MET Education Name: _____ Date: _____

FREE GRAMMAR PRACTICE · FORMS 1–3

The Past Continuous

An action in progress at a time in the past: was / were + -ing



Form	Example
was / were + verb-ing	At 8 pm, we **were having** dinner.
long action + short action	I **was cooking** when the phone **rang**.
two long actions	**While** Mum **was reading**, Dad **was washing** up.

PART A Fill in

Fill in the past continuous form of the verb in brackets.

1. At 10 o'clock last night, Ben _____ (sleep).
2. The children _____ (play) in the park when it started to rain.
3. What _____ (you / do) at 7 pm yesterday?
4. Lucy _____ (not listen) when the teacher asked her a question.

PART B Past continuous or simple past?

For each item, use the past continuous for the action already in progress and the simple past for the shorter event.

1. Paul _____ (walk) home when he _____ (see) an accident.
2. While Amy _____ (do) her homework, the lights _____ (go) out.
3. I _____ (break) my arm while I _____ (ski).
4. When the bell _____ (ring), we _____ (eat) our lunch. We had already started eating.

PART C Join

Join the two sentences with the word in brackets.

1. Tom was cycling. He fell off his bike. (when)

_____

Answers **A** 1 was sleeping · 2 were playing · 3 were you doing · 4 was not listening / wasn't listening **B** 1 was walking; saw · 2 was doing; went · 3 broke; was skiing · 4 rang; were eating **C** 1 Tom was cycling when he fell off his bike. / Tom fell off his bike when he was cycling.

Want more practice? Tense Booklet 5 – Past Continuous has short notes, many more exercises and an answer key. It is one of ten **Single-Tense Booklets**. **myenglishtutorhk.com**

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