

Present Continuous (Present Progressive)

1. What is the Present Continuous?

The **present continuous** is a tense used to talk about:

- Actions happening **right now**.
 - Actions happening **around now** (temporary situations).
 - Future plans (with a future time word).
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2. How do we form it?

Subject + am/is/are + verb + -ing

Subject	To be	Verb + ing
I	am	studying
You/We/They	are	playing
He/She/It	is	eating

Examples:

- I am reading.
 - She is cooking.
 - They are playing football.
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3. When do we use the Present Continuous?

A. Actions happening right now

- She **is talking** on the phone.
- They **are watching** TV.

✓ B. Temporary actions

- I **am staying** with my friend this week.
- He **is learning** French these days.

✓ C. Future plans

- We **are meeting** the teacher tomorrow.
 - She **is traveling** next weekend.
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4. Spelling Rules for -ing

✓ Just add -ing

- play → playing
- read → reading

✓ Drop e + ing

- write → writing
- make → making

✓ Double final consonant + ing (for short words)

- run → running
 - sit → sitting
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5. Negative Form

Subject + am/is/are + not + verb + -ing

- I am **not** working.
 - He is **not** sleeping.
 - They are **not** coming.
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6. Questions

Am/Is/Are + subject + verb + -ing?

- Are you listening?
 - Is she studying?
 - What are they doing?
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7. Short Exercises (with answers)

A. Fill in the blanks

1. She _____ (cook) dinner now.
2. They _____ (play) outside.
3. I _____ (not/watch) TV.
4. Are you _____ (study)?
5. He _____ (run) fast.

Answers:

1. is cooking
2. are playing
3. am not watching
4. Are you studying?
5. is running