

Present Progressive - Practice Worksheet

Year 1 | Grammar Practice

Exercise 1: Complete with am/is/are + verb-ing

Use the verb in brackets to complete the sentences in Present Progressive.

*Example: They (play) football. → They **are playing** football.*

1. I _____ (watch) TV right now.

2. My sister _____ (read) a book at the moment.

3. We _____ (eat) dinner now.

4. The children _____ (play) in the garden.

5. Tom _____ (do) his homework.

6. My parents _____ (cook) lunch.

7. The dog _____ (sleep) on the sofa.

8. You _____ (listen) to music.

9. She _____ (write) an email.

10. They _____ (run) in the park.

Exercise 2: What are they doing? (Use the words in the box)

Look at the situations and write sentences using the Present Progressive.

Word box: swim | dance | study | drink | paint | talk | clean | sing

1. Anna is at the pool. → She _____.
2. Tom has books on his desk. → He _____ for a test.
3. My mum has a glass of water. → She _____ water.
4. The artist has a brush. → He _____ a picture.
5. We are at a party with music. → We _____.
6. My friends are on the phone. → They _____.
7. Dad has a cloth and soap. → He _____ the car.
8. The band is on stage. → They _____ a song.

Exercise 3: Make negative sentences

Write negative sentences using the Present Progressive (am not / isn't / aren't + verb-ing).

*Example: I / watch / TV → I **am not watching** TV.*

1. She / read / a magazine → _____

2. We / play / computer games → _____

3. They / eat / pizza → _____

4. He / listen / to the radio → _____

5. You / do / your homework → _____

6. The cat / drink / milk → _____

7. I / write / a letter → _____

8. My friends / watch / a film → _____

Exercise 4: Make questions

Write questions in the Present Progressive (Am/Is/Are + subject + verb-ing?).

*Example: you / watch / TV? → **Are you watching** TV?*

1. she / read / a book? → _____

2. they / play / football? → _____

3. you / listen / to music? → _____

4. he / do / his homework? → _____

5. we / eat / lunch? → _____

6. the dog / sleep? → _____

7. I / sit / in your place? → _____

8. your parents / work / today? → _____

Answer Key

Exercise 1: Complete with am/is/are + verb-ing

1. am watching
2. is reading
3. are eating
4. are playing
5. is doing
6. are cooking
7. is sleeping
8. are listening
9. is writing
10. are running

Exercise 2: What are they doing?

1. She is swimming.
2. He is studying for a test.
3. She is drinking water.
4. He is painting a picture.
5. We are dancing.
6. They are talking.
7. He is cleaning the car.
8. They are singing a song.

Exercise 3: Make negative sentences

1. She isn't reading a magazine. / She is not reading a magazine.
2. We aren't playing computer games. / We are not playing computer games.
3. They aren't eating pizza. / They are not eating pizza.
4. He isn't listening to the radio. / He is not listening to the radio.
5. You aren't doing your homework. / You are not doing your homework.
6. The cat isn't drinking milk. / The cat is not drinking milk.
7. I'm not writing a letter. / I am not writing a letter.
8. My friends aren't watching a film. / My friends are not watching a film.

Exercise 4: Make questions

1. Is she reading a book?
2. Are they playing football?
3. Are you listening to music?
4. Is he doing his homework?
5. Are we eating lunch?
6. Is the dog sleeping?
7. Am I sitting in your place?
8. Are your parents working today?