

# PRESENT TENSE

The Present Tense is used for actions that are happening **now**, as opposed to actions that already happened in the past, or actions that will happen in the future. There are four forms of the Present Tense: 1) **Simple Present Tense**, 2) **Present Progressive Tense**, 3) **Present Perfect Tense**, and 4) **Present Perfect Progressive Tense**. Below you will find examples to help you know when you should use each of these four forms.

## SIMPLE PRESENT TENSE

The **Simple Present Tense** is used for **actions that happen over and over**.

Example: "I *play* tennis every day."

Singular	Plural
I <b>play</b>	We <b>play</b>
You <b>play</b>	You (all) <b>play</b>
He/she/it <b>plays</b>	They <b>play</b>

Simple Present Tense = **VERB or VERB + -s**.

### EXAMPLES:

1. I often *try* new things.
2. She *paints* lots of pictures.
3. We *drink* coffee every morning.

## PRESENT PROGRESSIVE TENSE

The **Present Progressive Tense** is used for **actions happening at this moment**.

Example: "I *am playing* tennis today."

Singular	Plural
I <b>am playing</b>	We <b>are playing</b>
You <b>are playing</b>	You (all) <b>are playing</b>
He/she/it <b>is playing</b>	They <b>are playing</b>

Present Progressive Tense = **am/is/are + VERB + -ing**.

## EXAMPLES:

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1. I *am cooking* dinner right now.
2. The dog *is barking* at the car very loudly.
3. My friends *are shopping* today.

## PRESENT PERFECT TENSE

The **Present Perfect Tense** is used for **actions that started in the past and are still going on.**

Example: “I *have played* soccer since I was ten years old.”

Singular	Plural
I <b>have played</b>	We <b>have played</b>
You <b>have played</b>	You (all) <b>have played</b>
He/she/it <b>has played</b>	They <b>have played</b>

Present Perfect Tense = **have/has + Past Participle (usually VERB + -ed).**

## EXAMPLES:

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1. I *have lived* in Virginia Beach my whole life.
2. Heather *has driven* the same car for the last five years.
3. We *have worked* at this office for a few months now.

## PRESENT PERFECT PROGRESSIVE TENSE

The **Present Perfect Progressive Tense** *emphasizes* that an action is happening now even though it **started in the past.**

Example: “I *have been playing* tennis all day.”

Singular	Plural
I <b>have been playing</b>	We <b>have been playing</b>
You <b>have been playing</b>	You (all) <b>have been playing</b>
He/she/it <b>has been playing</b>	They <b>have been playing</b>

Present Perfect Progressive Tense = **have/has + been + VERB + -ing.**

## EXAMPLES:

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1. I *have been watching* TV all day.
2. Jennifer *has been studying* since this morning.
3. The musicians *have been practicing* for hours.

\* This information comes from the chapter “Key 2: Verb Tenses, Present,” in *Keys to Teaching Grammar to English Language Learners: A Practical Handbook*, by Keith S. Folse.

PRACTICE NOW