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Gerunds are words that has an **-ing** ending. Although they look like present participles, they perform [specific functions](#) in a sentence.

Note that gerunds are formed with [verbs](#) but act as [nouns](#). And, because they act like nouns, you can use them anywhere that a noun would normally go in a sentence.

Gerunds and gerund phrases often act as [subjects](#) in the sentence:

- **Swimming** is good for you. (*this sounds better than 'To swim is good for you'*).
- **Flying** is faster than walking.
- **Reading** books is a good way to learn more. (*a gerund phrase*).

To form Gerunds, add '**-ing**' to the base form of the verb:

- To play → playing
- To hide → hiding
- To swim → swimming

Spelling rules

Regular verbs with a silent 'e' at the end: change the 'e' to '-ing':

- To choose → choosing
- To glide → gliding

Verbs with '-ie' at the end: change '-ie' to '-ying':

- To lie → lying
- To tie → tying

If the verb ends in a *consonant + vowel + consonant* and the final syllable is stressed, double the last consonant and add '-ing':

- To for'get → forgetting
- To 'swim → swimming

But don't do that with '-x' or '-w':

- *To relax* → *relaxing*
- *To blow* → *blowing*

Learn more about gerund and gerund phrases in our video:

Gerunds and gerund phrases can also be used as direct or indirect objects, objects of prepositions, and predicate nouns. You can learn more about this here:

[Gerund: Functions in a Sentence](#)