Present simple vs. Present continuous

TENSE	AFFIRMATIV E	NEGATIVE	INTERROGATIVE	ADVERBS AND EXPRESSIONS
PRESENT	I play football He play <u>s</u> football	I do not / don't play football He do <u>es</u> not / doesn't play football	Do I play football? Do <u>es</u> he play football?	sometimes never always often rarely everyday on+day of the week at weekends
PRESENT CONTINUOUS	I am playing football He is playing football	I am not / I'm not playing football He is not / isn't playing football	Am I intelligent? Is he intelligent?	now right now at the moment today

Don't forget the auxiliary in the present simple: DO / DOES

Don't forget the verb TO BE in the present continuous: AM / IS /ARE