Present simple

Use

For habits or actions that happen regularly

Form

I / We / You / They play
He / She / It plays
Auxiliaries: do / does

Third person singular

- Most verbs take the ending –s
- Verbs which end in –ss, -sh, -ch, -x, -o take –es
- Verbs which end in consonant + y change the y to i and take –es

Time expressions

On Monday, Tuesday, Wednesday, etc.
In the morning / afternoon / evening, etc.
Every day / Monday / week / month / year, etc.
At the weekend / at 8:00, etc.