

Present Simple

- Repeated actions or habits which we do regularly
- Fixed arrangements, scheduled events (eg. timetables) in the future
- Things in general which are always true
- Permanent situations

Present Continuous

- Temporary or new habits
- Temporary actions / trends / situations
- Actions happening now or in the immediate future
- Definite fixed plans in the future
- Situations which are slowly changing
- Repeated actions, irritating the speaker!

STRUCTURE

I/you/we/they + infinitive

*I play
You talk
We go
They walk*

He/she/it + infinitive + s

*He plays
She talks
It goes*

STRUCTURE

to be + infinitive + -ing

*I am playing
He is talking
She is walking
It is working
You are reading
We are drinking
They are speaking*

FREQUENCY WORDS

Commonly used with present simple

Always	Never
Often	Every day
Usually	Every week
Sometimes	Every year
Seldom	Every month
Rarely	On Mondays...

FREQUENCY WORDS

Commonly used with present continuous

Now
At the moment
Look!
Listen!
These days

Examples

*I **play** tennis every Sunday.
I'm **playing** hockey now.
She **eats** fruit every day.
She's **eating** an apple now.*

Remember!

We use the present simple to talk about routines – what you do every day or every week. We use the present continuous to talk about things you are doing now.
*I **watch** cartoons **every day**.
I'm **watching** a film **now**.*

Be careful!!!

For the present simple, add 's' or 'es' for he/she/it. Make the negative with 'don't' or 'doesn't'. For the present continuous, use the verb 'to be' and '-ing'. Add 'not' to make the negative.

*My dad **makes** dinner every evening.
He **doesn't make** lunch.
We **are studying** English now.
We **aren't studying** maths.*

We say... We don't say...

*I wake up every morning at 7:00. (NOT I am waking up every morning at 7:00.)
She is talking on the phone now. (NOT She talks on the phone now.)
They aren't reading a book now. (NOT They don't reading a book now.)*