**Present Continuous**

<http://www.englishpage.com/verbpage/presentcontinuous.html>

**FORM**

[am/is/are + present participle] / [to be + -ing]

Examples:

* You **are watching** TV.
* **Are** you **watching** TV?
* You **are not watching** TV.

|  |  |  |
| --- | --- | --- |
| **Positive** | **Negative**  | **Question**  |
| I am speaking. | I am not speaking. | Am I speaking? |
| You/We/They are speaking. | You/We/They are not speaking. | Are you/we/they speaking? |
| He/She/It is speaking. | He/She/It is not speaking. | Is he/she/it speaking? |

**USE 1 Now**



Use the Present Continuous with [Normal Verbs](http://www.englishpage.com/verbpage/types.html) 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 sitting**.
* I **am not standing**.
* **Is** he **sitting** or **standing**?
* They **are reading** their books.
* They **are not watching** television.
* What **are** you **doing**?
* Why **aren't** you **doing** your homework?