

Present Simple and Present Continuous:

http://www2.arnes.si/~osljk6/anglecina/grammar/present_simple_present_continuous.htm

<http://www.englishpage.com/verbpage/verbs1.htm>

<https://www.ego4u.com/en/cram-up/grammar/simpre-prepro>

Past Simple and Past Continuous:

<http://www.perfect-english-grammar.com/past-simple-past-continuous-exercise-1.html>

http://www2.arnes.si/~osljk6/anglecina/grammar/past_simple_past_continuous.htm

<http://www.englishpage.com/verbpage/verbs3.htm>