



Name: _____

Date: _____

Present and Past Continuous Tenses Classwork

A. Present Continuous: Exercise

Complete the following sentences with the verb in brackets in the present continuous tense.

1. At the moment, she is staying (stay) with her friends in Kowloon.
2. Look! I am balancing (balance) this tray of drinks on my head!
3. We are having (have) a meeting after school today.
4. My grandfather is shrinking (shrink) as he gets older.
5. My parents are always moaning (always moan) about work.

B. Present Continuous: Proofreading Exercise

Which of the following sentences using the present continuous tense are incorrect?

1. Whenever I get a good grade, my parents are rewarding me. ✗
reward
2. On Tuesdays, I am playing tennis. ✗
play
3. She is living in Hong Kong for her whole life. ✗
lives
4. I can't talk right now - I'm eating my dinner. ✓
5. I am taking my piano exam next week. ✓

C. Past Continuous: Exercise

Complete the following sentences with the verb in brackets in the present continuous tense.

1. At 4pm on Wednesday, I was visiting (visit) my grandparents.
2. While you were working (work), we were planning (plan) a surprise party for you!
3. They were practising (practise) their presentation when the teacher interrupted them.
4. Yesterday, she was sleeping (sleep) all day.

D. Past Continuous: Proofreading Exercise

Which of the following sentences using the present continuous tense are incorrect?

- 1 While I **was living** in New Zealand, a big earthquake **happened** **was happening**. ✗
- 2 While the sun **was shining**, we **were sunbathing** outside. ✓
- 3 At 4pm, Sarah **was looking** out of the window. ✓
- 4 Yesterday, we **were** **was** playing outside all day. ✗
- 5 George **was crying** when I came into the room. ✓

E. Present and Past Continuous: Mixed Exercise

Complete the following sentences with the verb in brackets, using the present continuous or the past continuous tense.

1. Please turn down the music, as I am trying to read.
2. While I am in Hong Kong, I am staying with a host family.
3. This time last year, you were lying in a hospital bed.
4. The traffic situation in Hong Kong is getting worse.
5. Sorry, when you were talking, I was not listening.
6. Sorry, but I can't make it to your party. I am going to bed early tonight.
7. My parents are always worrying about me when I'm out with my friends.
8. I was/am thinking about my problems all night.
9. Jenny was relaxing in the garden when her little brother sprayed her with the garden hose.
10. Hurry! She is driving away right now!