

Present Simple



Timeless / Permanent

E.g. The earth orbits the sun.

Present Continuous



Time-restricted

E.g. Look! The earth is now orbiting the sun!



Habitual Actions

E.g. I go swimming every day.



Temporariness

E.g. I am swimming at this moment.



State (Use Stative Verb)

E.g. She is in Year 3.



Ongoing Movement (Dynamic Verbs)

E.g. She is studying at St. Peter School now.



Immediacy / Urgency

E.g. You call the police!



Complaint

E.g. You are always talking too much!