1. Try translating the following phrases to Russian:

Do you know? (informal)
I don't know.
They don't know.
He understands.
She doesn't understand.
We don't speak Russian.
Do you speak English? (formal).
I live in London.

2. Try forming all the variations of смотреть (to look). (Use the 2nd conjunction).

I look.
You look.
He looks.
We look.
You look.
They look.