



The screenshot shows a video player window. The top bar contains playback controls (play, pause, stop, previous, next) and a progress bar with a time display of 00:00 / 03:24. The main video area displays the Flex English B1 logo and the title 'Formation of the Present Simple' in a black box with orange text. Below the video player, there is a navigation bar with a help icon (question mark), a dropdown menu showing '1/18', a 'next' button with a right arrow, a pencil icon with '1 / 2', and a 'nextvideo' button with a right arrow.



00 02 04 06 08 10 12 14 16 18 20 22 24 26 28 00:13 / 00:29

The Indefinite Article 'a' and 'an' (αόριστο άρθρο)

- a
- an
- πριν από σύμφωνο ή ήχο συμφώνου
- πριν από φωνήεν ή ήχο φωνήεντος

I will see you in **an** hour.

2



1/20



next



previous video



2/2


Choose the correct answer.



They ___1___ cigarettes.


1 / 10


next question

 smoke

smokes



help



previous

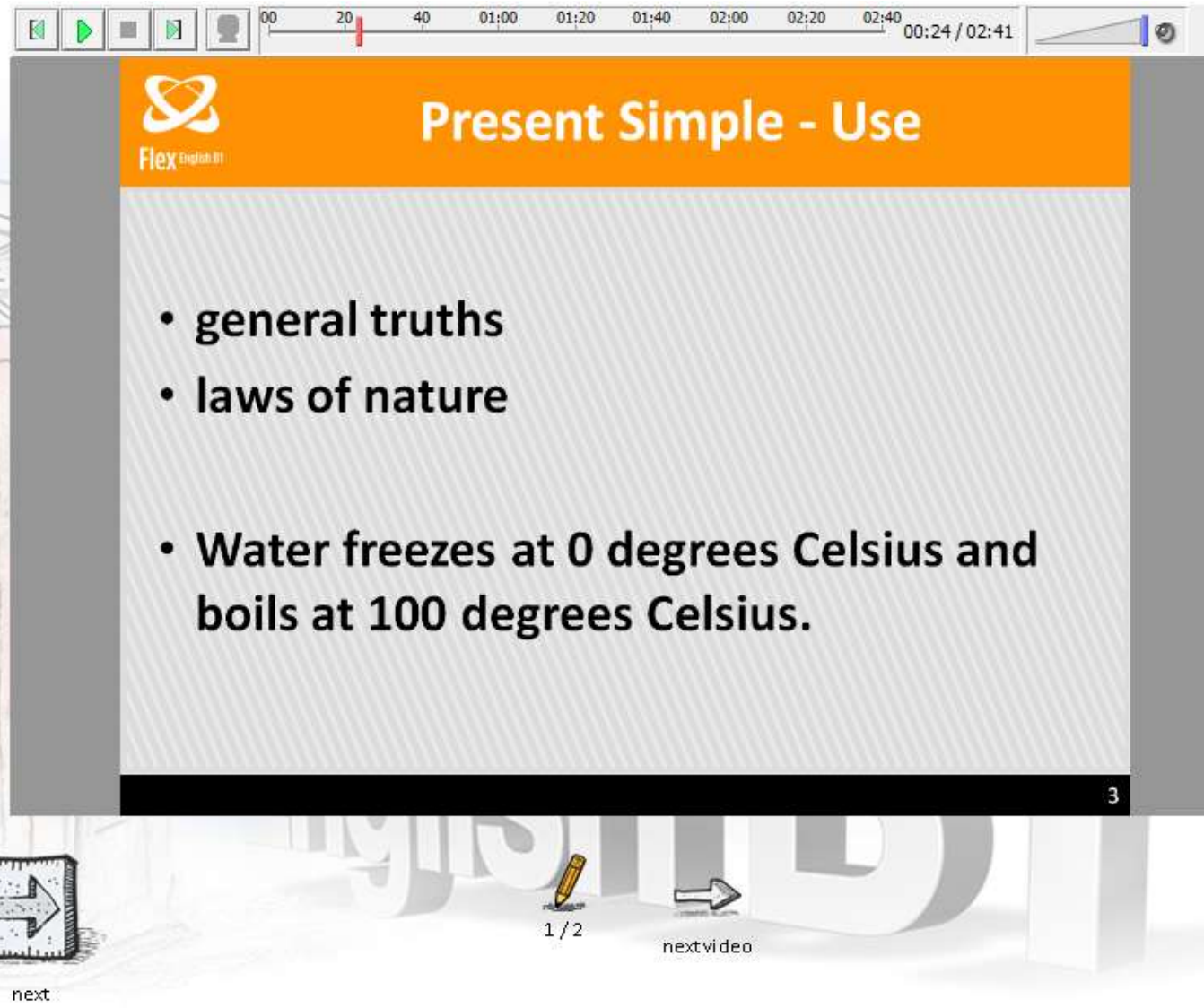
2/18



next



done

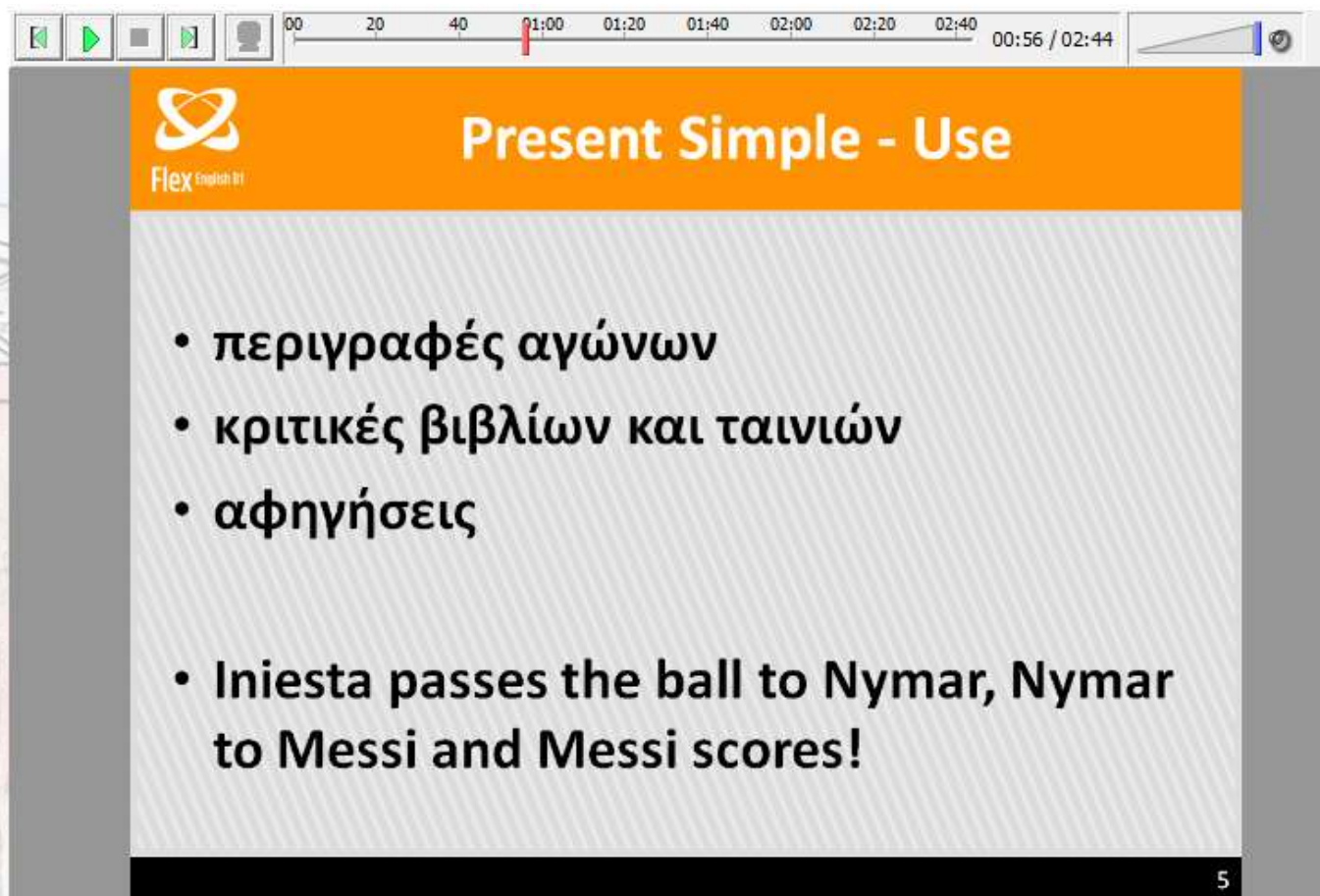


Present Simple - Use

- general truths
- laws of nature
- Water freezes at 0 degrees Celsius and boils at 100 degrees Celsius.

3

help 3/18 previous next 1/2 nextvideo




Present Simple - Use

- περιγραφές αγώνων
- κριτικές βιβλίων και ταινιών
- αφηγήσεις
- Iniesta passes the ball to Nymar, Nymar to Messi and Messi scores!

5



Fill in the blanks to complete the rule



Flex English B1

How to use the Present Simple

The Present Simple is used:

- a) for 1 situations, habitual actions or 2 that occur in the present.
E.g. I 3 as a nurse.
She 4 tennis every Monday.
- b) for 5 or laws of nature.
E.g. Water freezes at 0 degrees Celsius and boils at 100 degrees Celsius.
The sun 6 in the east.
- c) to talk about future schedules or 7.
E.g. The 18:00 train to Newcastle leaves from platform 3 in 2 minutes.
School begins tomorrow at 10 in the morning.
- d) for sports commentaries, book and film reviews, and 8.
E.g. Iniesta passes the ball to Neymar, Neymar to Messi and Messi scores!
- e) with the 9: always, usually, frequently, occasionally, never, rarely, regularly, sometimes, often, seldom, and the 10: at night, at the weekend, every day, every week, every month, every year, in the morning, in the afternoon, in the evening, on Mondays, on Tuesdays, etc. The Adverbs of Frequency are placed between the subject and the verb. However, in sentences with the verb to 'be' or the modal verb 'can', the Adverbs of Frequency are placed after the subject and the verb. The Time Expressions can be placed both at the beginning and the end of a sentence.
E.g. I rarely go out on Sundays.
She is never late.
You can always call me if you need anything.
Every week we go to the beach.
She eats cereals in the mornings.
The children go to school at 8 o'clock every day.

1 / 1

 work
 narrations
 permanent
 timetables


1 / 10

next blank


 done

1 of 2

4/18

previous

next

 help

Fill in the blanks to complete the rule



Flex English

Πως χρησιμοποιείται ο Ενεστώτας (Simple Present)

Ο Present Simple (Ενεστώτας) χρησιμοποιείται:

a) για ___1___ καταστάσεις, επαναλαμβανόμενες πράξεις ή πράξεις ___2___ στο παρόν.

Π.χ. I ___3___ as a nurse.

She ___4___ tennis every Monday.

b) Για ___5___ ή νόμους της φύσης.

Π.χ. Water freezes at 0 degrees Celsius and boils at 100 degrees Celsius.

The sun ___6___ in the east.

c) για να μιλήσουμε για προγράμματα ή ___7___ με μελλοντική σημασία.

Π.χ. The 18:00 train to Newcastle leaves from platform 3 in 2 minutes.

School begins tomorrow at 10 in the morning.

d) για περιγραφές αγώνων, κριτικές βιβλίων και ταινιών και ___8___.

Π.χ. Iniesta passes the ball to Neymar, Neymar to Messi and Messi scores!

e) με τα ___9___ (Επιρρήματα Συχνότητας): always, usually, frequently, occasionally, never, rarely, regularly, sometimes, often, seldom, και τις ___10___ (Χρονικές Εκφράσεις): at night, at the weekend, every day, every week, every month, every year, in the morning, in the afternoon, in the evening, on Mondays, on Tuesdays, κλπ. Τα Adverbs of Frequency (Επιρρήματα Συχνότητας) μπαίνουν μεταξύ του υποκειμένου και του ρήματος. Παρ' όλα αυτά, σε προτάσεις με το ρήμα to 'be' ή το εγκλιτικό ρήμα 'can', τα Adverbs of Frequency (Επιρρήματα Συχνότητας) μπαίνουν μετά το υποκείμενο και το ρήμα. Οι Time Expressions (Χρονικές Εκφράσεις) μπορούν να μπουν και στην αρχή και στο τέλος μίας πρότασης.

Π.χ. I rarely go out on Sundays.

She is never late.

You can always call me if you need anything.

Every week we go to the beach.

She eats cereals in the mornings.

The children go to school at 8 o'clock every day.



work



narrations



permanent



timetables



1 / 10



next blank



2 of 2



help



previous

4/18




next



done





affirmative sentences

I
you
he
she
it
we
you
they

+

“be”

+

present
participle of
the main verb

I am sleeping
You are sleeping
He is sleeping
She is sleeping

It is sleeping
We are sleeping
You are sleeping
They are sleeping

2



help



previous

5/18



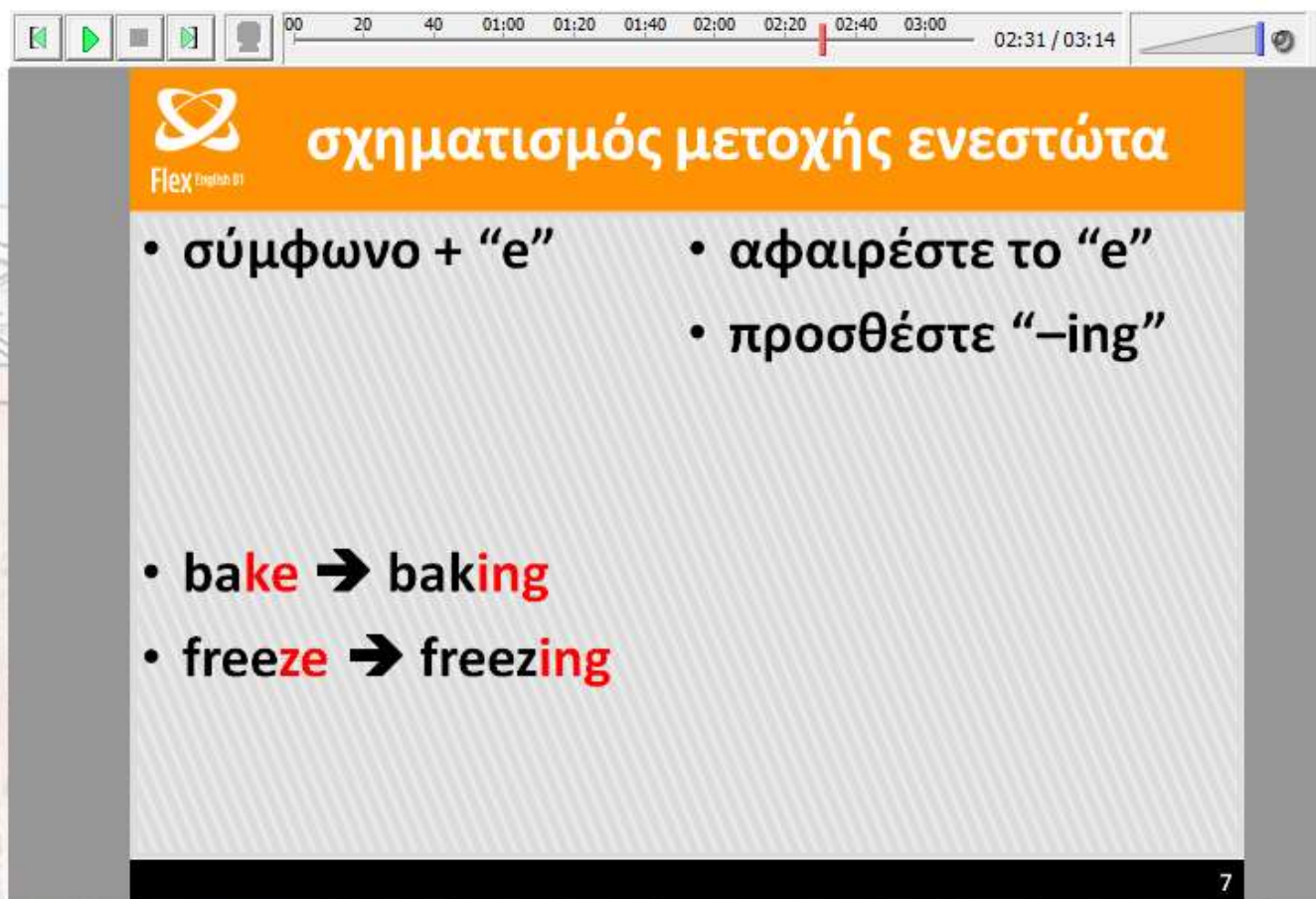
next




1 / 2



next video



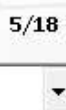
00 20 40 01:00 01:20 01:40 02:00 02:20 02:40 03:00 02:31 / 03:14

 σχηματισμός μετοχής ενεστώτα

- σύμφωνο + “e”
- αφαιρέστε το “e”
- προσθέστε “-ing”

- **bake** → **baking**
- **freeze** → **freezing**

7



previous video



2 / 2

Choose the correct answer.



Flex English B1

He is ___1___.

1 / 10



next question

runing



running



help



previous

6/18

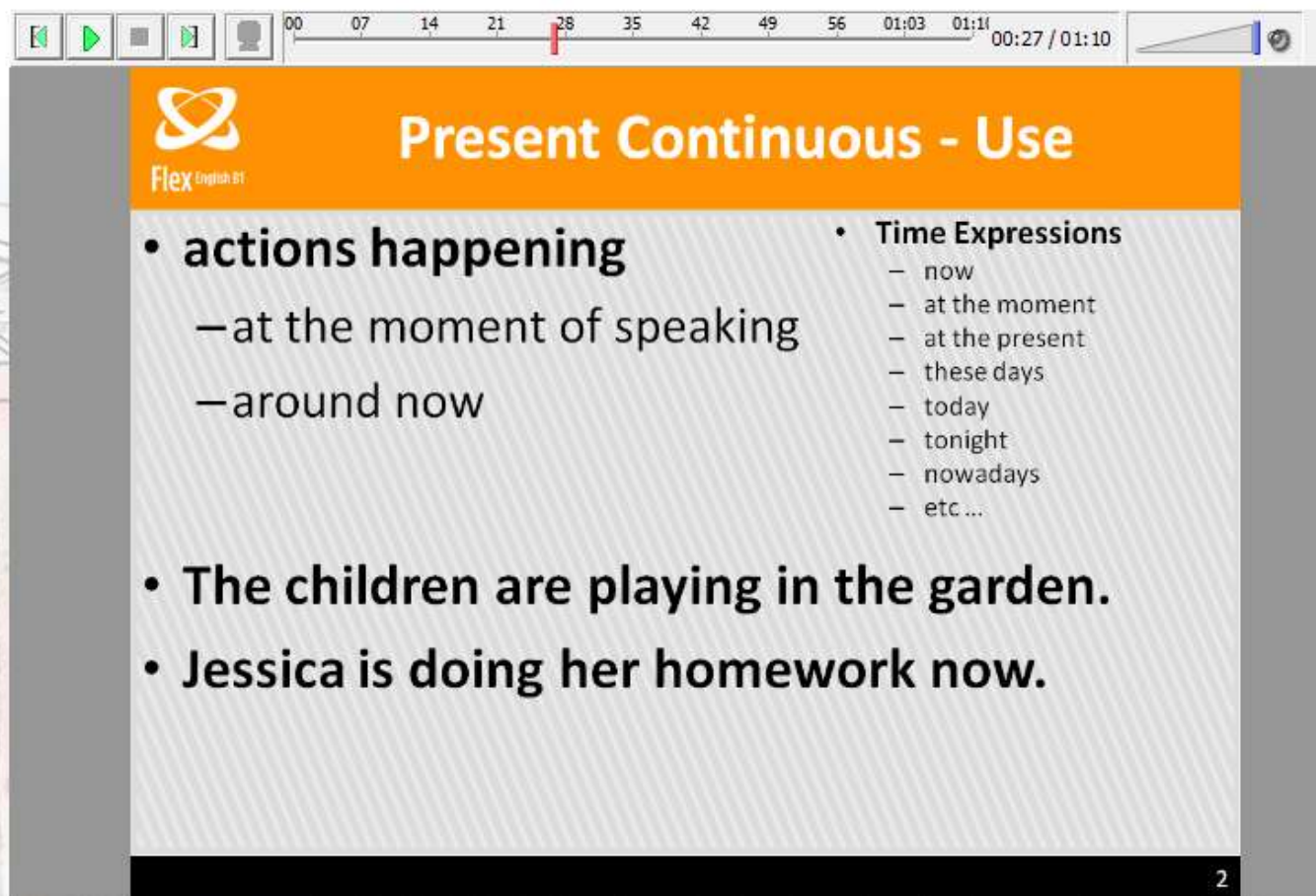


next



done

English B1



00 07 14 21 28 35 42 49 56 01:03 01:11 00:27 / 01:10

Present Continuous - Use

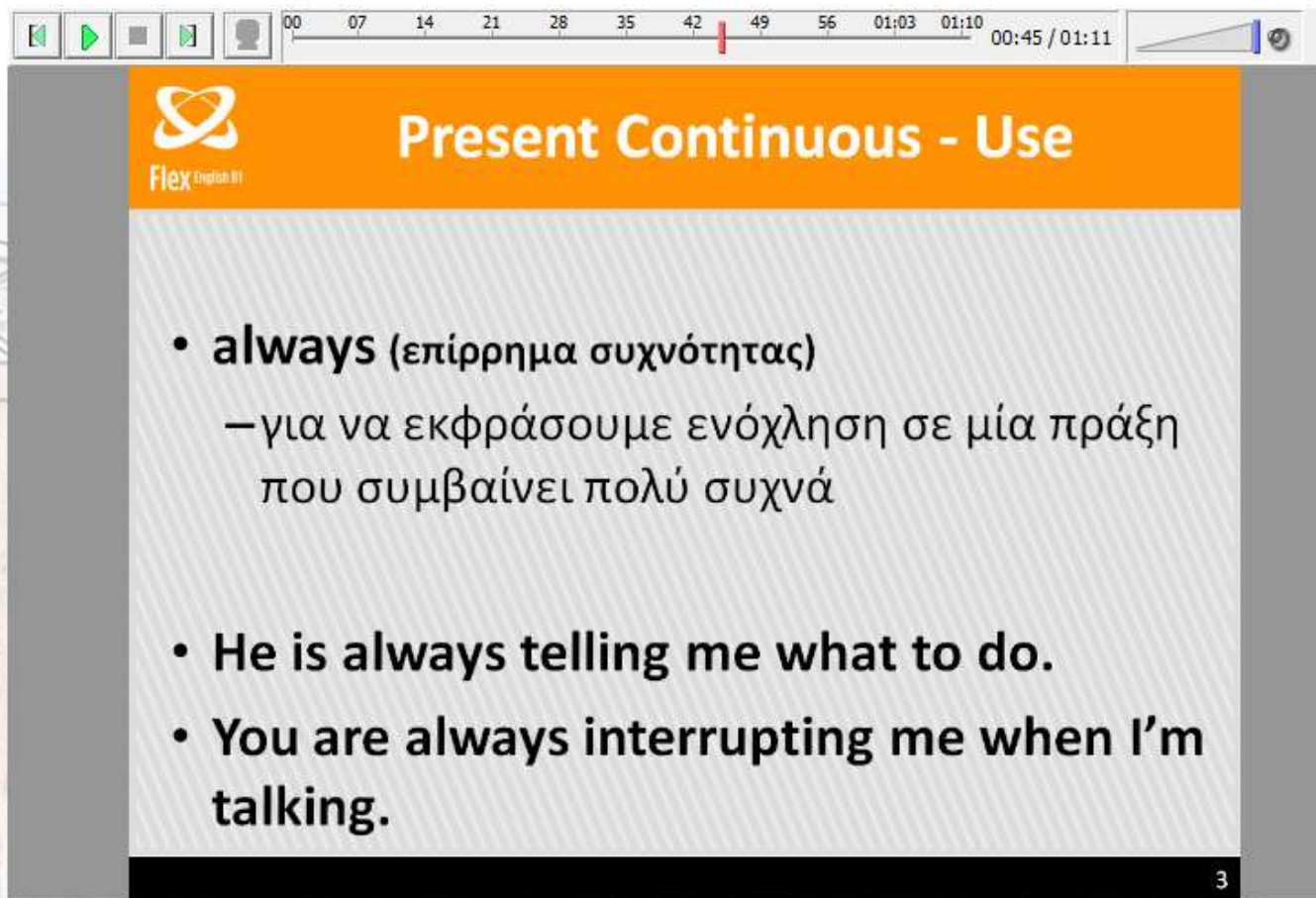
- **actions happening**
 - at the moment of speaking
 - around now
- **Time Expressions**
 - now
 - at the moment
 - at the present
 - these days
 - today
 - tonight
 - nowadays
 - etc ...
- **The children are playing in the garden.**
- **Jessica is doing her homework now.**

2



7/18





Present Continuous - Use

- **always** (επίρρημα συχνότητας)
– για να εκφράσουμε ενόχληση σε μία πράξη που συμβαίνει πολύ συχνά
- **He is always telling me what to do.**
- **You are always interrupting me when I'm talking.**

3



7/18



Fill in the blanks to complete the rule



Flex English #1

How to use the Present Continuous

The Present Continuous is used:

a) for actions that are happening ___1___ of speaking or ___2___. Some of the most common Time Expressions are: now, at the moment, at the present, these days, today, tonight, nowadays, etc.

E.g. The children ___3___ playing in the garden.

Jessica ___4___ doing her homework now.

My friend is preparing for his exams.

b) with the Adverb of Frequency 'always' to express ___5___ at a repeated action.

E.g. He is always telling me what to do.

You are ___6___ interrupting me when I'm talking.

c) for ___7___ that gradually change or evolve.

E.g. Our baby girl is getting bigger every day.

Crime rate is getting worse and worse.

d) for ___8___ events that have already been ___9___.

E.g. Elsa is having a party on Saturday night.

I'm ___10___ to New York tomorrow morning.



always



at the moment



annoyance



future



1 / 10



next blank

1 of 2



help



previous

8/18




next



done

Fill in the blanks to complete the rule



Flex English 81

Πως χρησιμοποιείται ο Ενεστώτας Διαρκείας (Present Continuous)

Ο Present Continuous (Ενεστώτας Διαρκείας) χρησιμοποιείται:

a) για πράξεις που συμβαίνουν ___1___ που μιλάμε ή ___2___. Ορισμένες από τις πιο συνηθισ Time Expressions (Χρονικές Εκφράσεις) είναι: now, at the moment, at the present, these days, today, tonight, nowadays, κλπ.

Π.χ. The children ___3___ playing in the garden.
Jessica ___4___ doing her homework now.
My friend is preparing for his exams.

b) με το Adverb of Frequency (Επίρρημα Συχνότητας) 'always' για να εκφράσουμε ___5___ σε μία πράξη που συμβαίνει πολύ συχνά.

Π.χ. He is always telling me what to do.
You are ___6___ interrupting me when I'm talking.

c) για ___7___ που σταδιακά αλλάζουν ή εξελίσσονται.

Π.χ. Our baby girl is getting bigger every day.
Crime rate is getting worse and worse.

d) για ___8___ γεγονότα που έχουν ήδη ___9___ να γίνουν.

Π.χ. Elsa is having a party on Saturday night.
I'm ___10___ to New York tomorrow morning.

1/1

2 of 2

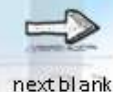
8/18

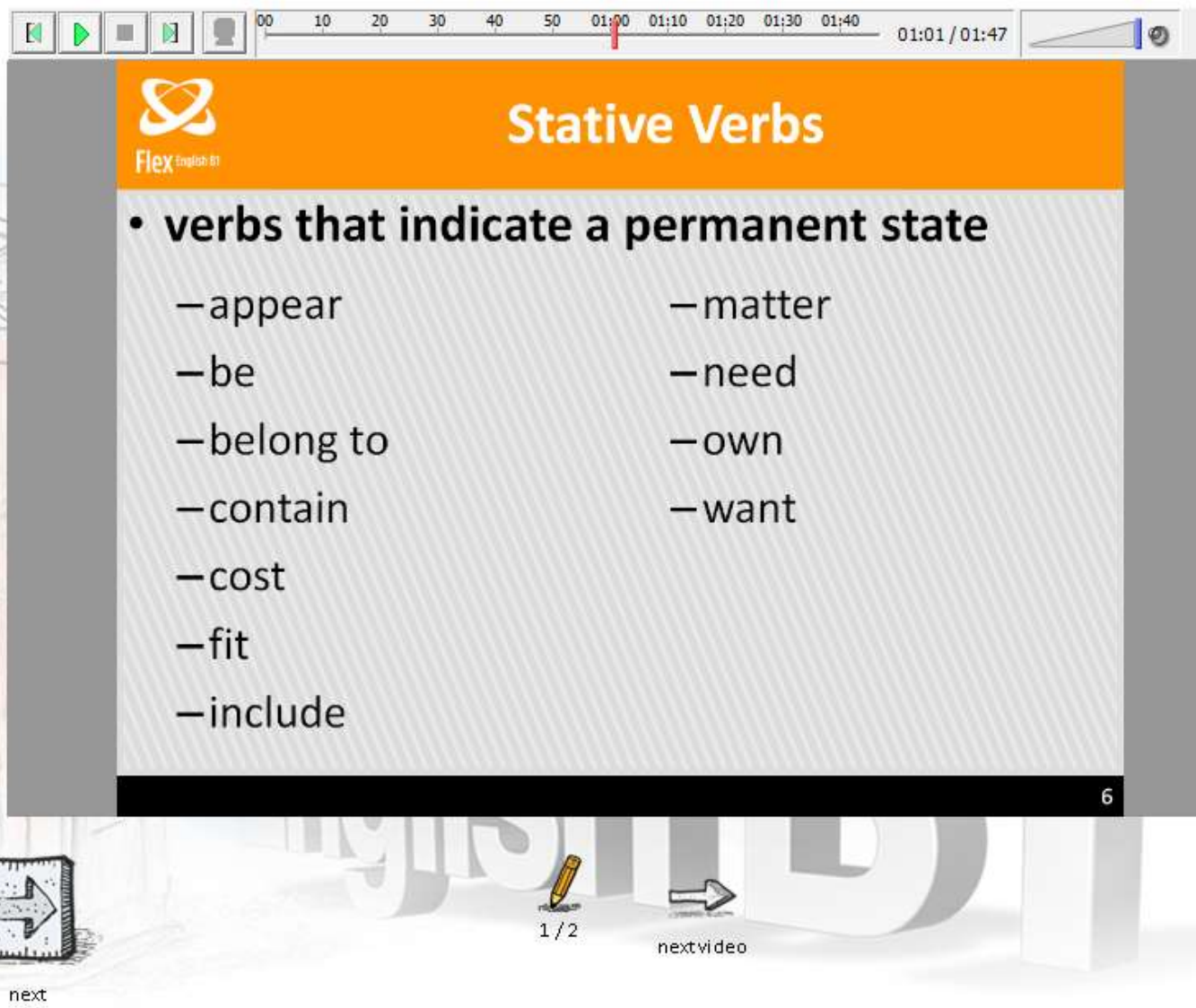
previous next

 always
  at the moment
  annoyance
  future
 



1 / 10





The video player interface shows a slide titled "Stative Verbs" with the Flex English B1 logo. The slide lists verbs that indicate a permanent state. The video player controls at the top include a progress bar from 00 to 01:47, with the current time at 01:01. At the bottom, there are navigation icons: a question mark for help, left and right arrows for previous and next slides, a dropdown menu showing 9/18, a pencil icon for 1/2, and a right arrow for next video.

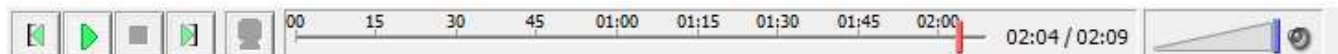
Stative Verbs


- verbs that indicate a permanent state

– appear	– matter
– be	– need
– belong to	– own
– contain	– want
– cost	
– fit	
– include	

6





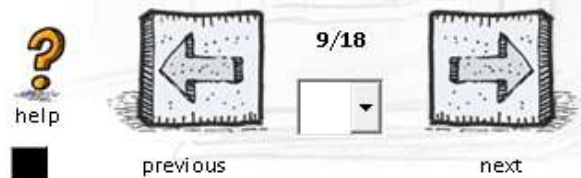


Stative verbs σε χρόνους διαρκείας

- μερικά Stative Verbs
- μπορούν να χρησιμοποιηθούν σε χρόνους διαρκείας
- αλλά με διαφορετική σημασία

- I think she doesn't like you. (νομίζω)
- I'm thinking of buying a new car. (σκέφτομαι)
- I can see you. (βλέπω)
- She is seeing her doctor tomorrow. (συναντώ, επισκέπτομαι)
- Mum looks happy. (φαίνεται)
- Dad is looking at the phone bill. (κοιτάζω)
- We have a cottage at Arahova. (έχω)
- I'm having twins. (θα αποκτήσω)
- I'm having a shower. (κάνω μπάνιο)
- Mary is generous. (σαν χαρακτήρας)
- Tom is being selfish. (συμπεριφέρομαι)
- Your soup tastes nice. (έχει γεύση)
- The head chef is tasting the soup. (δοκιμάζω)

7



Choose the correct answer.



I ___1___ two sons.



have

am having



1 / 10



next question



help



previous

10/18




next



done





affirmative sentences

I you he she it we you they	+	have has	+	past participle of the main verb
--	---	-------------	---	-------------------------------------

I have finished
You have finished
He has finished
She has finished

It has finished
We have finished
You have finished
They have finished



help



previous

11/18



next




1 / 2



nextvideo





αρνητικές προτάσεις

I	+	have not has not	+	μετοχή αορίστου του κύριου ρήματος
you				
he				
she				
it				
we				
you				
they				

I have not finished

You have not finished

He has not finished

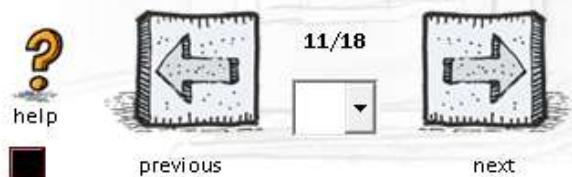
She has not finished

It has not finished

We have not finished

You have not finished

4



Choose the correct answer.



They ___1___ drunk three bottles of wine.


1 / 5


next question

 have



help



previous

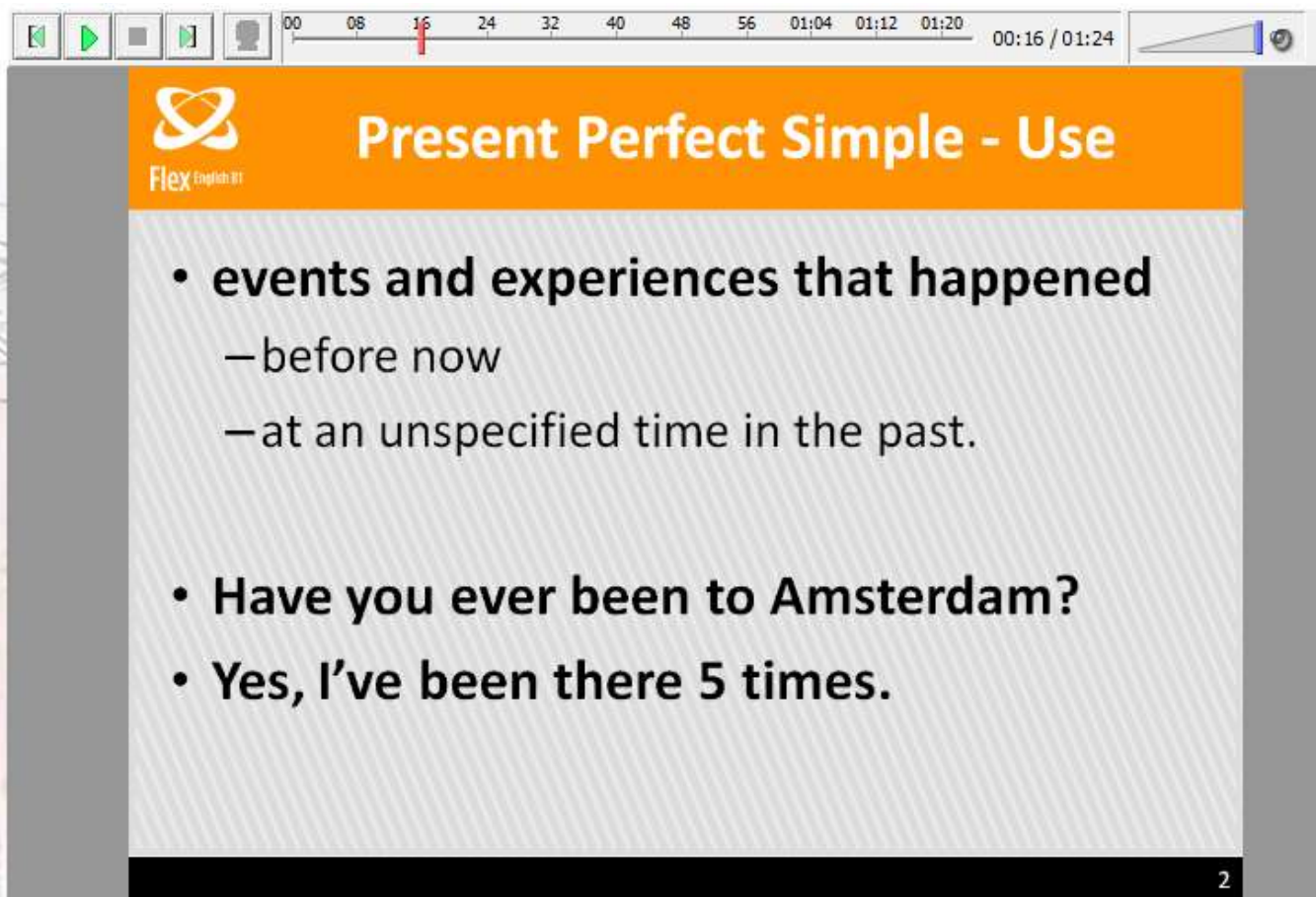
12/18




next



done



00 08 16 24 32 40 48 56 01:04 01:12 01:20 00:16 / 01:24

 Flex English B1

Present Perfect Simple - Use

- **events and experiences that happened**
 - before now
 - at an unspecified time in the past.
- **Have you ever been to Amsterdam?**
- **Yes, I've been there 5 times.**

2



13/18

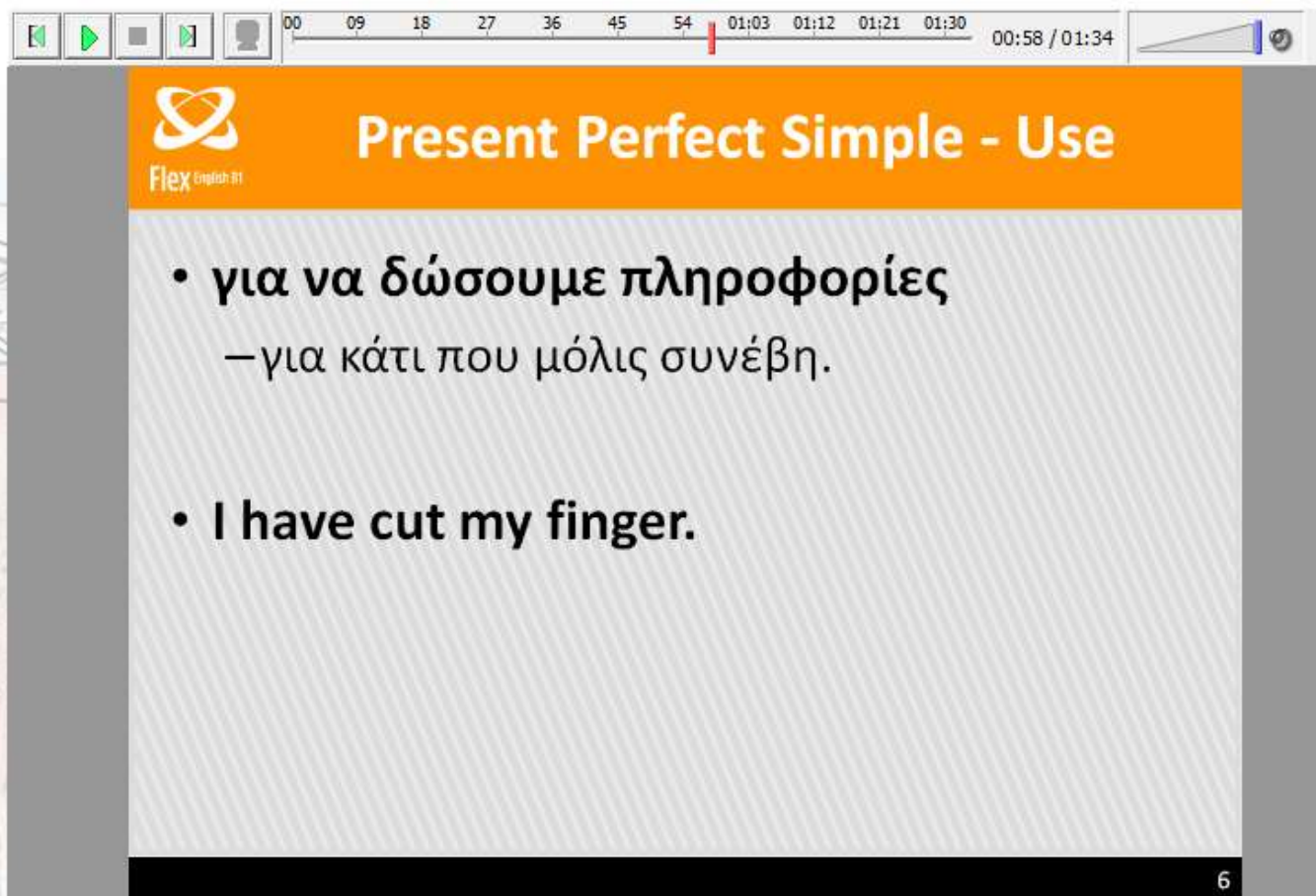


previous

next



nextvideo



00 09 18 27 36 45 54 01:03 01:12 01:21 01:30 00:58 / 01:34

Present Perfect Simple - Use

- για να δώσουμε πληροφορίες
—για κάτι που μόλις συνέβη.
- I have cut my finger.

6



previous video




2 / 2

Fill in the blanks to complete the rule

[illegible]

Fill in the blanks to complete the rule




Πως χρησιμοποιείται ο Παρακείμενος (Present Perfect)

Ο Present Perfect Simple (Παρακείμενος) χρησιμοποιείται:	
a) για να μιλήσουμε για γεγονότα και εμπειρίες της ζωής μας που συνέβησαν μέχρι τώρα, σε μια ___1___ χρονική στιγμή στο παρελθόν. Π.χ. Have you ever ___2___ to Amsterdam? Yes, I've been there 5 times.	e) για να δώσουμε πληροφορίες για κάτι που ___9___ συνέβη. Π.χ. I have cut my finger.
b) για να μιλήσουμε για κάτι που έχουμε κάνει και έχει τελειώσει. Π.χ. Have you read Harry Potter's third book? Yes, I've ___3___ it.	f) με τις ___10___: have been to (έχω πάει κάπου αλλά έχω επιστρέψει), have gone to (έχω πάει κάπου αλλά δεν έχω γυρίσει ακόμα), have been in (έχω ζήσει κάπου). Π.χ. Have you ever been to Italy? Where is Robert? He has gone to the supermarket. Anna has been in Rome for almost two years.
c) για να μιλήσουμε για πράξεις που ___4___ στο παρελθόν και ___5___ στο παρόν. Π.χ. I have known George ___6___ 2002.	Οι πιο συνηθισμένες χρονικές λέξεις που χρησιμοποιούνται με τον Present Perfect Simple (Παρακείμενος) είναι: for (για), since (από), already (ήδη), yet (ακόμα), just (μόλις), ever (πότε), never (ποτέ), recently (πρόσφατα), lately (τελευταία).
d) για να μιλήσουμε για μία τωρινή κατάσταση η οποία είναι το ___7___ από κάτι που συνέβη σε μια απροσδιόριστη χρονική στιγμή στο παρελθόν. Π.χ. I ___8___ cleaned the house. It looks great now.	


1/1

-  continued
-  unfinished
-  just
-  unspecified
- 

2 of 2



14/18



previous
next

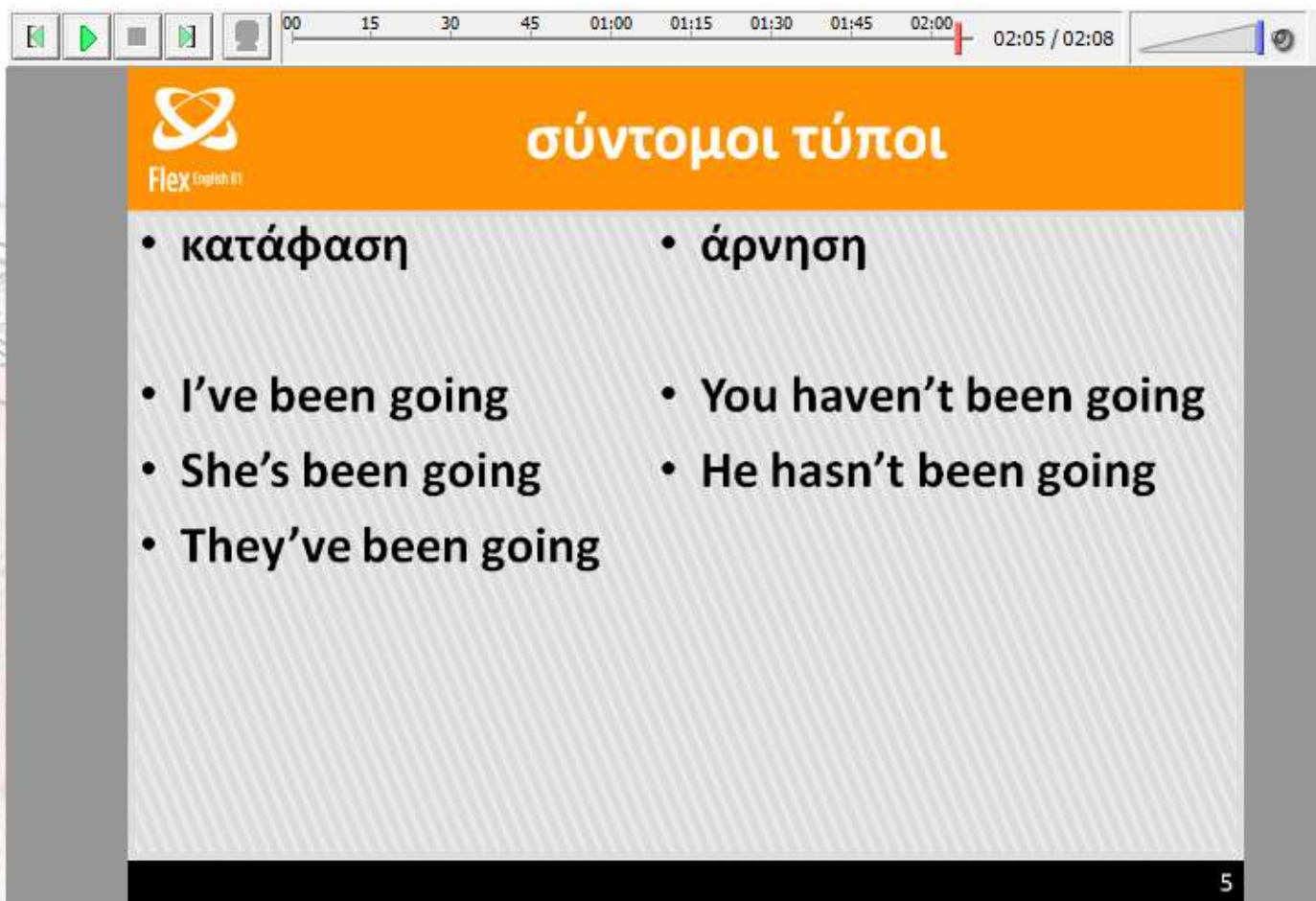


1 / 10


next blank



The screenshot shows a video player window. The video content displays the Flex English B1 logo and the title "Formation of the Present Perfect Continuous". The video player interface includes a progress bar at the top with a timeline from 00:00 to 02:00. Below the video, there are navigation controls: a help icon (question mark), a previous slide button (left arrow), a current slide indicator (15/18), a next slide button (right arrow), a pencil icon (1/2), and a next video button (right arrow).



00 15 30 45 01:00 01:15 01:30 01:45 02:00 02:05 / 02:08

 **σύντομοι τύποι**

- κατάφαση
- I've been going
- She's been going
- They've been going
- άρνηση
- You haven't been going
- He hasn't been going

5



previous video



2 / 2

Choose the correct answer.



He ___1___ exercising a lot lately.

1 / 5



next question

has

has been

have been



help



previous

16/18

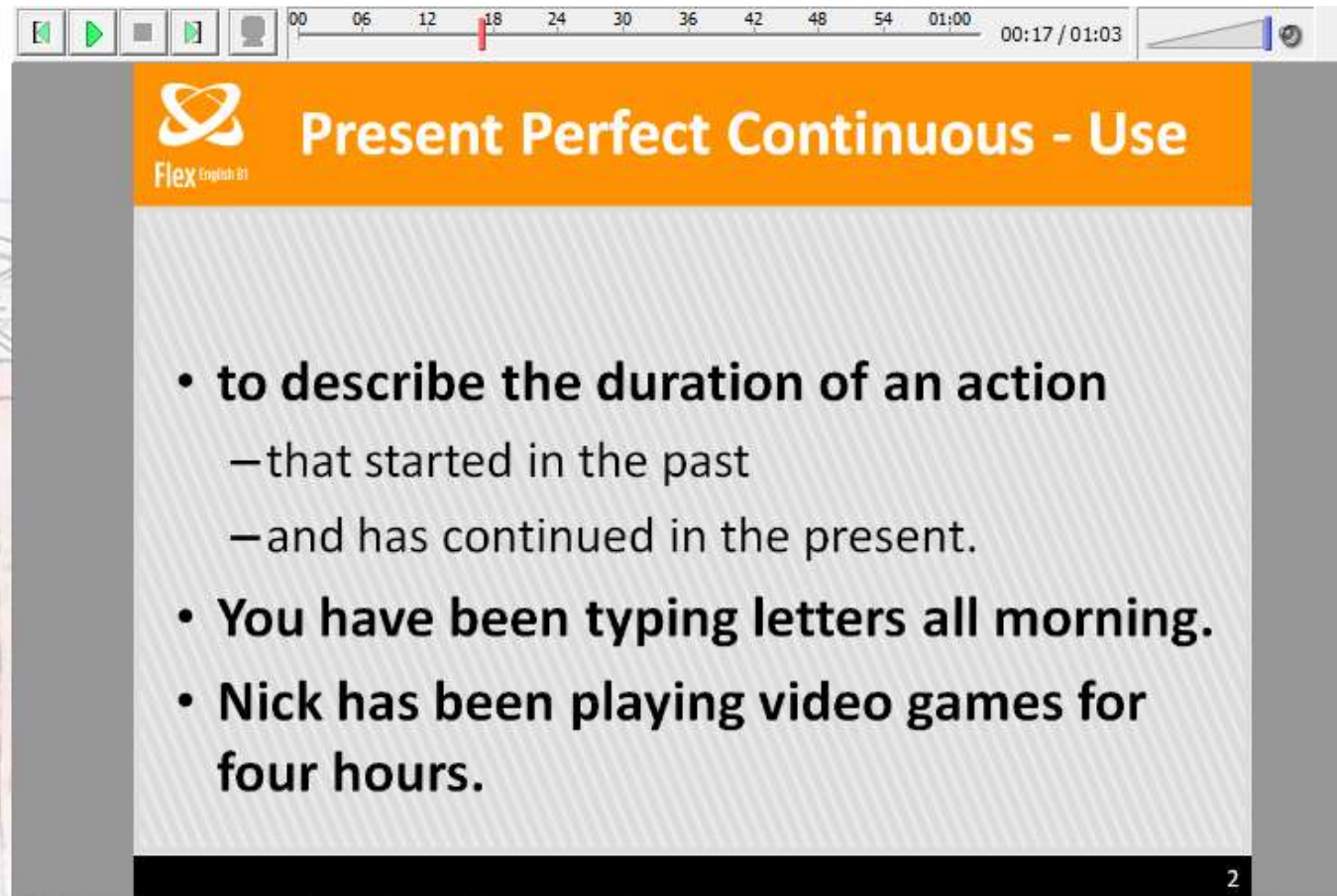


next




done

English B1



00 06 12 18 24 30 36 42 48 54 01:00 00:17 / 01:03

 **Present Perfect Continuous - Use**

- **to describe the duration of an action**
 - that started in the past
 - and has continued in the present.
- **You have been typing letters all morning.**
- **Nick has been playing video games for four hours.**

2



17/18



previous

next



nextvideo



00 06 12 18 24 30 36 42 48 54 01:00 00:49 / 01:04

 **Present Perfect Continuous - Use**

- για πράξεις και καταστάσεις που
—ξεκίνησαν στο παρελθόν και συνεχίζονται
μέχρι τώρα
- What have you been doing lately?
- I've been studying a lot.

4

help 17/18 previous next

previous video 2 / 2

Fill in the blanks to complete the rule



Flex English B1

How to use the Present Perfect Continuous

The Present Perfect Continuous is used:

a) to describe the 1 of an action that started in the 2 and has continued in the 3.

E.g. You have been typing letters all morning.

Nick has been playing video games 4 four hours.

b) to talk about an action that started and finished in the past or has continued until now and its results are 5 in the present.

E.g. The roads are wet. It has been raining again.

I'm exhausted. I have been working very hard 6.

c) for actions and states that started in the past and have continued 7.

E.g.

What have you been doing lately? I've been studying a lot.

The most common time expressions used with the Present Perfect Continuous are: for, since, all morning, all day, all week etc.



present



perceptible



duration



past



1 / 7



next blank

1 of 2



help



previous

18/18



end of section

Close the window to go back



done

Fill in the blanks to complete the rule



Flex English B1

Πως χρησιμοποιείται ο Παρακείμενος Διαρκείας (Present Perfect Continuous)

Ο Present Perfect Continuous (Παρακείμενος Διαρκείας) χρησιμοποιείται:

a) για να περιγράψουμε τη 1 μιας πράξης που άρχισε στο 2 και συνεχίζεται στο 3.

Π.χ. You have been typing letters all morning.

Nick has been playing video games 4 four hours.

b) για να μιλήσουμε για μια πράξη που ξεκίνησε και τελείωσε στο παρελθόν ή συνεχίζεται μέχρι τώρα και τα αποτελέσματά της είναι 5 στο παρόν.

Π.χ. The roads are wet. It has been raining again.

I'm exhausted. I have been working very hard 6.

c) για πράξεις και καταστάσεις που ξεκίνησαν στο παρελθόν και συνεχίζονται 7.

Π.χ.

What have you been doing lately? I've been studying a lot.

Οι πιο συνηθισμένες χρονικές λέξεις που χρησιμοποιούνται με τον Present Perfect Continuous (Παρακείμενο Διαρκείας) είναι: for, since, all morning, all day, all week, κλπ.



present



perceptible



duration



past



1 / 7



next blank



2 of 2



help



previous

18/18

end of section

Close the window to go back



done

Listen and choose the correct answer A or B.



My father usually ____1____ a newspaper in the afternoon.



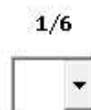
A.



B.



help



1/6



next



start



done



answer video

1 / 10



next question

Listen and choose the correct answer A or B.



Shannon ___3___ just ___3___ the classroom.



A.



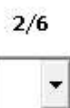
B.



help



previous



2/6



next



start



done



answer video



previous
question



3 / 10



next question

Finish up the sentences.



Flex English B1

- ___3___ ever been to Greece?
- Yes, she's been there 2 times.



previous



3 / 10



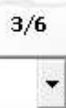
next



help



previous



3/6



next



done



answer video

Finish up the sentences.



Flex English B1

to make
I haven't ___1___ a decision yet.


1 / 10
next
help

previous

4/6



next



done



answer video

Say the sentences by putting the words in order.



Flex English B1

about/ You/ always/ my cooking./ are/ complaining


1 / 10


next



help



previous

5/6



next



record



done



answer video

Read the sentences with the missing parts of speech. Use the verbs provided in the correct present tense.

pack, travel, play, wake, meet, eat, know, go, fly, explore



Flex English B1

Every day I ___1___ up at 7 a.m. Then, I ___2___ breakfast and ___3___ to school.

1 / 5



help



previous

6/6

end of section

Close the window to go back



record



done



answer video