The present continuous

"The present continuous tense, also known as the present progressive tense, is used to describe **actions that are happening at the present moment or are in progress around the present time**. It is formed by using the auxiliary verb "be" in the present tense (am, is, are) followed by the main verb with the -ing suffix.

The basic structure of the present continuous tense is as follows:

Subject + be (am, is, are) + verb-ing

Examples:

- **I am studying** for my exam.
- **He is playing** soccer with his friends.
- **They are watching** a movie at the cinema.
- **She is cooking** dinner in the kitchen.



The present continuous tense can be used to express the following:

1. Actions happening at the present moment: "**I am reading** a book right now."
2. Temporary situations or actions: "**He is staying** with us for a few days."
3. Planned future actions: "**We are meeting** for lunch tomorrow."
4. Annoyances or complaints about repeated actions: "**They are always** making noise."

Negative forms of the present continuous tense are formed by adding "**not**" after the auxiliary verb "be":

Subject + be (am, is, are) + not + verb-ing

Examples:

- **I am not studying** for my exam.
- **He is not playing** tennis with his friends.

Question forms are created by inverting the subject and the auxiliary verb "be":

Be (am, is, are) + subject + verb-ing?

Examples:

- **Are you studying** for your exam?
- **Is he playing** football with his friends?



The present continuous exercise 1:

Complete the sentences and questions with the correct form of the present continuous.

1. She _____ **(read)** a book at the moment.

2._____ they _____ **(dance)** at the party ?

3.We _____ **(play)** basketball in the park.

4.He _____ not _____ **(watch)** a movie with his friends.

5. _____ you _____ **(study)** for your English exam right now?

6. The cat _____ not _____ **(sleep)** on the couch.

7. _____ they _____ **(have)** dinner at a fancy restaurant?

8. They _____ not _____ **(learn)** how to swim in the pool.

9. The children _____ **(play)** in the garden.

10. _____ he _____ **(work)** on a new project this week?

11. _____ you _____ **(watch)** the game on television ?

12. The children _____ **(play)** in the garden.

13. The dog _____ **(not bark)** in the backyard.

14. The birds _____ **(sing)** in the trees.

15. The students _____ **(not listen)** to the teacher.

16. _____ you **(wait)** for the bus?

17. She _____ **(not wear)** a hat today.

18. _____ he **(teach)** English?

19. What _____ she **(do)** in her free time?

20. She _____ **(eat)** dinner right now.

The present continuous exercise 2:

Complete the conversation between a teacher and his student with the correct use of the present continuous.

Teacher: Hello, Sarah! How are you today?

Student: Hi, Mr. Johnson! I'm good, thank you. I **(1)_____ (work)** on my science project.

Teacher: That's great to hear, Sarah! What **(2)_____ (you / research)** for your project?

Student: I **(3)_____ (study)** about renewable energy sources, like solar and wind power.

Teacher: Excellent topic! How **(4)_____ (it / go)** so far? Any interesting findings?

Student: Yes, it's fascinating! I **(5)_____ (discover)** that solar energy is becoming more affordable and widely used.

Teacher: That's true. What other sources **(6)_____ (you / investigate)**?

Student: I **(7)_____ (also / explore)** the benefits of wind energy. It's a clean and sustainable option.

Teacher: Wonderful! Keep up the good work!



Present continuous: answer key

Grammar practice · A1 Beginner

Where two or more answers are given, any of them is correct.

Exercise 1

1. is reading / 's reading
2. Are … dancing
3. are playing / 're playing
4. is / 's … watching
5. Are … studying
6. is / 's … sleeping
7. Are … having
8. are / 're … learning
9. are playing / 're playing
10. Is … working
11. Are … watching
12. are playing / 're playing
13. is not barking / isn't barking
14. are singing / 're singing
15. are not listening / aren't listening
16. Are … waiting
17. is not wearing / isn't wearing
18. Is … teaching
19. is / 's … doing
20. is eating / 's eating

Exercise 2

(1) am working / 'm working
(2) are you researching
(3) am studying / 'm studying
(4) is it going / 's it going
(5) am discovering / 'm discovering
(6) are you investigating
(7) am also exploring / 'm also exploring