Aspect: (dokonavy a nedokonavy vid)

In the present tense, we ***almost always*** use the present simple.

They use email.

You can only use present continuous if you can put “right now” or something with the same meaning into the sentence.

 They *are using* email right now.

In the past tense, we almost always use the past simple ☺

They didn’t prepare for their classes. ☺

☹ ~~They weren’t preparing for their classes.~~

Use the past continuous ONLY as a background tense for the past simple:

 They were eating **when I arrived**.

 They were skiing **when suddenly a bear jumped out of the woods and ate them.**

 They were crying **when their mother arrived.**

 They were playing the piano **when their prof. jumped off the bridge and died.**