

PRESENT PROGRESSIVE TENSE

to be + -ing

The **present progressive tense** is used:

- (1) for something that is happening at this precise moment,
- (2) for something that is happening now and continuing over a longer period.

Examples of (1):

I **am eating** my tea.

Are you listening?

He **is playing** football in the park.

Examples of (2):

We **are living** in a semi-detached house.

They **are studying** grammar and punctuation at school.

PAST PROGRESSIVE TENSE

The **past progressive tense** is used:

- (1) for something that was not finished when something else happened,
- (2) for something that continued for some time.

Examples of (1):

I **was eating** my tea when the phone rang.

Were you listening when I was explaining that?

He **was playing** football in the park when he fell over.

Examples of (2):

We **were living** in a semi-detached house.

They **were studying** grammar and punctuation at school.