



Módulo 3 · Expansão e Articulação (Intermediário Prático)

Aula 8 — Rotina e Ações no Presente

Material de apoio do aluno

Present Simple x Present Continuous

Simple (sempre/geralmente)	Continuous (agora/esta fase)
I work from home.	I am working from home this week.
She studies English.	She is studying for her exam right now.
They travel for business.	They are traveling to New York this month.
He wakes up at 6am.	He is waking up later than usual lately.

Estruturas

Tempo	Afirmativa	Negativa
Simple	I/You/We/They + verbo. He/She/It + verbo+S.	don't / doesn't + verbo
Continuous	Sujeito + AM/IS/ARE + verbo-ING.	AM/IS/ARE + NOT + verbo-ING

Verbos de Rotina

Expressão	Significado/Contexto
Wake up	acordar
Commute	trajeto casa-trabalho
Work out	malhar
Check emails	verificar e-mails
Attend meetings	participar de reuniões
Wind down	relaxar ao fim do dia





Hobbies

Expressão	Significado/Contexto
Reading	leitura
Cooking	cozinhar
Hiking	trilha
Traveling	viajar
Photography	fotografia
Binge-watching	maratonar séries

Armadilhas do Português

Armadilha	Erro comum	Como corrigir
Usar o Continuous para TUDO	I am working every day.	I work every day. (hábito = Simple)
Verbos de estado (Stative Verbs)	I am knowing the answer. / She is loving chocolate.	I know the answer. / She loves chocolate.
Esquecer o -S na 3ª pessoa	He work from home. / She go to the gym.	He workS. / She goES.

Exercício — Simple ou Continuous?

Item	Resposta
1. She ____ (work) on a new proposal this week.	_____
2. I ____ (wake up) at 7am every day.	_____
3. They ____ (not/attend) the meeting right now.	_____
4. He ____ (usually/have) lunch at noon.	_____
5. We ____ (study) for the presentation at the moment.	_____
6. I ____ (not/drink) coffee. I prefer tea.	_____





Escreva sobre você

Campo	Sua resposta
What time do you usually wake up?	_____
What are you working on right now?	_____
What do you do on weekends?	_____
What hobby are you into at the moment?	_____

Gabarito

Item	Resposta
1. She ____ (work) on a new proposal this week.	is working — Continuous
2. I ____ (wake up) at 7am every day.	wake up — Simple
3. They ____ (not/attend) the meeting right now.	aren't attending — Continuous
4. He ____ (usually/have) lunch at noon.	usually has — Simple
5. We ____ (study) for the presentation at the moment.	are studying — Continuous
6. I ____ (not/drink) coffee. I prefer tea.	don't drink — Simple

Seu Desafio Desta Aula

Grave 1 minuto descrevendo sua rotina semanal (Simple) e o que você está fazendo nesta fase da vida (Continuous). Inclua pelo menos um hobby! Compartilhe nos comentários desta página se quiser feedback.

