Present simple and present continuous



**Stative verbs**

You usually use the present simple with verbs such as *be, like, believe, look, understand* and *know*. These verbs describe states. You rarely use them in the present continuous form:

*I understand what you mean.* ***RIGHT*** *~~I’m understanding~~ what you mean.* ***WRONG***

**Time expressions and adverbs**

You often use these adverbs and expressions with the **present simple tense**: *always, sometimes, every day, all the time*.

You often use these time expressions with the **present continuous**: *at the moment, currently, now, today.*

1. **Choose the correct forms.**
2. The Earth *has / is having* a population of 6.7 billion people.
3. The climate of the Earth *becomes / is becoming* warmer at the moment.
4. As you move towards the equator, the temperature *becomes / is becoming* warmer.
5. You live in France now but where *do you come / are you coming* from originally?
6. My family *lives / is living* in Nigeria for two years. After that we’ll move to Alaska.
7. Sorry, I can’t hear you because I *stand / ’m standing* on the platform at the train station.
8. The train *comes / is coming* into the station now. I’ll be home in ten minutes.
9. This car *never starts / is never starting* in the winter.
10. How often *do you take / are you taking* a holiday?
11. *Do you understand / Are you understanding* what I’m saying?
12. Complete the article about an internet businessman. Use the present simple or **present continuous forms of the verbs in brackets.**

***A day in the life of Simon Nixon of*** [**www.moneysupermarket.com**](http://www.moneysupermarket.com)

I normally **1** \_\_\_\_\_\_\_\_\_\_\_\_\_ (get up) at seven o’clock, but this week I **2** \_\_\_\_\_\_\_\_\_\_\_\_\_ (start) work earlier because it’s a busy period. I **3** \_\_\_\_\_\_\_\_\_\_\_\_\_ (usually arrive) at work by nine and I **4** \_\_\_\_\_\_\_\_\_\_\_\_\_ (check) my emails. Today, I **5** \_\_\_\_\_\_\_\_\_\_\_\_\_ (work) on reports on our websites because these tell me how many people **6** \_\_\_\_\_\_\_\_\_\_\_\_\_ (currently visit) our websites. For example, we **7** \_\_\_\_\_\_\_\_\_\_\_\_\_ (have) about six million visitors every month and this number **8** \_\_\_\_\_\_\_\_\_\_\_\_\_ (increase).We **9** \_\_\_\_\_\_\_\_\_\_\_\_\_ (also make) a lot of improvements to our sites at the moment. The internet business is very competitive and it **10** \_\_\_\_\_\_\_\_\_\_\_\_\_ (get) harder to stay at the top.

1. **Complete these questions for Simon. Use the present simple or present continuous forms.**
2. What time do you get up?

At seven o’clock.

1. Why \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_earlier this week?

Because it’s a busy period.

1. When \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_at work?

Around nine.

1. What \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_today?

The reports on our websites.

1. How many people \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_every month?

About 6 million.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_the number of people who visit your sites ?

Yes, it is.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_easier to stay at the top?

No it isn’t.

**Present continuous**

You can use the present continuous to talk about **arrangements in the future**:

*Paula and I* ***are getting married*** *on 1st May.*

*I’****m meeting*** *Harry tomorrow night at eight.*

1. **Write sentences about their plans for next week. Use the present continuous.**
2. I / see Anne / Monday morning

I’m seeing Anne on Monday morning.

1. I / go to the cinema / Tuesday evening

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Louise / not have lunch with Rita / Sunday

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Max / go to the beach / Friday morning

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Where / you have dinner / Wednesday evening?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Who / they meet / Monday morning?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_