PRESENT PROGRESSIVE

FORM



✨ GOLDEN GRAMMAR FORMULA ✨

Subject + am / is / are + verb-ing

🙋 I	→	am + verb-ing
🧑 He / She / It	→	is + verb-ing
👥 You / We / They	→	are + verb-ing

💡 Printing Tip: Print on A4 in colour & laminate for sentence-race & ball-passing games!

PRESENT PROGRESSIVE

USAGE

HAPPENING RIGHT NOW



An action happening now or around the present time.

Right This Second

The action is happening right before your eyes at this exact moment!

Around Now

An ongoing project or activity happening these days or this week.

PRESENT PROGRESSIVE

KEYWORDS

SPOT THE TIME CLUES!

These words tell you it's Present Progressive

Look for these 6 signal words in a sentence:

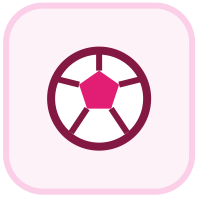
- now
- right now
- at the moment
- currently
- Look!
- Listen!

PRESENT PROGRESSIVE

EXAMPLES

1.  I **am studying** now.

2.  She **is reading** a book.

3.  They **are playing** football.

PAST PROGRESSIVE

FORM



GOLDEN GRAMMAR FORMULA

Subject + was / were + verb-ing

I / He / She / It	→	was + verb-ing
You / We / They	→	were + verb-ing

PAST PROGRESSIVE

🎯 USAGE

⏳ IN PROGRESS IN THE PAST



An action in progress at a particular time in the past or interrupted by another action.

🕐 Exact Time in the Past

Happening at a specific past hour (e.g., at 8 p.m. yesterday).

⚡ Interrupted Action

A longer past action in progress when a shorter action happened.

PAST PROGRESSIVE

KEYWORDS

PAST TIME SIGNALS!

Clues for ongoing & interrupted past actions

Look for these 5 signal words & phrases:

- while
- as
- when
- this time yesterday
- at 7 o'clock yesterday

PAST PROGRESSIVE

EXAMPLES

1.  I **was watching** TV **at 8 p.m.**

2.  She **was cooking** **when** I arrived.

3.  They **were playing** tennis **yesterday afternoon**.

PRESENT PERFECT PROGRESSIVE

FORM

Subject + has / have + been + verb-ing

✨ GOLDEN GRAMMAR FORMULA ✨

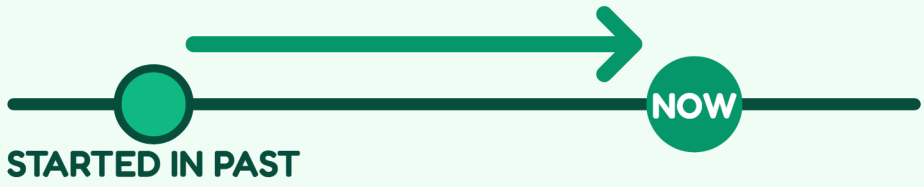
Subject + has / have + been + verb-ing

- 🧑 He / She / It → has + been + verb-ing
- 👥 I / You / We / They → have + been + verb-ing

PRESENT PERFECT PROGRESSIVE

USAGE

STILL CONTINUING TO NOW!



An action that **started in the past** and is **still continuing**, or has recently stopped with a **present result**.

Still Continuing

Started earlier (for 2 hours / since morning) and continues right now.

Present Result

Just stopped, and you can still see the result right now!

PRESENT PERFECT PROGRESSIVE

KEYWORDS

DURATION & SINCE CLUES!

Words that show HOW LONG an action lasts

Look for these 6 duration signal words:

- for
- since
- all day
- recently
- lately
- how long

PRESENT PERFECT PROGRESSIVE

EXAMPLES

1.  I **have been studying** for two hours.

2.  She **has been working** since morning.

3.  They **have been playing** all afternoon.

FUTURE PROGRESSIVE

FORM

Subject + will + be + verb-ing

GOLDEN GRAMMAR FORMULA

Subject + will + be + verb-ing

All Subjects → will + be + verb-ing

I / You / He / She / It / We / They all use will be + verb-ing!

FUTURE PROGRESSIVE

🎯 USAGE

🚀 IN PROGRESS IN THE FUTURE!



An action that will be in progress at a particular time in the future.

🔮 Future Snapshot

Imagine looking at a clock tomorrow—what action will be happening then?

✈️ Planned Ongoing Action

An activity already in progress at a specific future moment.

FUTURE PROGRESSIVE

KEYWORDS

FUTURE TIME MARKERS!

Clues pointing to a specific time in the future

🚀 **Look for these 4 future time phrases:**

- this time tomorrow
- at 8 tomorrow
- this time next week
- at that time

FUTURE PROGRESSIVE

EXAMPLES

1. 

I **will be travelling** tomorrow morning.

2. 

She **will be studying** at 8 p.m.

3. 

They **will be playing** football this time tomorrow.