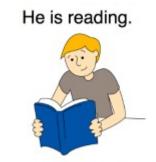


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How do you choose between Present Simple and Present Continuous?



He reads every day.

via https://s-english.ru/uprazhneniya/present-simple-present-continuous

Both **Present Simple** and **Present Continuous** are used to talk about something that happens in present.

We use **Present Simple** when we want to talk about fixed habits or routines – things that don't change.

We use **Present Continuous** to talk about actions which are happening at the present moment, but will soon finish.

Compare the following examples:

- He is reading a book.
- He **reads** every day.

'*He reads every day*' tells us that reading a book is something the speaker always does. It is part of a routine or habit. This is a permanent situation.

'He is reading a book' tells us that the speaker is reading a book right now. Soon this action



will be over. This is a temporary situation.

## **Present Simple or Present Continuous?**

So, how do you choose between the Present Simple and Present Continuous?

#### **Present Simple**

1. We use Present Simple to talk about facts, hobbies and regular activities:

- Tom lives in London. (fact)
- I **go** swimming on Mondays. (regular activity)
- Do you **speak** Russian? (question about a fact)
- 2. We use the Present Simple to talk or ask about things that are always true:
  - Do you speak English?
  - I don't have a car, I prefer to ride a bike.
- 3. We use the Present Simple to express likes, dislikes and opinions:
  - I like football. (likes)
  - I don't like tennis. (dislikes)
  - Do you love pop music? (question about likes)
  - I think it's interesting. (opinions)
- 4. We also use the Present Simple to talk or ask about habits:
  - Peter **goes** for a walk every day.
  - Do you drink tea or coffee in the morning?

5. We often use the Present Simple with adverbs of frequency (*always, sometimes, never, etc.*), or when we say a time, day or period (*at 9.00, on Wednesdays, in spring, etc.*):

- <u>Sometimes</u> I **dream** about you.
- I <u>never</u> walk alone at night.
- Jane **wakes up** <u>at 7.00 a.m</u>.
- *He* **meets** with his friends <u>on Saturdays</u>.



### **Present Continuous**

1. We use the Present Continuous to talk about things happening now, or unfinished activities:

- Are you reading a book? (now)
- They are building a new house. (it's not finished yet)
- Mary is studying French at university. (around now, not at the moment of speaking)

2. We use the Present Continuous to talk about <u>future arrangements</u>:

- She is getting married on November 5th.
- We're leaving tomorrow.

3. We use the Present Continuous to talk about annoying habits (+ always):

- You are always losing things.
- The children **are** always **fighting**.

4. We use expressions like 'at the moment', 'now', and 'today/this week/month/year':

- Michael is talking on the phone <u>at the moment</u>.
- It's snowing a lot this week.
- I'm working in our Chicago office this month.

Note: The verbs '**want**', '**like**', '**love**', '**need**', '**understand**' and '**believe**' are not used in Present Continuous:

- *I* want something to eat. NOT: *I'm wanting something to eat*.

- Do you need a pencil? NOT: Are you needing a pencil?

### How to form

Let's compare the forms of Present Simple and Present Continuous:

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via https://englishfull.ru/grammatika/present-simple-i-present-continuous.html



# **Adverbs of time**

Let's compare the adverbs and adverbial phrases that are used with Present Simple and Present Continuous:

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via https://englishfull.ru/grammatika/present-simple-i-present-continuous.html

Watch the video from Learn English from Nick Shepherd explaining the difference between Present Simple and Present Continuous:

See also:

Present Simple: Statements

Present Continuous: Statements