

Simple Present vs Present Continuous

A1 Level – Grammar Explanation

Name: _____ Date: _____ Score: _____

Simple Present

Use the simple present for things that are always true or happen every day.

Example	Why?
I work every day.	habit / routine
She lives in London.	always true
He likes coffee.	always true
Water boils at 100°C.	fact

Present Continuous

Use the present continuous for things happening right now or for a short time.

Example	Why?
I am working now.	happening now
She is living in London this month.	temporary
He is drinking tea today.	temporary
They are building a school.	in progress now

How to make the present continuous:

Subject + am / is / are + verb + -ing

I	am	working
He / She / It	is	working
You / We / They	are	working

Quick tip: Simple present = every day. Present continuous = right now.