

# PRESENT SIMPLE vs. PRESENT CONTINUOUS

## PRESENT SIMPLE

### AFFIRMATIVE

I play football  
You

He  
She plays football  
It

We play football  
They

### Spelling rules:

After O, SS, SH, X, CH : -ES  
E.g: I do - He do**ES**

After CONSONANT + Y : -IES  
E.g: I worry - he wor**RIES**

### NEGATIVE

I DON'T play  
You

He  
She DOESN'T play  
It

We DON'T play  
They

### INTERROGATIVE

Do you play football?

Does she play football?

## PRESENT CONTINUOUS (TO BE + -ING)

### AFFIRMATIVE

I am

You are play**ING**

He is

### NEGATIVE

I'm not

You aren't play**ING**

He isn't

### INTERROGATIVE

Are you play**ING** ?

Is he play**ING** ?

### Spelling rules:

- Silent e is dropped. E.g: come - coming

- After consonant, vowel, consonant the final consonant is doubled. E.g: sit - sitting

- Final ie becomes y. E.g: lie - lying

### USE

To describe what people are doing or things happening AT THIS MOMENT.

### SIGNAL WORDS

at the moment

Today

Tonight

now

right now

Listen!

Look!

## Present Simple & Present Continuous

### Present Simple



### Present Continuous



### S + verb

### S + am/is/are (not) + V-ing

### Express general truths

E.g: It rarely rains in the desert.

### Describe actions happening now

E.g: She is reading a newspaper upstairs.

### Indicate present habits

E.g: The birds return to the island every morning.

We DON'T use the present continuous form with stative verbs such as: WANT, NEED, LIKE, LOVE, HATE, PREFER, UNDERSTAND, KNOW, BELIEVE, \*HAVE (\*meaning possession), among others.

### Express timetable events

E.g: The plane to London takes off at 6:30 a.m.

### Describe future arrangements

E.g: She's getting married on 3 November.

### Indicate permanent states

E.g: I like the new James Bond film.

### Express temporary states

E.g: She's working at the museum until the end of this month.

## HEALTHY AND UNHEALTHY LIFESTYLES

Complete the sentences using Simple Present or Present Continuous of the verbs in parentheses.

1. John sometimes (go) to the nightclub because he (like) dancing very much.
2. We (not study) English at the moment. We (take) a break.
3. The girls (play) basketball every Saturday. They (not play) now.
4. I often (eat) a lot of fast food, but now I (cut) down on junk food.
5. Tracy (listen) to her favorite band. I can hear the loud music.
6. you (exercise) enough at the moment?
7. My father usually (work) in the office, but today he (work) at home.
8. The boys (not train) in the stadium, they always (train) in the park.
9. My brother never (do) exercise, he (not like) physical activities very much.
10. she usually (smoke)? Yes, but she (give up) smoking now.
11. My friends (spend) too much time on their cell phones these days.
12. Jane usually (play) sports, but now she (not get) any exercise.
13. The children (run) in the middle of the street. I can see them from the window.
14. What you (do) to stay healthy nowadays?
15. Stan and I (meet) our friends at football practice twice a week.
16. He always (eat) healthy food for lunch.
17. Brian (watch) television every evening.
18. We usually (do) exercise together.
19. Tom and Mark (not want) to go to the gym. They say it's boring.
20. Peter usually (take) regular breaks at work?
21. My classmates (try) to lose weight before graduation.
22. Brenda (walk) to school these days?
23. Jill (not work out) right now, but she (eat) plenty of fruits and vegetables most days.
24. you (sit) for long periods of time at work this month?
25. Don't make a noise! Your dad (sleep) right now.
26. Mary (have) a sedentary life.
27. I (work) from home today because my daughter's sick.
28. Robert often (study) in the evening and (go) to bed early on weekdays.
29. I (not know) anything about calories or nutrition.
30. My mom (not get) a checkup every year, but she (get) one this year.



## Present Simple or Continuous? Choose the correct alternative(s) in the sentences

Today she **'s spending** / **spends** too much time on the computer.

They usually **are going** / **go** to the gym on Sundays.

We **'re having** / **have** a barbecue this week. Do you want to come?

She **'s not getting** / **gets** enough exercise these days. She **'s not having** / **doesn't have** enough free time.

I always **am having** / **have** coffee before work in the morning.

They sometimes **are driving** / **drive** everywhere, but now they **'re riding** / **ride** their bikes.

Look! Liz **is losing** / **loses** so much weight these days.

He **'s bringing** / **brings** a healthy lunch to work every day.

## Put the verbs into the correct tense (present simple or present continuous)

Harold Taylor is an athlete. He (run) three or four miles a day, but today he (run) 8 miles. He (work out) a lot this week because he (train) for a competition. He (have) a healthy and balanced diet. He (not drink) too much coffee and he never (drink) alcohol. Harold's always very busy, but he (sleep) 8 hours regularly. However, he (go) to bed late these days, so he (get) enough sleep. He (relax) for two hours every day, but he sometimes (get) stressed. He always (try) to stay healthy, and he (get) in better shape now.



eat not eat go  
play (x2) walk

It's 8.30! At the moment, Hasan to school. He always to school to get some exercise. It's 10:30! Right now, Hasan a sandwich. He a sandwich every day. Sometimes he has a pizza or a salad. Now it's 12.00! It's a PE lesson. In PE lessons, the students usually football or handball, but at the moment they basketball.

