A full-page background image of a dancer in a grey dress leaping in the air. Overlaid on the image is a white camera viewfinder frame with corner brackets and a central crosshair. In the top right corner, there is a white rectangular button with the word 'LIVE' and a red dot to its right.

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.

The dog

Subject

is

Verb "to be"

chasing

Main Verb + ing

its tail.

Rest of Sentence

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

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

AM

I

I **am** watch**ing** TV.

IS

(for singulars)

He

She

It

The dog

She **is** read**ing** a book.

ARE

(for plurals & 'you')

We

You

They

They **are** play**ing** 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



The 'Silent -e' Rule

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

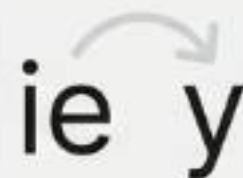
dance → danc**ing**



The 'Double Consonant' Rule

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

run → run**ning**



The '-ie' Rule

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

die → dy**ing**

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.

