

# 5 Present Continuous (1)

1 We form the Present Continuous like this:

**be + -ing form**  
*I am eating.*

Here are the forms of the Present Continuous:

**POSITIVE**

*FULL FORM*

I **am** eating.  
You **are** eating.  
He/She/It **is** eating.  
We **are** eating.  
You **are** eating.  
They **are** eating.

*SHORT FORM*

I'm eating.  
You're eating.  
He's eating.  
We're eating.  
You're eating.  
They're eating.

**NEGATIVE**

*FULL FORM*

I **am not** eating.  
You **are not** eating.  
He/She/It **is not** eating.  
We **are not** eating.  
You **are not** eating.  
They **are not** eating.

*SHORT FORM*

I'm **not** eating.  
You **aren't** eating.  
He **isn't** eating.  
We **aren't** eating.  
You **aren't** eating.  
They **aren't** eating.

2 To make the -ing form, we add -ing to the verb:

listen → listening    play → playing  
work → working      read → reading

3 But notice these irregular spellings:

win → winning      get → getting  
shop → shopping    sit → sitting  
swim → swimming    travel → travelling  
dance → dancing     write → writing  
shine → shining

(For more details on the spelling of the -ing form, see Appendix 2, page 243.)

4 We use the Present Continuous:

► to talk about actions and situations in progress now:



► to talk about actions and situations in progress around now, but not exactly at the moment we speak:



## Practice

A Look at these pictures.



Decide what is happening (✓) and what isn't happening (X) in each picture, and then write positive or negative sentences.

- (George/eat/breakfast)
- (George/sleep)
- 1 (They/work)
- (They/sit/in the garden)
- 2 (I/study/music)
- (I/learn/Japanese)

X	George isn't eating breakfast.....
✓	George is sleeping.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

- 3 (He/play/tennis)  
(She/win)
- 4 (We/spend/a day at the seaside)  
(The sun/shine)

....	.....
....	.....
....	.....
....	.....

**B Finish the postcard using the words in brackets ( ) in the Present Continuous. Use full forms (e.g. *is sitting*).**

Dear Peter,

Jenny and I (▶) *are staying*..... (stay) here for a week.  
 The sun (1)..... (shine) and it's very hot.  
 We (2)..... (sit) on the beach and I  
 (3)..... (drink) an orange juice.  
 We (4)..... (not/swim) because we're  
 both tired. We (5)..... (watch) the boats on  
 the sea at the moment. They (6)..... (travel) fast,  
 but I can see fifteen or sixteen. Jenny (7)..... (read)  
 her book, and I (8)..... (write) all the postcards!



Jim and Jenny

**C Match the two halves of the sentences. Then put in the correct form of the verb in brackets ( ).**

- |  |   |
|--|---|
| ▶ My aunt <i>is staying</i> ..... (stay) with us this week | a so he can't drink beer at the moment.                     |
| 1 I ..... (go) to work by bike this week                   | b because she ..... (work) at home.                         |
| 2 My father ..... (take) some medicine                     | c so she ..... (stay) at home today.                        |
| 3 Anna is not in the office this week                      | d so I <i>am sleeping</i> ..... (sleep) in the living room. |
| 4 Pauline needs some exercise                              | e because our oven is broken.                               |
| 5 We ..... (eat) in a restaurant this week                 | f because he wants to get a good mark.                      |
| 6 Jill doesn't feel well                                   | g because I haven't got money for petrol.                   |
| 7 Tom ..... (study) more now                               | h so she ..... (walk) to school this week.                  |

▶ d..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 .....

**FREE from Grammar to go!**