

Present Simple or Present Continuous - Comparison

What is the difference between the present simple and present continuous tenses in English?

Note: The present continuous tense is also called the **present progressive** tense.

This table gives a summary of the main differences.

Present Simple	Present Continuous
Facts and things that are generally true • Cows eat grass.	Actions that are happening at the moment of speaking • The cow is eating right now.
Permanent or long-term situations • David lives in the town centre.	Temporary or changing situations • David is living with his sister at the moment. • Oil prices are increasing.
Habits or things that happen regularly • I always go to the gym. • Students often complain.	Changing habits or annoying/negative habits • I'm going to the gym more often now. • Students are always complaining.
Timetables or schedules • The shop opens at 10 am tomorrow.	Fixed future plans or arrangements • I'm seeing my sister on Saturday.
Stative verbs (primarily used in simple tenses) • I own a coat.	Dynamic verbs (used in simple and continuous tenses) • I'm buying a coat.

Note: There are many other uses of the present simple and the present continuous.

Full explanation of the present simple: learnenglishgrammar.com/present-simple-use/

Full explanation of the present continuous: learnenglishgrammar.com/present-continuous-use/