

1 Choose the correct words to complete the sentences.

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

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

- Manchester United *was winning* 1–0, but then the other team scored at the last minute. (win)
- My brother in the mountains when he slipped and broke his leg. (climb)
- I a stunt on my bike, but there was a problem with the gears and I fell off! (do)
- They in an athletics competition last weekend. (take part)
- We the World Cup final on TV when there was a power cut! (watch)
- The boys the volleyball match, and then Tom scored the winning point. (lose)

3 Write the sentences in the negative.

- Mia was running a marathon.
..... *Mia wasn't running a marathon.*
- He was wearing knee guards for cycling.
.....
- You were jogging in the rain this morning.
.....
- The rugby team was losing the match.
.....
- Rafael Nadal was playing at Wimbledon in 2016.
.....
- We were swimming in the competition.
.....

4 Look at the list of sports and write past continuous sentences with *play, go* or *do*.

- | | | |
|------------------------------|------------|---------|
| | ✓ | x |
| 1 What was Mark doing? | swimming | rugby |
| | | |
| | | |
| 2 What was Sophia doing? | climbing | surfing |
| | | |
| | | |
| 3 What were the boys doing? | boxing | cycling |
| | | |
| | | |
| 4 What were the girls doing? | athletics | squash |
| | | |
| | | |
| 5 What was the coach doing? | volleyball | tennis |
| | | |
| | | |

5 Choose the correct words in the sentences.

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

6 Complete the conversation with the correct form of the past continuous.

Chris: I texted you after school, but you didn't reply. What ¹ *were* you *doing* ? (do)

Liam: Sorry! I ² at the athletics club. (train)

Chris: ³ you for a competition? (practise)

Liam: No, we ⁴ with our coach to get fit for next season. (work out)

Chris: I ⁵ rugby after school because the match was cancelled. That's why I texted you! (not play)

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 at Wimbledon in 2016.
- 6 We weren't swimming in the competition.

4

- 1 *He was going swimming. He wasn't playing rugby.*
- 2 She was going climbing. She wasn't going surfing.
- 3 They were doing boxing. They weren't going cycling.
- 4 They were doing athletics. They weren't playing squash.
- 5 He was playing volleyball. He wasn't playing tennis.

5

- 1 was
- 2 were holding
- 3 was riding
- 4 was speaking
- 5 was

6

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