

Example	Tense
I play tennis every weekend.	Present Simple... You use it to talk about things that you usually do like for example habits.
I am currently playing tennis and I can't answer the phone.	Present continuous... You use it to talk about things that you are currently doing right now while talking.
I played tennis in school when I was a child.	Simple past... You use it to talk about things that happened in the past and are now finished.
I was playing tennis when it started to rain.	Past continuous... You use it to talk about things you were currently doing in the past (playing tennis) while something else happened (started to rain).
I have played tennis too much and now I feel exhausted.	Present perfect... You use it to talk about things that happened in the recent past and are connected to the present. You want to emphasize the result of the action or that the action is completed.
I have been playing tennis all day long.	Present Perfect Continuous... You use it to talk about things that happened in the recent past and are still happening now. You want to emphasize the duration of the action.
I will play tennis if I find a partner.	Future Simple... You use it to talk about things that you think will occur in the future.