

# Present Continuous Tense

The **present continuous** emphasizes the continuing nature of an act, event, or condition.

For Example—

I am playing.

He / She is playing.

They are playing.

## PRESENT PROGRESSIVE

*also known as present continuous*

**am/is/are + verb-ing**

Remember: usually **STATIVE VERBS** are **NOT** used in the progressive (-ing) form.

### Happening Now

It is raining.

I'm eating lunch now.



### Temporary Actions

I'm working in New York this week.



### Longer Actions in Progress Now

She's studying to be a doctor.

He's training for a marathon.

### Fixed Plans (often in the near future)

I'm meeting my friends after work.



### Trends

More and more people are using cell phones to access the Internet.