

### 1 Write the correct words in the sentences.

- Adam was training for the football team today.  
A was                      B were                      C are
- They \_\_\_\_\_ tennis yesterday afternoon.  
A playing                B were playing            C was playing
- What \_\_\_\_\_ Tina and Lara doing this morning?  
A were                      B was                        C is
- The coach \_\_\_\_\_ watching the match on TV.  
A wasn't                    B weren't                    C were
- Were you \_\_\_\_\_ with your trainer after school?  
A worked out            B working out            C work out
- They were \_\_\_\_\_ at the lake all last summer.  
A windsurf                B windsurfing            C boxing

### 2 Complete the sentences with the positive form of the verbs in the box in the past continuous.

climb    do    lose    take part    watch    win

- Manchester United was winning 1-0, but then the other team scored at the last minute.
- My brother \_\_\_\_\_ in the mountains when he slipped and broke his leg.
- I \_\_\_\_\_ a stunt on my bike, but there was a problem with the gears and I fell off!
- They \_\_\_\_\_ in an athletics competition last weekend.
- Everyone at the football club \_\_\_\_\_ the World Cup final on TV when there was a power cut!
- The boys \_\_\_\_\_ the volleyball match, and then Tom scored the winning point.

### 3 Write negative sentences in the past continuous.

- Mia / run / marathon  
\_\_\_\_\_ *Mia wasn't running a marathon.*
- He / wear / knee guards / for cycling  
\_\_\_\_\_
- You / jog / rain / this morning  
\_\_\_\_\_
- rugby team / lose / match  
\_\_\_\_\_
- Rafael Nadal / play / Wimbledon / 2016  
\_\_\_\_\_
- We / swim / the competition  
\_\_\_\_\_

### 4 Write past continuous questions. Then write answers with the sports and *play, go or do*.

- What / Mark / do                      swimming (✓)    rugby (✗)  
\_\_\_\_\_ *What was Mark doing* \_\_\_\_\_?  
*He was going swimming. He wasn't playing rugby.*
- What / Sophia / do                      climbing (✓)    surfing (✗)  
\_\_\_\_\_?  
\_\_\_\_\_
- What / the boys / do                      boxing (✓)    cycling (✗)  
\_\_\_\_\_?  
\_\_\_\_\_
- What / the girls / do                      athletics (✓)    squash (✗)  
\_\_\_\_\_?  
\_\_\_\_\_
- What / the coach / do                      volleyball (✓)    tennis (✗)  
\_\_\_\_\_?  
\_\_\_\_\_

### 5 Write the missing words. Draw an arrow to show where they should be placed.

- The programme on the sports channel  
↑ about the history of boxing.                      was
- Lakeside School visited our school  
because we holding a football  
tournament.                      \_\_\_\_\_
- I riding a horse at the equestrian club  
when my mum arrived early to pick  
me up.                      \_\_\_\_\_
- When the teacher called my name  
I speaking to another girl in class.                      \_\_\_\_\_
- We knew the ice hockey game was  
to be exciting.                      \_\_\_\_\_

### 6 Complete the conversation with the correct form of the verbs in the box in the past continuous.

do    play    practise    train    work out

- Chris:** I texted you after school, but you didn't reply.  
What <sup>1</sup> were you doing? (?)
- Liam:** Sorry! I <sup>2</sup> \_\_\_\_\_ at the athletics club. (✓)
- Chris:** <sup>3</sup> \_\_\_\_\_ you \_\_\_\_\_ for a competition? (?)
- Liam:** No, we <sup>4</sup> \_\_\_\_\_ with our coach to get fit for next season. (✓)
- Chris:** I <sup>5</sup> \_\_\_\_\_ rugby after school because the match was cancelled - that's why I texted you! (✗)

### 1

- 1 was
- 2 were playing
- 3 were
- 4 wasn't
- 5 working out
- 6 windsurfing

### 2

- 1 was winning
- 2 was climbing
- 3 was doing
- 4 were taking part
- 5 were watching
- 6 were losing

### 3

- 1 Mia wasn't running a marathon.
- 2 He wasn't wearing knee guards for cycling.
- 3 You weren't jogging in the rain this morning.
- 4 The rugby team wasn't losing the match.
- 5 Rafael Nadal wasn't playing in Wimbledon in 2016.
- 6 We weren't swimming in the competition.

### 4

- 1 What was Mark doing?  
He was going swimming. He wasn't playing rugby.
- 2 What was Sophia doing?  
She was going climbing. She wasn't going surfing.
- 3 What were the boys doing?  
They were doing boxing. They weren't going cycling.
- 4 What were the girls doing?  
They were doing athletics. They weren't playing squash.
- 5 What was the coach doing?  
He was playing volleyball. He wasn't playing tennis.

### 5

- 1 was The programme on the sports channel ↑ about the history of boxing.
- 2 were (holding) Lakeside School visited our school because we ↑ holding a football tournament.
- 3 was (riding) I ↑ riding a horse at the equestrian club when my mum arrived early to pick me up.
- 4 was (speaking) When the teacher called my name I ↑ speaking to another girl in class.
- 5 was (going) We knew the ice hockey game was ↑ to be exciting.

### 6

- 1 were, doing
- 2 was training / was working out / was practising
- 3 Were, practising / Were, training
- 4 were working out / were training / were practising
- 5 wasn't playing