

Inglês · 1º ano · Caderno Verb Tenses · English-medium edition

PROF. ULYSSES CESAR · LÍNGUA INGLESA · 2026

Material de estudo · Língua Inglesa

VERB TENSES

Year 1 · English-medium edition

Study book · Secondary School · Focus on university entrance exams

Professor Ulysses Cesar

Student: o(a) estudante — Class 1B

TERM 1	TERM 2	REVIEW
To Be · Simple Present · Present Continuous	Simple Past · Past Continuous	PAS/UnB + ENEM

HOW TO USE THIS BOOK

This is your own edition of the class study book. It has exactly the same content and the same exercises as the book your classmates use — the difference is that everything here is explained in English. Nothing has been made easier: only the language of the explanations has changed.

- 1) Read "When to use it" and the structure box.
- 2) Study the conjugation table and the three examples.
- 3) Read the "Exam trap" — it shows the mistake most students make.
- 4) Do ALL the exercises without looking at the answers.
- 5) Check your answers and read again the parts you got wrong.
- 6) Finish with the "I can..." self-check.

If anything is not clear, ask the teacher in English. Never stay with a doubt.

► WHAT YOU WILL STUDY THIS YEAR

00 VERB TO BE · Human Rights and Citizenship

01 SIMPLE PRESENT · Sustainability and the Environment

02 PRESENT CONTINUOUS · Current Affairs and Technology

03 SIMPLE PAST · History, Memory and Anti-racism

04 PAST CONTINUOUS · English Literature

UNIT 00 VERB TO BE

► When to use it

The verb TO BE is the most important verb in English. Use it for identity and description (I am a student), states and feelings (She is happy), age (He is 16 years old), origin and place (They are from Brazil; We are at school), and for time and dates (It is Monday). Everything starts here: without TO BE you cannot build the Present Continuous.

► Structure in blocks

SUBJECT + TO BE (am / is / are) + the rest of the sentence

▼ I → am

▼ he / she / it → is

▼ you / we / they → are

CONTRACTIONS

I'm · you're · he's · she's · it's · we're · they're

► Conjugation

Subject	Verb form
I	am
you	are
he / she / it	is
we	are
you	are
they	are

► Examples

AFFIRMATIVE She is happy.

INTERROGATIVE Is she happy?

NEGATIVE She isn't happy.

► Exam trap

EXAM TRAP

TO BE does NOT use do/does. To ask a question, put the verb first: Is she happy? — not Does she be happy? To make it negative, add not: She isn't happy. And never put TO BE together with another main verb: say I am a student OR I study — never I am study.

► Exercises · Part 1: multiple choice

Choose *ONE* correct answer for each question.

1. Choose the correct sentence:

- A) She are a teacher.
- B) She is a teacher.
- C) She am a teacher.
- D) She be a teacher.

2. Which sentence uses the verb to be correctly?

- A) I is happy.
- B) I are happy.
- C) I am happy.
- D) I be happy.

3. Complete: They _____ from Brazil.

- A) is
- B) am
- C) are
- D) be

4. Choose the correct negative form:

- A) He isn't tired.
- B) He aren't tired.
- C) He not is tired.
- D) He don't tired.

5. What is the correct question form?

- A) Is you a student?
- B) Are you a student?
- C) Be you a student?
- D) You are a student?

6. Complete: It _____ cold today.

- A) am
- B) are
- C) is
- D) be

7. Which sentence is correct?

- A) We is at school.
- B) We are at school.
- C) We am at school.
- D) We be at school.

8. Complete: My parents _____ at home.

- A) is
- B) are
- C) am
- D) be

9. Negative form: 'You are late.' →

- A) You isn't late.
- B) You aren't late.
- C) You not are late.
- D) You no are late.

10. Choose the correct alternative: 'Maria and I _____ best friends.'

- A) am

B) is

C) are

D) be

ANSWER KEY 1-B 2-C 3-C 4-A 5-B 6-C 7-B 8-B 9-B 10-C
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► **Exercises · Part 2: complete the sentences**

Complete each sentence with the correct form.

1) My sister _____ a nurse.

2) We _____ (not) tired today.

3) _____ your parents _____ at home?

4) The weather _____ very nice today.

5) I _____ sixteen years old.

► **Exercises · Part 3: rewrite**

Rewrite each sentence in the form indicated in brackets.

1) She is at work. (negative)

2) They are in São Paulo. (question)

3) I am a student. (3rd person: He ...)

► **Your turn**

Write 4 true sentences about yourself using the verb TO BE: your name, your age, where you are from, and how you feel today.

ANSWER KEY · Parts 2 and 3

Complete 1: is

Complete 2: aren't

Complete 3: Are ...

Complete 4: is

Complete 5: am

Rewrite 1: She isn't at work.

Rewrite 2: Are they in São Paulo?

Rewrite 3: He is a student.

► **Reading · Human Rights and Citizenship**

Education is a fundamental right in Brazil. According to the Constitution of 1988, every child and teenager is a citizen with rights. School is a public space, and teachers are key workers for democracy. When students are respectful and engaged, the classroom is a place of growth. Human rights are not a distant idea: they are real in everyday school life.

Adapted from the Brazilian Constitution (1988), Article 205.

► **READING**

According to the text, school is described as:

- A) a private space only for teachers.
- B) a public space and a place of growth.
- C) a place where rights do not exist.
- D) a building with no importance.

► **GRAMMAR · Verb To Be**

Which sentence from the text uses the verb TO BE correctly?

- A) Teachers are key workers for democracy.
- B) Every child are a citizen.

ANSWER KEY 1-B 2-A

► **Self-check — "I can..."**

☐ use TO BE to say who I am, how I feel and where I am from

☐ choose between am, is and are according to the subject

☐ make questions by putting TO BE before the subject

☐ make negatives with isn't / aren't

Did you tick fewer than 3 boxes? Go back to the examples and redo the questions you got wrong before moving on.

UNIT 01 SIMPLE PRESENT

► **When to use it**

Use the SIMPLE PRESENT for habits and routines (I study every day), for permanent facts (She works in a hospital) and for general truths (Water boils at 100 degrees). It describes what is always or usually true — not what is happening right now.

► **Structure in blocks**

SUBJECT + VERB (add -s for he / she / it) + the rest of the sentence

▼ I / you / we / they → verb in the base form

▼ he / she / it → verb + -s

▼ questions and negatives → do / does + base form

CONTRACTIONS

don't = do not · doesn't = does not

► **Conjugation**

Subject	Verb form
I	work
you	work
he / she / it	works
we	work
you	work
they	work

► **Examples**

AFFIRMATIVE She works downtown.

INTERROGATIVE Does she work downtown?

NEGATIVE She doesn't work downtown.

► **Exam trap**

EXAM TRAP

Two traps here. First, do not forget the -s with he / she / it: She loves — never She love. Second, after DOES and DOESN'T the main verb goes back to the base form, with no -s: Does she love? / She doesn't love — never Does she loves?

► **Exercises · Part 1: multiple choice**

Choose ONE correct answer for each question.

1. Choose the correct sentence:

- A) She go to school every day.
- B) She goes to school every day.
- C) She going to school every day.
- D) She gone to school every day.

2. Which sentence is in the simple present?

- A) They are studying English.
- B) They studied English.
- C) They study English.
- D) They will study English.

3. Complete: My father _____ TV every night.

- A) watch
- B) watches
- C) watched
- D) watching

4. Choose the correct negative form:

- A) He don't like coffee.
- B) He doesn't likes coffee.
- C) He doesn't like coffee.
- D) He not like coffee.

5. What is the correct question form?

- A) Do she speak Spanish?
- B) Does she speaks Spanish?
- C) Do she speaks Spanish?
- D) Does she speak Spanish?

6. Complete: The sun _____ in the east.

- A) rise
- B) rose
- C) rises
- D) rising

7. Which sentence is correct?

- A) We goes to the gym.
- B) We go to the gym.
- C) We gone to the gym.
- D) We going to the gym.

8. Complete: Mark and Lisa _____ in Brazil.

- A) lives
- B) live
- C) lived
- D) living

9. Negative form: 'I like pizza.' →

- A) I don't like pizza.
- B) I doesn't like pizza.
- C) I not like pizza.
- D) I no like pizza.

10. Choose the correct alternative: 'Maria always _____ a sandwich for breakfast.'

- A) eat
- B) eating
- C) eats
- D) ate

ANSWER KEY 1-B 2-C 3-B 4-C 5-D 6-C 7-B 8-B 9-A 10-C
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► **Exercises · Part 2: complete the sentences**

Complete each sentence with the correct form.

- 1) My sister _____ (play) the piano very well.
- 2) We _____ (not / like) horror movies.
- 3) _____ your parents _____ (speak) English?
- 4) The store _____ (open) at 9 a.m.
- 5) He never _____ (drink) coffee at night.

► **Exercises · Part 3: rewrite**

Rewrite each sentence in the form indicated in brackets.

- 1) She works downtown. (negative)
- 2) They live in São Paulo. (question)
- 3) I study at night. (3rd person: He ...)

► **Your turn**

Write 4 sentences about your daily routine using the Simple Present.

ANSWER KEY · Parts 2 and 3

Complete 1: plays

Complete 2: don't like

Complete 3: Do ... speak

Complete 4: opens

Complete 5: drinks

Rewrite 1: She doesn't work downtown.

Rewrite 2: Do they live in São Paulo?

Rewrite 3: He studies at night.

► **Reading · Sustainability and the Environment**

The Amazon rainforest plays a vital role in the planet's climate. It produces oxygen, stores carbon, and regulates rainfall across South America. Millions of species live in its rivers and trees. Every year, however, deforestation destroys large areas of the forest. Scientists warn that the world needs the Amazon to fight climate change.

Adapted from a UNEP report on the Amazon biome.

► **READING**

According to the text, the Amazon rainforest:

- A) has no effect on the world's climate.
- B) regulates rainfall and stores carbon.
- C) produces no oxygen at all.
- D) is growing larger every year.

► **GRAMMAR · Simple Present**

Which sentence is in the Simple Present (3rd person singular)?

- A) The forest is producing oxygen now.
- B) Deforestation destroys large areas.

ANSWER KEY 1-B 2-B

► **Self-check — "I can..."**

☐ talk about my habits and my routine

☐ add -s to the verb with he / she / it

☐ make questions with do and does

☐ make negatives with don't and doesn't

Did you tick fewer than 3 boxes? Go back to the examples and redo the questions you got wrong before moving on.

UNIT 02 PRESENT CONTINUOUS

► **When to use it**

Use the PRESENT CONTINUOUS for actions happening right now, at the moment of speaking (I am studying now), and for temporary situations (She is living in Brasília this year). Words like now, right now, at the moment and today often appear with it.

► **Structure in blocks**

SUBJECT + TO BE (am / is / are) + VERB + -ing

▼ I → am + verb-ing

▼ he / she / it → is + verb-ing

▼ you / we / they → are + verb-ing

CONTRACTIONS

I'm working · she's working · they're working · isn't working · aren't working

► Conjugation

Subject	Verb form
I	am working
you	are working
he / she / it	is working
we	are working
you	are working
they	are working

► Examples

AFFIRMATIVE She is working now.

INTERROGATIVE Is she working now?

NEGATIVE She isn't working now.

► Exam trap

EXAM TRAP

The question does NOT use do/does — you put TO BE first: Is she going? — never Does she going? And be careful with state verbs (know, want, like, love): they normally do not go into the continuous form. Say I know — never I am knowing.

► Exercises · Part 1: multiple choice

Choose ONE correct answer for each question.

1. Choose the correct sentence:

- A) He is plays soccer now.
- B) He playing soccer now.
- C) He is playing soccer now.
- D) He play soccer now.

2. Which sentence is in the present continuous?

- A) She studies English.
- B) She is studying English.
- C) She studied English.
- D) She study English.

3. Complete: We _____ dinner at the moment.

- A) are have
- B) are having
- C) is having
- D) have

4. Choose the correct negative form:

- A) I not working today.
- B) I amn't working today.
- C) I am not working today.
- D) I am not work today.

5. What is the correct question form?

- A) Are she going to school?
- B) Is she going to school?
- C) She is going to school?
- D) Is going she to school?

6. Complete: They _____ watching TV right now.

- A) is
- B) be
- C) are
- D) am

7. Which sentence is correct?

- A) We are study now.
- B) We studying now.
- C) We are studying now.
- D) We are studies now.

8. Complete: The baby _____.

- A) are sleeping
- B) is sleep
- C) is sleeping
- D) sleeping

9. Negative form: 'He is eating.' →

- A) He isn't eating.
- B) He not eating.
- C) He doesn't eating.
- D) He no eating.

10. Choose the correct alternative: 'I _____ reading a good book.'

- A) is
- B) am
- C) are
- D) be

ANSWER KEY 1-C 2-B 3-B 4-C 5-B 6-C 7-C 8-C 9-A 10-B
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► **Exercises · Part 2: complete the sentences**

Complete each sentence with the correct form.

- 1) Be quiet! The baby _____ (sleep).
- 2) Look! It _____ (rain) outside.
- 3) What _____ you _____ (do) right now?
- 4) They _____ (not / listen) to me.

5) I _____ (study) for the vestibular this week.

► **Exercises · Part 3: rewrite**

Rewrite each sentence in the form indicated in brackets.

1) She is cooking. (negative)

2) They are playing. (question)

3) I am writing an essay. (negative)

► **Your turn**

Look around you. Write 4 sentences about what people are doing right now.

ANSWER KEY · Parts 2 and 3

Complete 1: is sleeping

Complete 2: is raining

Complete 3: are ... doing

Complete 4: aren't listening

Complete 5: am studying

Rewrite 1: She isn't cooking.

Rewrite 2: Are they playing?

Rewrite 3: I am not writing an essay.

► **Reading · Current Affairs and Technology**

Right now, the world is changing faster than ever. People are using smartphones for almost everything: studying, working, and talking to friends. Schools are adapting to this new reality, and teachers are learning to use technology in the classroom. At this very moment, millions of students are watching online lessons and are sharing ideas on social media.

Adapted from an article on technology in education.

► **READING**

According to the text, what are schools doing now?

A) They are ignoring technology completely.

B) They are adapting to a new reality.

- C) They are closing because of smartphones.
- D) They are banning all online lessons.

► **GRAMMAR · Present Continuous**

Which sentence is in the Present Continuous?

- A) People use smartphones every day.
- B) Teachers are learning to use technology.

ANSWER KEY 1-B 2-B

► **Self-check — "I can..."**

- ☐ describe what is happening right now
- ☐ build the form with am / is / are + verb-ing
- ☐ make questions by putting TO BE before the subject
- ☐ recognise the verbs that do not go into the continuous

Did you tick fewer than 3 boxes? Go back to the examples and redo the questions you got wrong before moving on.

UNIT 03 SIMPLE PAST

► **When to use it**

Use the SIMPLE PAST for finished actions at a definite time in the past (I visited my grandmother yesterday). Time markers such as yesterday, last week, two years ago and in 2010 usually appear with it.

► **Structure in blocks**

SUBJECT + VERB in the past (-ed for regular verbs) + the rest of the sentence

▼ **regular verbs → verb + -ed (work → worked)**

▼ **irregular verbs → special form (go → went, buy → bought)**

▼ **questions and negatives → did / didn't + base form**

CONTRACTIONS

didn't = did not

► **Conjugation**

Subject	Verb form
I	worked
you	worked
he / she / it	worked
we	worked
you	worked
they	worked

► **Examples**

AFFIRMATIVE She worked yesterday.

INTERROGATIVE Did she work yesterday?

NEGATIVE She didn't work yesterday.

► **Exam trap**

EXAM TRAP

With the auxiliary DID (in questions and negatives), the main verb goes BACK to the base form: Did you go? / She didn't go — never Did you went? or She didn't went. The past is already marked in DID. Do not mark it twice.

► **Exercises · Part 1: multiple choice**

Choose ONE correct answer for each question.

1. Choose the correct sentence:

- A) She go to the market yesterday.
- B) She goes to the market yesterday.
- C) She went to the market yesterday.
- D) She going to the market yesterday.

2. Which sentence is in the simple past?

- A) They are watching TV.
- B) They watch TV every day.
- C) They watched TV last night.
- D) They watching TV now.

3. Complete: I _____ my homework last night.

- A) do
- B) did
- C) does
- D) done

4. Choose the correct negative form:

- A) He didn't went to school.
- B) He didn't go to school.
- C) He not went to school.
- D) He doesn't went to school.

5. What is the correct question form?

- A) Did you went to the party?
- B) Did you go to the party?
- C) Do you went to the party?
- D) Did go you to the party?

6. Complete: They _____ in London in 2010.

- A) lives
- B) live
- C) lived
- D) living

7. Which sentence is correct?

- A) I see her yesterday.
- B) I saw her yesterday.
- C) I seen her yesterday.
- D) I sees her yesterday.

8. Complete: We _____ a great time at the beach.

- A) has
- B) had
- C) have
- D) haved

9. Negative form: 'She visited her grandma.' →

- A) She didn't visited her grandma.
- B) She didn't visit her grandma.
- C) She not visited her grandma.
- D) She no visited her grandma.

10. Choose the correct alternative: 'They _____ the movie last weekend.'

- A) watches
- B) watched
- C) watching
- D) watch

ANSWER KEY 1-C 2-C 3-B 4-B 5-B 6-C 7-B 8-B 9-B 10-B
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► **Exercises · Part 2: complete the sentences**

Complete each sentence with the correct form.

- 1) Last summer we _____ (travel) to Bahia.
- 2) She _____ (buy) a new phone yesterday.
- 3) _____ you _____ (see) the news last night?
- 4) They _____ (not / come) to the party.
- 5) I _____ (study) all weekend for the test.

► **Exercises · Part 3: rewrite**

Rewrite each sentence in the form indicated in brackets.

- 1) He went home. (negative)
- 2) They studied English. (question)

3) She wrote a letter. (negative)

► **Your turn**

Write 4 sentences about what you did last weekend.

ANSWER KEY · Parts 2 and 3

Complete 1: traveled

Complete 2: bought

Complete 3: Did ... see

Complete 4: didn't come

Complete 5: studied

Rewrite 1: He didn't go home.

Rewrite 2: Did they study English?

Rewrite 3: She didn't write a letter.

► **Reading · History, Memory and Anti-racism**

In 1955, Rosa Parks refused to give up her seat on a bus in Montgomery, Alabama. Her brave act started a movement against racial segregation in the United States. Thousands of people joined the protest, and Martin Luther King Jr. led the famous bus boycott. This event became a turning point in the fight for civil rights.

Adapted from an article on the U.S. Civil Rights Movement.

► **READING**

According to the text, Rosa Parks's act:

- A) ended all forms of segregation immediately.
- B) started a movement against segregation.
- C) had no consequences for society.
- D) supported the bus company's rules.

► **GRAMMAR · Simple Past**

Which sentence is correct in the Simple Past?

- A) Thousands of people joined the protest.
- B) Martin Luther King Jr. leaded the boycott.

ANSWER KEY 1-B 2-A

► Self-check — "I can..."

[] tell what I did yesterday and last week

[] use -ed with regular verbs

[] use the correct form of the most common irregular verbs

[] make questions and negatives with did and didn't

Did you tick fewer than 3 boxes? Go back to the examples and redo the questions you got wrong before moving on.

UNIT 04 PAST CONTINUOUS

► When to use it

Use the PAST CONTINUOUS for an action that was in progress at a specific moment in the past (At 8 p.m. I was studying). It is very often used together with the Simple Past: the long action is in the Past Continuous and the short action that interrupts it is in the Simple Past.

► Structure in blocks

SUBJECT + WAS / WERE + VERB + -ing

▼ I / he / she / it → was + verb-ing

▼ you / we / they → were + verb-ing

▼ long action + WHEN + short action that interrupts it

CONTRACTIONS

wasn't = was not · weren't = were not

► Conjugation

Subject	Verb form
I	was working
you	were working
he / she / it	was working
we	were working
you	were working
they	were working

► **Examples**

AFFIRMATIVE She was working at 8 p.m.

INTERROGATIVE Was she working at 8 p.m.?

NEGATIVE She wasn't working at 8 p.m.

► **Exam trap**

EXAM TRAP

This is the classic exam pattern: long action (Past Continuous) + WHEN + short action that interrupts it (Simple Past). Example: I was cooking when she arrived. Do not swap the tenses — the action that interrupts always goes into the Simple Past.

► **Exercises · Part 1: multiple choice**

Choose ONE correct answer for each question.

1. Choose the correct sentence:

- A) She was play soccer at 5 PM.
- B) She was playing soccer at 5 PM.
- C) She playing soccer at 5 PM.
- D) She were playing soccer at 5 PM.

2. Which sentence is in the past continuous?

- A) They watched TV last night.
- B) They are watching TV.
- C) They were watching TV when I arrived.
- D) They watch TV every night.

3. Complete: I _____ dinner when the phone rang.

- A) was having
- B) am having
- C) were having
- D) have

4. Choose the correct negative form:

- A) He wasn't play outside.
- B) He not was playing outside.
- C) He wasn't playing outside.
- D) He didn't was playing outside.

5. What is the correct question form?

- A) Was you studying at 9 PM?
- B) Were you studying at 9 PM?
- C) Did you studying at 9 PM?
- D) You were studying at 9 PM?

6. Complete: They _____ when the lights went out.

- A) danced
- B) were dancing
- C) dancing
- D) are dancing

7. Which sentence is correct?

- A) We were watching a movie.
- B) We watching a movie.
- C) We was watching a movie.
- D) We are watched a movie.

8. Complete: My parents _____ dinner while I was doing my homework.

- A) was cooking
- B) cooked
- C) were cooking
- D) are cooking

9. Negative form: 'She was reading.' →

- A) She didn't reading.

- B) She was not reading.
- C) She not was reading.
- D) She doesn't read.

10. Choose the correct alternative: 'While I _____ TV, my brother was playing video games.'

- A) watch
- B) was watching
- C) watched
- D) watching

ANSWER KEY 1-B 2-C 3-A 4-C 5-B 6-B 7-A 8-C 9-B 10-B
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► **Exercises · Part 2: complete the sentences**

Complete each sentence with the correct form.

- 1) I _____ (read) when you _____ (call) me.
- 2) While she _____ (cook), the kids _____ (play).
- 3) _____ they _____ (sleep) at midnight?
- 4) We _____ (not / watch) TV at that moment.
- 5) He _____ (study) when the lights went out.

► **Exercises · Part 3: rewrite**

Rewrite each sentence in the form indicated in brackets.

- 1) I / sleep — the alarm / ring
- 2) She / drive — it / start to rain
- 3) They / study — the power / go out

► **Your turn**

Write 4 sentences about what you were doing yesterday at different times of the day.

ANSWER KEY · Parts 2 and 3

Complete 1: was reading / called

Complete 2: was cooking / were playing

Complete 3: Were ... sleeping

Complete 4: weren't watching

Complete 5: was studying

Rewrite 1: I was sleeping when the alarm rang.

Rewrite 2: She was driving when it started to rain.

Rewrite 3: They were studying when the power went out.

► **Reading · English Literature**

It was a dark and stormy night. The wind was howling outside, and the rain was falling heavily on the old roof. Inside the house, a young woman was reading a letter by candlelight. While she was reading, someone was knocking on the door. She was not expecting any visitors at that hour.

Adapted from a 19th-century Gothic short story.

► **READING**

According to the text, what was happening inside the house?

- A) A woman was reading a letter.
- B) A man was cooking dinner.
- C) Children were playing games.
- D) Nobody was inside the house.

► **GRAMMAR · Past Continuous**

Which sentence is correct in the Past Continuous?

- A) The wind was howling outside.
- B) The rain were falling heavily.

ANSWER KEY 1-A 2-A

► **Self-check — "I can..."**

[] describe what was happening at a certain moment in the past

☐ choose between was and were

☐ combine the Past Continuous with the Simple Past using when and while

☐ make negatives with wasn't and weren't

Did you tick fewer than 3 boxes? Go back to the examples and redo the questions you got wrong before moving on.