

Present Simple and 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
<p>Facts and things that are generally true</p> <ul style="list-style-type: none"> • Cows eat grass. 	<p>Actions that are happening at the moment of speaking</p> <ul style="list-style-type: none"> • The cow is eating right now.
<p>Permanent or long-term situations</p> <ul style="list-style-type: none"> • David lives in the town centre. 	<p>Temporary or changing situations</p> <ul style="list-style-type: none"> • David is living with his sister at the moment. • Oil prices are increasing.
<p>Habits or things that happen regularly</p> <ul style="list-style-type: none"> • I always go to the gym. 	<p>Changing habits or annoying/negative habits</p> <ul style="list-style-type: none"> • I have more muscle because I'm going to the gym more often. • Students are always complaining.
<p>Timetables or schedules</p> <ul style="list-style-type: none"> • The shop opens at 10 am tomorrow. 	<p>Fixed future plans or arrangements</p> <ul style="list-style-type: none"> • I'm seeing my sister on Saturday.
<p>Stative verbs</p> <ul style="list-style-type: none"> • I own a coat. 	<p>Dynamic verbs <i>(used in simple and continuous tenses)</i></p> <ul style="list-style-type: none"> • I'm buying a coat.

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/