
- 12** _____ you _____ anybody these days, Faisal?

Answers-Present and Past Tenses Grammar Reference Ex. 2

1. Do you know that man? He **has been looking** at you all evening.
2. Why **are you smelling the milk**? Do you think it has gone bad?
3. We **are having** lunch now. Will you join us, please?
4. Just look at his face: I bet he **is thinking** about something amazing!
5. Apologies, but I **don't have** much time at the moment. I'll get back to you soon, I promise.
6. Monther Rayahneh **has appeared in** award-winning TV show, *The Invasion*.
7. She **appears** to be highly intelligent, but she's awfully lazy too. What a waste!
8. I **see** what you mean, but I can't agree with you.
9. My mum **thinks** it's the best idea.
10. Malek **looks** much better with his haircut.
11. When I got home, the flat **smelled** of smoke.
12. **Have** you **seen** anybody these days, Faisal?

Present and Past Tenses Grammar Reference Ex. 3

- 3 Unit 1, Lesson 1A Complete the text using the correct tense and the verbs from the box.

agree be (×3) read send (×2) tell
work write

Software programmer Neil Papworth ¹_____ the first text message in 1992. It ²_____ a greeting. Papworth ³_____ for a phone company at the time. Since the time of that very first message, people ⁴_____ really long messages, so it ⁵_____ so easy to forget that there ⁶_____ a limit of 160 characters per message back then! Papworth said that he only recently ⁷_____ his children that it was he who ⁸_____ the very first text message. Since then, there ⁹_____ many innovations in phone technology, but Papworth ¹⁰_____ that this was perhaps a key moment in mobile history.

Answers-Present and Past Tenses Grammar Reference Ex. 3

Software programmer Neil Papworth

1. **sent** the first text message in 1992. It
2. **was** a greeting. Papworth
3. **worked** for a phone company at the time. Since the time of that very first message, people
4. **have written** really long messages, so it
5. **is** so easy to forget that there
6. **was** a limit of 160 characters per message back then! Papworth said that he only recently
7. **told** his children that it was he who
8. **sent** the very first text message.
Since then, there
9. **have been** many innovations in phone technology, but Papworth
10. **agreed** that this was perhaps a key moment in mobile history.