

## What is Alba doing?

Present Continuous  
be + verbing

We can use the present continuous to talk about what we are doing now: *in the moment of speaking*.

To make a present continuous we use the verb BE (am/is/are) and the verb+ing.  
*For example:* 1. I am reading. 2. Peter is sleeping. 3. The children are eating.

- When a verb end in -e, drop the 'e'.  
*For example:* bake + ing = baking.
- When a one-syllable verb ends in vowel (a,e,i,o,u) + consonant, double the final consonant and add "-ing".  
*For example:* "sit + ing = sitting".



1. Put the sentences below into the *Present Continuous*:

The Verb BE

I am

you are

he/she/it is

we are

you are

they are

1. Peter and Jack **are riding** (ride) their bike.
2. "Sorry, Emily can't come out to play. She **is sleeping** (sleep)."
3. The dog **is biting** (bite) his bone.
4. The children **are sitting** (sit) on the floor.
5. The cats **are drinking** (drink) their milk.
6. Jane **is playing** (play) video games with her brother.
7. Diana and Vicky **are cooking** (cook) fish.
8. "You **are eating** (eat) all of the chocolates!"
9. Jack **is driving** (drive) too fast.
10. We **are swimming** (swim) in the swimming pool.
11. We **are watching** (watch) TV.
12. I **am singing** (sing) in the shower.



2. What are the people below doing? Put the sentences into Present Continuous:  
For example: Jane is brushing her teeth.

- do yoga    walk    water plants    cook food    do the laundry
- have a shower    have breakfast    brush her teeth    get up

1. Jane is brushing her teeth.



2. Emily is getting up.



3. Anne is doing yoga.



4. Jennifer is doing the laundry.



5. Peter is cooking.



6. Alice is having breakfast.



7. Joe and Vanessa are walking.



8. John is having a shower.



9. Paul is watering plants.



 3. It's Saturday. Alba is meeting Jack in London for their first date. Look at Alba's day plan and answer the questions below:

7:30 am Get up	2:40 pm Do the laundry
7:15 am Brush my teeth	4:00pm Buy a train ticket for London on the internet
7:30 am Do yoga	5:15 pm Pack backpack and get dressed
08:00 am Have breakfast	5:45 pm walk to the train station
10:20 am Watch favourite TV show	6:05 pm Get the train to London
12:00 pm Cook lunch , water plants	7:00 pm Meet Jack at Café Paris!!

1. It's noon. What is Alba doing? **She is cooking lunch and watering plants.**
2. It's four o'clock in the afternoon. What is Alba doing? **She is buying a train ticket for London on the internet.**
3. It's half past seven in the morning. What is Alba doing? **She is getting up.**
4. It's five past six in the evening. What is Alba doing? **She is getting the train to London.**
5. Alba is walking to the train station. What time is it? **It is quarter to six in the evening.**
6. Alba is getting dressed. What time is it? **It is quarter past five in the afternoon.**
7. Alba is brushing her teeth. What time is it? **It is quarter past seven in the morning.**
8. Alba is doing yoga. What time is it? **It is half past seven in the morning.**
9. Alba is doing laundry. What time is it? **It is twenty to three in the afternoon.**
10. Alba is meeting Jack. What time is it? **It is seven o'clock in the evening.**

Learn about Present Simple and find out how Jack and Alba's date went on the next worksheet: *3. Jack & Alba: The First Date.*