



Present Continuous Tense

The present continuous tense is used to describe an action that is unfinished or incomplete or happening at the moment of speaking.

FORM

[am/is/are + present participle]

Examples:

Positive Form

- You **are watching** TV.

Interrogative Form

- **Are you watching** TV?

Negative Form

- You **are not watching** TV.

When to Use Present Continuous Tense



USE 1 : Now

Use the Present Continuous with Normal Verbs to express the idea that something is happening now, at this very moment. It can also be used to show that something is not happening now.

Examples:

- You **are learning** English now.
- You **are not swimming** now.
- **Are you sleeping?**
- I **am not standing**.