

Present and Past Progressive

Some verbs work in pairs.

Look at the following sentences:

Veronica **walks** to school. (Simple Present – this describes actions that happen regularly)

Veronica **walked** to school. (Simple Past – describing an action that has already happened)

Veronica **is walking** to school. (Present Progressive – describing an action happening now)

Veronica **was walking** to school. (Past Progressive – describing an action that happened over a period of time in the past)

Four sentences in the **third person** (describing someone else) in four different **tenses**.

Here are the sentences again in the **first person**.

I walk to school.

I walked to school.

I am walking to school.

I was walking to school.

In the last two sentences in each set, two verbs are needed:

The verb “to be” works alongside the verb “to walk”.

The verb “to be” changes depending on the **person**.

Look at the table below:

	Person	Present Tense	Past Tense
singular	I	am	was
	he/she/it	is	was
	you	are	were
plural	we	are	were
	you	are	were
	they	are	were

We use the verb “to be” alongside the main verb (with **ing** on the end) to form the present progressive and the past progressive tense.

For example:

Present progressive

Past progressive

She is eating.

She was eating.

I am eating.

I was eating.

The cows are eating.

The cows were eating.

YOUR LEARNING

Identify the progressive tense in the sentences below.

Write whether each sentence is past or present progressive.

The first one is completed as an example.

Past/Present Progressive

1. Alien ships were hovering in the upper atmosphere. past
2. The strange object is emitting a low pitched humming sound.
3. Robots are completing many tasks formerly done by humans.
4. I am taking one small step for man.
5. They were watching the alien craft on the monitor.