

A photograph of a woman in a grey, flowing dress dancing in a misty, ethereal environment. She is captured in a dynamic pose, with one arm extended back and her legs kicked high, illustrating movement. The background is a soft-focus mist, and the overall mood is dreamlike and expressive.

LIVE •

Capturing the Moment

A Practical Guide to the Present Continuous Tense

What's Happening Right Now?

The Present Continuous tense is your tool for describing an action that is happening at this very moment. It's how we talk about life as it unfolds.



See the Tense in Action



She **is reading** a book.



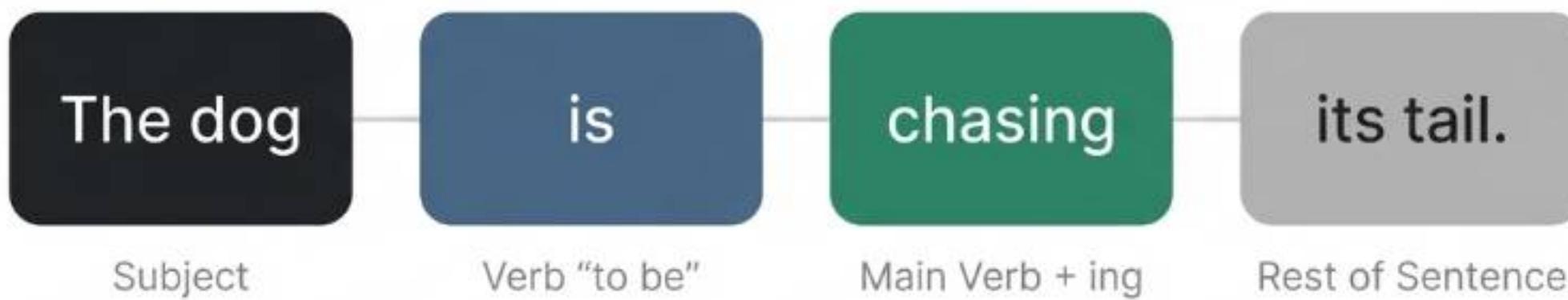
They **are playing** football.



He **is cooking** dinner.

The Anatomy of a Sentence

The dog is chasing its tail.



Subject + **am/is/are** + **Verb-ing**

Choosing the Right Verb: Am, Is, or Are?

AM

I

I **am** watching TV.

IS

(for singulars)

He

She

It

The dog

She **is** reading a book.

ARE

(for plurals & 'you')

We

You

They

They **are** playing football.

Building the Action Verb

Creating the ‘-ing’ form is simple, but there are three important spelling patterns to know.

work + ing → working

The Three Spelling Rules for '-ing' Verbs

e

The 'Silent -e' Rule

When a verb ends in a silent '-e', remove the '-e' before adding '-ing'.

dance → dancing

C V C^{x2}

The 'Double Consonant' Rule

For a one-syllable verb ending in Consonant-Vowel-Consonant, double the final consonant.

run → running

ie → y

The '-ie' Rule

When a verb ends in '-ie', change the '-ie' to '-y' before adding '-ing'.

die → dying

Pausing the Action: The Negative Form

To say something is not happening now, we simply add one word: **not**.



The Anatomy of a Negative Sentence

Subject + am/is/are + **not** + **Verb-ing**

He is not cooking dinner.

Common Contractions

is not → isn't

are not → aren't

Note: 'am not' does not have a common contraction.

The Negative Form in Action

- I am **not watching** TV right now.
- She **isn't reading** a book.
- They **aren't playing** football in the park.
- He **isn't cooking** dinner in the kitchen.
- The dog **isn't chasing** its tail.



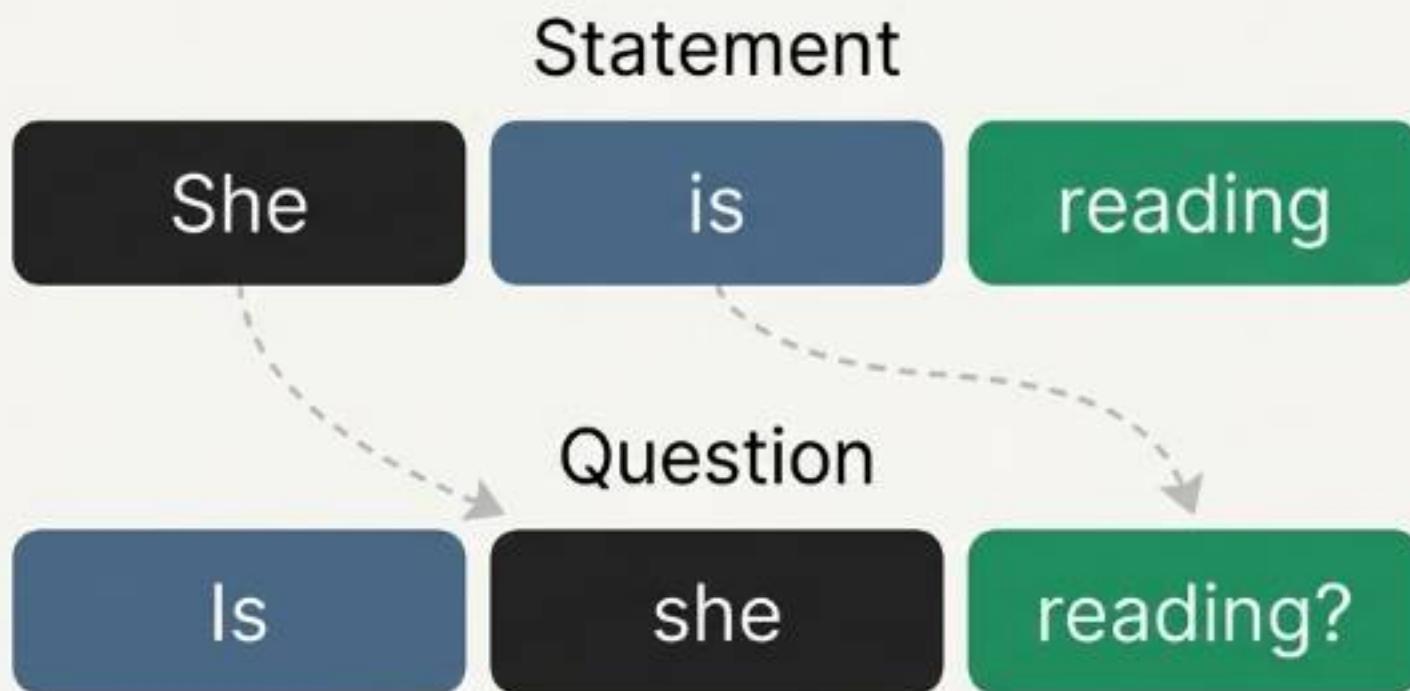


Asking About the Action: The Question Form

To ask a question about what is happening now, we change the order of the first two words.



The Anatomy of a Question



Am/Is/Are + Subject + Verb-ing + ?



The Question Form in Action

- Am I **watching** TV right now?
- Is she **reading** a book?
- Are they **playing** football in the park?
- Is he **cooking** dinner in the kitchen?
- Is the dog **chasing** its tail?





Putting It All Together: A Complete View



They **are playing** football.



They **are not playing** football.



Are they playing football?



You Are Ready to Capture the Moment

Remember, use the Present Continuous to describe the world as it happens around you.

Key Takeaways

- ✓ For actions happening NOW.
- ✓ The formula: Subject + (am/is/are) + Verb-ing.
- ✓ Add 'not' for negatives; swap subject and verb for questions.

