

## 1B Simple present and present continuous

### Simple present

We use the simple present to describe:

- routines and habits:  
*I send a lot of emails.*
- situations which are generally true or stay the same for a long time:  
*He doesn't work very hard.*

We use adverbs of frequency with the simple present:

*I always / sometimes / rarely / never write letters.*

*I write letters once / ten times a week / year.*

The verb *be* doesn't have the same form as other verbs:

*I am a student. They are not here.*

*Is she always friendly? Yes, she is.*

### Present continuous

We use the present continuous to describe:

- actions right now, at the moment of speaking:  
*He's not cooking dinner. He's watching TV.*
- temporary actions around the present time:  
*They're traveling around Asia this year.*

We often use these time expressions with the present continuous:

*I'm working at a supermarket right now / these days / at the moment / today / this summer etc.*

### SPELLING: verb + -ing

Most verbs	+ -ing sleeping watching saying
sleep watch say	
Stressed vowel + one consonant (not w, x, y) stop run get	2x consonant + -ing stopping running getting