



PRESENT CONTINUOUS PAST CONTINUOUS & FUTURE CONTINUOUS



I **am playing**
tennis with my
best friend.



He **was practicing**
extreme sports when
he hit his head.



At noon, my sister
will be finishing
her baseball match.

Verbs (Regular & Irregular)

REGULAR VERBS	IRREGULAR VERBS
E.g.	E.g.

**Think about some verbs you can use when you are talking
about SPORTS.**

Present Continuous, Past Continuous & Future Continuous

Differences

PRESENT CONTINUOUS

- Indicates an **action that is going on at that moment** (time of speaking or writing).
- To talk about **future arrangements**

- I **am playing** soccer with my friend tomorrow.
- She **is running** in the marathon in this moment.
- **Are** they jumping the rope?

My sentence

PAST CONTINUOUS

- Indicates an **action that was going on in the past.**

- I **was playing** soccer with my friend.
- She **was running** in the marathon.
- **Were** they jumping the rope?

My sentence

FUTURE CONTINUOUS

- Indicates an **action that will be going on in the future** or certain to happen in the future.

- I **will be playing** soccer with my friend tomorrow.
- She **will be running** in the marathon.
- **Will** they **be jumping** the rope?

My sentence

Present Continuous, Past Continuous & Future Continuous

Affirmative (+)
Negative (-)
Interrogative (?)

PRESENT CONTINUOUS

[AFFIRMATIVE]

S + am / is / are +
verb -ing + C

[NEGATIVE]

S + am / is / are + not
verb -ing + C

[INTERROGATIVE]

Am / Is / Are + S +
verb -ing + C ?

PAST CONTINUOUS

[AFFIRMATIVE]

S + was / were +
verb -ing + C

[NEGATIVE]

S + was / were + not
verb -ing + C

[INTERROGATIVE]

Was / Were + S +
verb -ing + C ?

FUTURE CONTINUOUS

[AFFIRMATIVE]

S + will + be +
verb -ing + C

[NEGATIVE]

S + will + not + be +
verb -ing + C

[INTERROGATIVE]

Will + S + be +
verb -ing + C ?

is not = isn't are not = aren't

was not = wasn't were not = weren't

will not = won't

Present Continuous, Past Continuous & Future Continuous

Exercise 1

1. practicing / you / ? / What / are / now
2. They / playing / be / at / will / basketball / . / time / this
3. knee / She / fell / running / she / fast / hurt / and / . / her / was / until
4. you / Will / competing / night / ? / be / tomorrow
5. not / We / the / were / the / ball / arrived / . / coach / kicking / when

Exercise 1: Unscramble words to create sentences.

Present Continuous, Past Continuous & Future Continuous

Exercise 2

PRESENT CONTINUOUS

PAST CONTINUOUS

FUTURE CONTINUOUS

1. (+)

1. (-)

1. (?)

2. (-)

2. (?)

2. (+)

3. (?)

3. (+)

3. (-)

4. (+)

4. (-)

4. (?)

5. (-)

5. (?)

5. (+)

Exercise 2: When you get the sentences of exercise 1, change them into present continuous, past continuous and future continuous.

Present Continuous, Past Continuous & Future Continuous

Exercise 3

PRESENT CONTINUOUS	PAST CONTINUOUS	FUTURE CONTINUOUS

Exercise 3: Write 3 small paragraphs about Sports.
(Paragraph 1 Present Continuous, Paragraph 2 Past Continuous, Paragraph 3 Future Continuous)

Present Continuous, Past Continuous & Future Continuous

Present
Continuous
Past
Continuous
& Future
Continuous
(SUMMARY)

PRESENT CONTINUOUS

[AFFIRMATIVE]

S + am / is / are +
verb -ing + C

[NEGATIVE]

S + am / is / are + not
verb -ing + C

[INTERROGATIVE]

Am / Is / Are + S +
verb -ing + C ?

PAST CONTINUOUS

[AFFIRMATIVE]

S + was / were +
verb -ing + C

[NEGATIVE]

S + was / were + not
verb -ing + C

[INTERROGATIVE]

Was / Were + S +
verb -ing + C ?

FUTURE CONTINUOUS

[AFFIRMATIVE]

S + will + be +
verb -ing + C

[NEGATIVE]

S + will + not + be +
verb -ing + C

[INTERROGATIVE]

Will + S + be +
verb -ing + C ?

is not = isn't are not = aren't

was not = wasn't were not = weren't

will not = won't

THANKS!

