

PRESENT SIMPLE & PRESENT CONTINUOUS

1. PRESENT SIMPLE

A. FORM

Affirmative (+)

Subject	Verb
I / You / We / They	work
He / She / It	works

Examples:

- I work at a school.
- They play football.
- She works in a bank.
- He watches TV every evening.

B. NEGATIVE (-)

I / You / We / They + **do not (don't)** + verb

- I don't like coffee.
- They don't play tennis.

He / She / It + **does not (doesn't)** + verb

- She doesn't like coffee.
- He doesn't play tennis.

⚠ After **doesn't**, use the **base form** of the verb:

- ✗ She doesn't likes pizza.
- ✓ She doesn't like pizza.

C. QUESTIONS (?)

Do + I/you/we/they + verb...?

- Do you like English?
- Do they live in London?

Does + he/she/it + verb...?

- Does she work here?
- Does he play football?

⚠ After **does**, use the **base form**:

- ✗ Does he plays tennis?
- ✓ Does he play tennis?

2. PRESENT SIMPLE – WHEN DO WE USE IT?

We use the Present Simple for:

◆ 1. Habits and routines

Things we do regularly.

- I get up at 7 o'clock every day.
- She goes to school by bus.
- They play football on Saturdays.

Common time expressions:

always, usually, often, sometimes, rarely, never, every day, every week, on Mondays

◆ 2. Facts and general truths

- Water boils at 100°C.
- The Earth goes around the Sun.
- Cats like milk.

◆ 3. Permanent situations

- I live in Athens.
- She works at a school.
- He speaks English and French.

3. PRESENT SIMPLE – SPELLING RULES

With **HE / SHE / IT**, we usually add **-S**.

◆ Most verbs → + S

play → plays
read → reads
work → works
eat → eats

◆ **Verbs ending in -S, -SH, -CH, -X, -O → + ES**

wash → washes
watch → watches
pass → passes
fix → fixes
go → goes
do → does

◆ **Consonant + Y → change Y to I + ES**

study → studies
try → tries
fly → flies

◆ **Vowel + Y → simply add S**

play → plays
enjoy → enjoys
stay → stays

◆ **Important irregular forms**

have → **has**
do → **does**
go → **goes**

4. PRESENT CONTINUOUS

A. FORM

Subject + AM / IS / ARE + verb-ing

Subject	Verb TO BE	Example
I	am	I am working.
He / She / It	is	She is working.
You / We / They	are	They are working.

B. NEGATIVE (-)

Subject + am/is/are + not + verb-ing

- I am not sleeping.
- She isn't working.
- They aren't playing football.

C. QUESTIONS (?)

Am / Is / Are + subject + verb-ing...?

- Am I talking too loudly?
- Is she studying?
- Are they playing football?

Short answers:

- Is he sleeping? → Yes, he is. / No, he isn't.
 - Are they working? → Yes, they are. / No, they aren't.
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5. PRESENT CONTINUOUS – WHEN DO WE USE IT?

◆ 1. Something happening NOW

Something is happening at the moment of speaking.

- I am studying now.
- She is talking on the phone.
- They are watching TV.

Common expressions:

now, right now, at the moment, at present, today

◆ 2. Temporary situations

Something is happening around this period, but it is not permanent.

- I am staying with my aunt this week.
- She is working in London this month.
- We are studying for our exams.

◆ 3. Changes happening around now

- The weather is getting colder.
- Prices are going up.

- Your English is improving!

◆ 4. Future arrangements

For a planned arrangement in the near future.

- I am meeting my friend tomorrow.
- We are going to London next weekend.
- She is visiting her grandmother on Sunday.

6. PRESENT CONTINUOUS – SPELLING RULES

◆ Most verbs → + ING

work → working
play → playing
read → reading
eat → eating

◆ Verbs ending in -E → remove E + ING

make → making
write → writing
come → coming
dance → dancing

⚠ But verbs ending in -EE keep the E:

see → seeing
agree → agreeing

◆ Short verbs ending in consonant-vowel-consonant (CVC) → double the final consonant

run → running
sit → sitting
swim → swimming
stop → stopping

◆ Verbs ending in -IE → change IE to Y + ING

lie → lying
die → dying
tie → tying

7. PRESENT SIMPLE vs PRESENT CONTINUOUS

PRESENT SIMPLE

habits and routines

permanent situations

facts and general truths

repeated actions

I play tennis every Sunday.

She works in a bank.

They usually eat at 8.

PRESENT CONTINUOUS

happening now

temporary situations

changing situations

future arrangements

I am playing tennis now.

She is working from home this week.

They are eating now.

8. LOOK FOR THE CLUES!

□ PRESENT SIMPLE

always

usually

often

sometimes

rarely

never

every day/week/year

on Mondays

☞ **She usually walks to school.**

● PRESENT CONTINUOUS

now

right now

at the moment

at present

today

this week/month

☞ **She is walking to school now.**

9. COMPARE THE MEANING

Example 1

I drink coffee every morning. ☕

→ This is my **habit**.

→ Present Simple.

I am drinking coffee now. ☕

→ It is happening **at this moment**.

→ Present Continuous.

Example 2

He works in a hospital.

→ This is his **permanent job**.

→ Present Simple.

He is working from home today.

→ This is a **temporary situation**.

→ Present Continuous.

Example 3

They play football on Saturdays.

→ Regular activity.

→ Present Simple.

They are playing football now.

→ Happening now.

→ Present Continuous.

☆ EASY RULE TO REMEMBER

PRESENT SIMPLE

EVERY DAY → HABIT → ROUTINE

🏠 I go to school every day.

PRESENT CONTINUOUS

NOW → HAPPENING → AT THIS MOMENT

👉 I am going to school now.

PRESENT SIMPLE = What happens regularly?

PRESENT CONTINUOUS = What is happening now?

PRESENT SIMPLE & PRESENT CONTINUOUS

B2 LEVEL – EXERCISES

A. Choose the correct form.

1. I **don't understand** / **am not understanding** what you mean.
2. Why **do you look** / **are you looking** at me like that?
3. She usually **takes** / **is taking** the train to work, but this week she **drives** / **is driving** because the railway workers are on strike.
4. More and more people **work** / **are working** from home nowadays.
5. I **think** / **am thinking** this is the best solution to the problem.
6. What **do you think** / **are you thinking** about at the moment?
7. He **has** / **is having** a meeting with the director right now.
8. We **have** / **are having** a very difficult time at the moment.
9. My brother **always borrows** / **is always borrowing** my clothes without asking!
10. Water **boils** / **is boiling** at 100°C.
11. The company **looks** / **is looking** for someone with experience in marketing.
12. This soup **tastes** / **is tasting** delicious.
13. The chef **tastes** / **is tasting** the soup to see whether it needs more salt.
14. Sarah **seems** / **is seeming** very tired today.
15. Prices **increase** / **are increasing** rapidly these days.

B. Put the verbs in brackets into the Present Simple or Present Continuous.

1. Although James normally _____ (work) in the London office, he _____ (stay) in Manchester this month.
2. I _____ (not / believe) what you _____ (say) right now.
3. Why _____ you _____ (be) so quiet today?
4. She _____ (always / complain) about her colleagues. It's becoming annoying.
5. The Earth _____ (travel) around the Sun.
6. More students _____ (choose) to study online nowadays.
7. I _____ (see) what you mean, but I don't completely agree with you.
8. The doctor _____ (see) a patient at the moment.
9. This cake _____ (taste) wonderful.
10. Why _____ you _____ (taste) the sauce? Is something wrong with it?
11. My parents _____ (live) in the countryside, but they _____ (stay) with us this week.

12. He _____ (have) a very expensive car, but he _____ (have) problems with it at the moment.
13. I _____ (think) about changing my job because I _____ (not / enjoy) it anymore.
14. She _____ (appear) to be very confident, but she _____ (feel) nervous inside.
15. The situation _____ (get) worse and the government _____ (try) to find a solution.
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C. Correct the mistakes.

There is **ONE mistake** in each sentence.

1. I am knowing the answer to this question.
→ _____
 2. She is usually going to work by bus.
→ _____
 3. What do you doing here?
→ _____
 4. He is believing that everything will be fine.
→ _____
 5. I don't understand what are you saying.
→ _____
 6. My sister is having two children.
→ _____
 7. Why are you always complain about everything?
→ _____
 8. The number of people using public transport increase every year.
→ _____
 9. I am thinking he is right.
→ _____
 10. This perfume is smelling wonderful.
→ _____
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D. Complete the text.

Use the **Present Simple** or **Present Continuous**.

A CHANGING WORLD

The way people work _____ (change) rapidly. In the past, most employees _____ (work) in offices from nine to five. Today, however, many companies _____ (allow) their employees to work remotely.

At the moment, my company _____ (experiment) with a hybrid system. Most employees _____ (work) from home three days a week and _____ (come) into the office twice a week.

I personally _____ (prefer) working from home because I _____ (find) it more convenient. However, I _____ (miss) the social side of office life sometimes.

My manager _____ (currently / try) to find the right balance between flexibility and teamwork. She _____ (believe) that employees work better when they have some freedom, but she also _____ (recognise) that face-to-face communication is important.

E. Present Simple or Present Continuous? Explain the difference.

Choose the correct sentence and explain **why**.

1. a) I think you're right.
b) I am thinking you're right.

Why? _____

2. a) She has a new car.
b) She is having a new car.

Why? _____

3. a) He is seeing the doctor tomorrow.
b) He sees the doctor tomorrow.

Why? _____

4. a) This jacket feels very soft.
b) I am feeling the fabric.

Why can both forms be correct?

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5. a) You are always interrupting me!
b) You always interrupt me.

What is the difference in meaning or attitude?

F. Complete the sentences with your own ideas.

1. I usually _____, but today
_____.
 2. These days, more and more people _____.
 3. I don't usually _____, but this week
_____.
 4. My English _____ these days because
_____.
 5. Someone in my family is always _____.
 6. I think _____.
 7. At the moment, I am thinking about _____.
 8. People nowadays _____, whereas in the past they
_____.
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