

Simple Present vs. Present Progressive

Grammar

A decorative graphic in the bottom right corner consisting of three parallel diagonal stripes. The top stripe is teal, the middle is light gray, and the bottom is dark navy blue. They all extend from the bottom left towards the top right.

When do we use Simple Present?

Habits

Customs

Hobbies

Repeated actions

Scheduled events

General truth

Permanent state

Simple Present Rules

	Affirmative	Negative	Interrogative
He, She, it	we add s, es to the verb	Doesn't	Does
I, You, We, They	no change in the verb	Don't	Do

Examples:

He goes to the movies every Sunday.
He doesn't go the movies every Sunday.
Does he go to the movies every Sunday?

I water the plants every day.
I don't water the plants every day.
Do I water the plants every day?

When do we use Present Progressive?

1. When things are happening in the moment of speaking (now)
2. Things taking place only for a limited period of time.
3. Actions that are in PROGRESS.

Present Progressive Rules

	Affirmative	Negative	Interrogative
I	am + ING	am not + ING	am + ING
He, She, it	is + ING	isn't + ING	is + ING
You, We, They	are + ING	aren't + ING	are + ING

Examples:

She is studying English this year.

She is not studying English this year.

Is she studying English this year?

We are visiting grandma this month.

We are not visiting grandma this month.

Are we visiting grandma this month?

Clue Words to identify each tense:

Simple Present	Present Progressive
<ul style="list-style-type: none">● every day● never● always● usually● often● sometimes● every week, month, year	<ul style="list-style-type: none">● now● in the moment● this week, month, year● today● right now● Listen!● Look!

Remember:

Simple Present	Present Progressive
<ul style="list-style-type: none">● Do, Does● Don't, Doesn't● Add s, or es to the verb in affirmative● Habits● Daily routines	<ul style="list-style-type: none">● Verb to be -is, am, are● Add ING to the verb● Activities in progress● Things happening NOW