

## Present Continuous Tense

### What Is the Present Continuous?

The **Present Continuous** (also called Present Progressive) is used to talk about actions **happening right now, around now, or planned future actions.**

### Structure

#### Affirmative Sentences

**Subject + am/is/are + verb(-ing)**

Subject	To Be	Verb (-ing)	Example
I	am	working	<i>I am working now.</i>
He/She/It	is	eating	<i>She is eating lunch.</i>
You/We/They	are	studying	<i>They are studying for the test.</i>

#### Negative Sentences

**Subject + am/is/are + not + verb(-ing)**

Subject	Example
I	<i>I am not sleeping.</i>
He	<i>He is not watching TV.</i>
They	<i>They are not playing football.</i>

### Questions

**Am/Is/Are + subject + verb(-ing)?**

Question Word	To Be	Subject	Verb (-ing)	Example
—	Are	you	coming?	<i>Are you coming to the party?</i>
—	Is	she	working?	<i>Is she working today?</i>
What	are	they	doing?	<i>What are they doing?</i>

### Spelling Rules for -ing Form

- **Most verbs:** add **-ing** → *go* → *going*, *play* → *playing*
- **Verbs ending in -e:** drop **e**, add **-ing** → *make* → *making*

- **One-syllable verbs ending in consonant-vowel-consonant:** double the last letter → *run* → *running*, *sit* → *sitting*
- **Exceptions:** don't double when the last syllable is not stressed → *visit* → *visiting*

## When to Use the Present Continuous

### 1. Actions happening now

- *She is speaking on the phone.*
- *I am writing an email.*

### 2. Temporary actions

- *He is staying with his uncle this week.*
- *I am working late today.*

### 3. Future plans (with a future time)

- *We are meeting them at 6 p.m.*
- *She is flying to Paris tomorrow.*

### 4. Changing or developing situations

- *The weather is getting colder.*
- *Technology is advancing rapidly.*

## Time Expressions Commonly Used

- now
- right now
- at the moment
- currently
- today, this week/month
- tomorrow, next week (for future plans)

**Example:** *They are leaving tomorrow morning.*

## Practice Sentences

### Fill in the blanks:

1. I \_\_\_\_\_ (read) a book now.
2. She \_\_\_\_\_ (not/watch) TV.
3. \_\_\_\_\_ you \_\_\_\_\_ (study) for the test?
4. They \_\_\_\_\_ (travel) to Spain this week.