

Present Continuous

Usage

The present continuous is used to talk about:

1. Actions happening at the moment of speaking.
2. Something happening around the present time.
3. Ongoing process of change.
4. Future arrangements.

Form

Affirmative: Subject + Verb to be + Verb+ing

I am eating now.

Negative: Subject + Verb to be + not + Verb+ing

He isn't studying there anymore.

Question: Verb to be + Subject + Verb+ing

Is Sandra still working in London?

More example sentences

Take care with the difference between the present simple and present continuous.

1. I eat breakfast. (Present Simple)

2. I am eating breakfast. (Present Continuous)

Sentence 1 describes something that **happens every day**, sentence 2 describes something that **is happening now**.

He is baking a cake at the moment.

Is Andrew still living in Glasgow?

His tooth decay is getting worse.

Next Tuesday he is starting a class with Intrepid English.

**Practice
activity**

Fill in the gaps to make present continuous sentences.

Right now _____ one of the funniest films I've ever seen.

James usually eats toast and marmite for breakfast, but he has run out of bread so today _____ porridge with honey and dried fruit.

My favourite auntie, Monica, _____ Archaeology at the University of Bath this coming year.

It _____ at the moment, let's go for a quick run in the park.

That couple _____ a huge argument in IKEA, it feels rude to listen in but I can't stop eavesdropping.

This is going to be the trip of a life time! I _____ snorkelling and deep sea fishing.

They are in training for a hike up Mount Everest. This weekend they _____ Ben Nevis in Scotland.

Look at how pale her face is, she _____ well at all. She should go to bed.

Shhhh. Be quiet! The baby _____, he's been awake all night.

I'm sorry I can't hear what you _____, everyone is talking so loudly.

Present continuous practice

**Practice
activity**

Think about your family, friends and colleagues. Write about what they are doing right now. If you don't know, imagine!

Try to write at least 5-10 sentences using a variety of different verbs,

““
I am studying on the Intrepid English website.

””

““
My dad is cooking pasta for dinner.

””

““
My sister is reading a book in the living room.

””



**Practice
activity**

Think about your future plans. What will you be doing tomorrow? Next week? In six months? Next year?

Try to write at least 5-10 sentences using a variety of different verbs,

“
“
I am meeting my friend for a catchup tomorrow night.”

“
“
We are going to our favourite pub.”

“
“
My partner and I are travelling to Costa Rica next summer.”



Practice activity

Answers:

Right now **I am watching** one of the funniest films I've ever seen.

James usually eats toast and marmite for breakfast, but he has run out of bread so today **he is eating** porridge with honey and dried fruit.

My favourite auntie, Monica, **is studying** Archaeology at the University of Bath this coming year.

It **isn't raining** at the moment, let's go for a quick run in the park.

That couple **are having** a huge argument in IKEA, it feels rude to listen in but I can't stop eavesdropping.

This is going to be the trip of a life time! I **am going** snorkelling and deep sea fishing.

They are in training for a hike up Mount Everest. This weekend they **are climbing** Ben Nevis in Scotland.

Look at how pale her face is, she **isn't feeling** well at all. She should go to bed.

Shhhh. Be quiet! The baby **is sleeping**, he's been awake all night.

I'm sorry I can't hear what you **are saying**, everyone is talking so loudly.