

English Teaching Worksheets

Name: _____

Date: _____

Past Continuous Exercises

Part 1: Complete the sentences. Choose from the words in the box.

was studying was singing was sleeping were playing were laughing
was cooking were talking was reading was driving were having

1. I was studying when the phone rang.
2. She _____ dinner while I was watching TV.
3. They _____ football in the park when it started raining.
4. He _____ a book while she was taking a nap.
5. We _____ a picnic when the birds suddenly flew away.
6. The children _____ and playing games at the birthday party.
7. While I _____ home, I saw a beautiful sunset.
8. They _____ loudly in the library, disturbing everyone around them.
9. She _____ a song when her voice cracked.
10. He _____ soundly when the alarm went off.

Part 2: Match the beginnings and ends of the sentences.

- | | |
|--|--|
| 1. The teacher was explaining the lesson ____ | a. while I was cleaning my room. |
| 2. We were walking in the forest ____ | b. while the students were taking notes. |
| 3. I was listening to music ____ | c. while I was trying to concentrate on my book. |
| 4. They were dancing on the stage ____ | d. when I realized I forgot to add salt. |
| 5. While he was jogging, ____ | e. when we heard a strange noise. |
| 6. She was typing on her computer ____ | f. when it arrived. |
| 7. We were waiting for the bus ____ | g. while his sister was playing the piano. |
| 8. They were arguing about the movie plot ____ | h. when the screen froze. |
| 9. I was enjoying my meal ____ | i. when the lights went out. |
| 10. He was practicing the guitar ____ | j. he tripped and fell down. |

Part 3: Put the verb into the correct form, past continuous or past simple.

1. The children were playing in the park when it started getting dark.

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2. They _____ (hike) in the mountains when they _____ (spot) a rare bird.
3. _____ (you/go) to the movie theater yesterday? Yes. The movie was great!
4. While I was at the supermarket, I _____ (buy) eggs, milk, and fruit.
5. She _____ (jog) in the park when she _____ (twist) her ankle.
6. I _____ (eat) breakfast at 7 o'clock this morning. While _____ (eat), I _____ (knock) over a glass of milk.
7. I _____ (enjoy) a cup of tea when the doorbell _____ (ring).
8. While I _____ (walk) in the park, I _____ (see) a family of ducks swimming in the pond.
9. What _____ (you/do) last weekend? I _____ (play) football with some friends and then we _____ (have) dinner together.
10. The power _____ (go) out when they _____ (play) video games.

Part 4: Write five sentences using the past continuous tense.

1. _____

2. _____

3. _____

4. _____

5. _____
