

Present Simple vs Present Continuous

Comparison Chart

Use	Present Simple	Present Continuous
When to use	• Routines • Habits • facts or general truths • permanent states	• Actions happening now • annoying habits • temporary states
Time expressions	every day, always, usually	now, at the moment
Structure	Subject + base verb (he/she/it + -s) I eat every day.	Subject + am/is/are + verb + -ing I am eating now.
Example		

Carlos – A Soccer Player

Carlos is a soccer player. He **plays** soccer every weekend and **trains** every morning. He **lives** in a small city and **works** very hard to improve his skills. He **eats** healthy food and **drinks** a lot of water because it is important for athletes. He **loves** soccer, and it is his passion. He is usually focused, but sometimes he **likes** to play video games at night.

Right now, Carlos **is playing** a match. He **is running** very fast and **is trying** to score a goal. Today, he **is wearing** a new uniform because his regular one is dirty. His team **is practicing** for an important game this week, so they **are working** very hard these days.



Exercises

1. Choose the correct option

- I (eat / am eating) breakfast now.
- She (works / is working) every day.
- They (play / are playing) now.
- He (goes / is going) to school every morning.
- We (watch / are watching) TV at the moment.
- My mom (cooks / is cooking) dinner now.

2. Complete the sentences

- She _____ (read) now.
- I _____ (go) to school every day.
- They _____ (play) in the park now.
- He _____ (eat) breakfast at 7:00.
- We _____ (study) English every day.
- My father _____ (work) at the moment.

3. Correct the mistakes

- She is play now. → _____
- I am go every day. → _____
- He eat breakfast now. → _____
- They is playing in the park. → _____
- We are watch TV now. → _____
- She go to school every day. → _____