

**New Elementary 3**  
**Unit 1, Lesson A: Grammar**  
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## **The Difference between the Simple Present and the Present Progressive**

Progressive = Continuous

### **The Simple Present Tense**

➔ **Routines = what we do every day**

*I get up at 6:00 every day.*

*Mr. Roberts goes to work by bus every day.*

➔ **Habits = what we usually like to do**

*Tom smokes a lot.*

*They usually arrive at work in time.*

➔ **Facts = truth**

*The sun rises in the east and sets in the west.*

*Some birds migrate from cold areas to warm areas in winter.*

### **The Present Progressive Tense**

➔ **An Action Happening Right Now**

*Sally is watching TV now.*

*They are eating lunch at the moment.*

➔ **An Action Happening These Days**

*They are building a house these days.*

*Joe is designing a new website these days.*

Source:

[New Elementary 3 \(anglophone.ir\)](http://NewElementary3(anglophone.ir))