Present Continuous Tense

Present Continuous Definition

The present continuous is a [verb tense](https://eslgrammar.org/verb-tenses/) in which the action is on-going/still going on and hence continuous. The present continuous tense is used to talk about actions that are happening at this current moment.

Forming Present Continuous Tense

**Positive Statements | Present Continuous**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUBJECT** | **AM / ARE / IS** | **VERB + ing** | **REST OF THE SENTENCE** |
| I | am | watching | television. |
| You | are | watching | television. |
| He | is | watching | television. |
| Tom | is | watching | television |
| The boy | is | watching | television. |
| She | is | watching | television. |
| Anna | is | watching | television. |
| The girl | is | watching | television. |
| We | are | watching | television. |
| You | are | watching | television. |
| They | are | watching | television. |
| The children | are | watching | television. |

Notice that we use:

* ‘am’ with ‘I’,
* ‘is’ with ‘He’ and ‘She’
* ‘are’ with ‘You’, ‘We’ and ‘They’

The verb form remains the same for all subjects.

**Negative Statements | Present Continuous**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUBJECT** | **AM NOT / ARE NOT / IS NOT** | **VERB + ing** | **REST OF THE SENTENCE** |
| I | am not | playing | chess. |
| You | are not | playing | chess. |
| He | is not | playing | chess. |
| Tom | is not | playing | chess. |
| The boy | is not | playing | chess. |
| She | is not | playing | chess. |
| Anna | is not | playing | chess. |
| The girl | is not | playing | chess. |
| We | are not | playing | chess. |
| You | are not | playing | chess. |
| They | are not | playing | chess. |
| The men | are not | playing | chess. |

Notice that we use:

* ‘am not’ with ‘I’,
* ‘is not’ with ‘He’ and ‘She’
* ‘are not’ with ‘You’, ‘We’ and ‘They’

The verb form remains the same for all subjects.

**Interrogative Statements/Questions | Present Continuous**

|  |  |  |  |
| --- | --- | --- | --- |
| **AM / ARE / IS** | **SUBJECT** | **VERB** | **REST OF THE SENTENCE** |
| Am | I | reading | a book? |
| Are | you | reading | a book? |
| Is | he | reading | a book? |
| Is | Tom | reading | a book? |
| Is | the boy | reading | a book? |
| Is | she | reading | a book? |
| Is | Anna | reading | a book? |
| Is | the girl | reading | a book? |
| Are | we | reading | a book? |
| Are | you | reading | a book? |
| Are | they | reading | a book? |
| Are | the men | reading | a book? |

Notice the structure of the [interrogative](https://dictionary.cambridge.org/dictionary/english/interrogative) statements. We use:

* ‘am’ with ‘I’,
* ‘is’ with ‘He’ and ‘She’
* ‘are’ with ‘You’, ‘We’ and ‘They’

The verb form remains the same for all subjects.

Present Continuous Chart





