

PRESENT SIMPLE OR PROGRESSIVE

PRESENT SIMPLE

base form of the verb
(He, she, it: verb + 's')

I speak
you speak
he/she/it speaks
we speak
they speak

PRESENT PROGRESSIVE

Form of 'to be' + verb + ing

I am speaking
you are speaking
he/she/it is speaking
we are speaking
they are speaking

How to use

PRESENT SIMPLE

with habits, facts, thoughts, feelings and general statements

Colin plays football every Tuesday.

Sandra often watches TV.

PRESENT PROGRESSIVE

actions happening at the time of speaking

Look! Colin is playing football now.

They are watching TV at the moment.

Key words

All adverbs of frequency (often, always, never, usually, sometimes, generally, normally, rarely, seldom, ...)
every Sunday, every week, ...
whenever
on Mondays, on Tuesdays, ...

at the moment
at present
still
now
right now
Listen!
Look!