Present Continuous 1 (right now) (am, is, are)

Singu I	llar (1) am	watching TV	combing hair {my,your,his,her}	get <u>ting</u> up
You	are			
He She It	is is is	eating breakfast	brushing teeth	reading
11	15		{my,your,nis,ner}	
Plural (2,3) We are		coming home	get <u>ting</u> dressed	going to bed
You They	are are	cooking dinner	getting undressed	taking a shower

Present Continuous 1 (right now) (am, is, are)

Singular (1) I	watching TV	combing hair {my,your,his,her}	get <u>ting</u> up
You He She It	eating breakfast	brushing teeth {my.your,his,her}	reading
Plural (2,3) We	coming home	get <u>ting</u> dressed	going to bed
You They	cooking dinner	get <u>ting</u> undressed	taking a shower