

Past Continuous

A1 Beginner

Student Worksheet

Name: _____

Date: _____

Score: ____ / 56

Exercise 1 — True or False? (8 points)

Read each statement. Write **True** or **False**.

1. The Past Continuous is formed with was / were + verb-ing.

Answer: _____

2. We use "was" with you, we, and they.

Answer: _____

3. The Past Continuous describes what was happening at a specific moment in the past.

Answer: _____

4. To make a question, we put the subject before was / were.

Answer: _____

5. "She was makeing dinner" is spelled correctly.

Answer: _____

6. "They were playing football" is a correct Past Continuous sentence.

Answer: _____

7. The negative of "I was sleeping" is "I wasn't sleeping".

Answer: _____

8. Running is the correct -ing form of run.

Answer: _____

Exercise 2 — Multiple Choice (8 points)

Choose the correct form. Circle your answer.

1. At 7pm yesterday, I ____ dinner.

(was making / were making / making)

2. They ____ football when it started to rain.

(were playing / was playing / played)

3. ____ she sleeping when you called?

(Was / Were / Did)

4. He ____ listening to music — he had his headphones on.

(was / were / is)

5. We ____ watching TV at midnight.

(weren't / wasn't / didn't)

6. What ____ you doing at 3pm?

(were / was / did)

7. She ____ (write) in her diary when I arrived.

(was writing / were writing / was writeing)

8. ____ they waiting outside? — Yes, they ____.

(Were / were — Was / was — Did / did)

Exercise 3 — Matching (8 points)

Match each sentence (1–8) to the correct description (a–h). Write the letter.

Sentences	Descriptions
1. I was reading a book at 9pm. ____	A. A positive sentence about an action in progress at a past moment.
2. She wasn't working yesterday afternoon. ____	B. A negative sentence about an action that was not happening.
3. Were you sleeping when I called? ____	C. A yes/no question about a past action in progress.
4. What were they doing at lunchtime? ____	D. A wh- question asking about a past action.
5. He was running in the park this morning. ____	E. A positive sentence about an action happening at a specific past time.
6. We weren't watching TV — we were talking. ____	F. A negative sentence contrasting two activities.
7. Was it raining when you left? ____	G. A yes/no question about weather or conditions in the past.
8. They were all laughing when I walked in. ____	H. A positive sentence describing a scene in the past.

Exercise 4 — Gap Fill (8 points)

Choose the correct Past Continuous form from the brackets.

1. At 6pm, ____ dinner.

(she was cooking / she were cooking / she cooking)

2. ____ football in the park at noon.

(They were playing / They was playing / They playing)

3. I ____ — I was very tired.

(was sleeping / were sleeping / slept)

4. ____ you studying when I called you?

(Were / Was / Did)

5. He ____ to music — he was reading.

(wasn't listening / weren't listening / didn't listening)

6. What ____ doing at 10 o'clock last night?

(were they / was they / did they)

7. The children ____ in the garden all afternoon.

(were playing / was playing / are playing)

8. She ____ her phone when I saw her.

(was using / were using / was use)

Exercise 5 — Word Order (8 points)

Put the words in the correct order to make a sentence.

1. reading / was / at / I / 9pm

2. not / listening / She / was

3. sleeping / Were / ? / you

4. in / were / the / They / garden / playing

5. not / working / He / yesterday / was

6. doing / What / ? / you / were

7. dinner / We / having / at / were / 7pm

8. raining / Was / when / it / left / you / ?

Exercise 6 — Word Sort (8 points)

Write each sentence in the correct column of the table below.

Word bank: I was eating lunch at noon. | We were watching a film. | The dog was sleeping on the sofa. | She wasn't working on Friday. | I wasn't feeling well. | He wasn't paying attention. | Were they playing outside? | Was she cooking dinner? | What were you doing? | He were sleeping all morning. | They was talking in the kitchen. | She was writeing a letter.

Positive	Negative	Question	Incorrect Form
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Exercise 7 — Complete the Conversation (8 points)

Choose the correct form from the brackets.

A: Hi! I called you earlier. I ____ a shower. Sorry!

(was having / were having / had)

B: No problem! What ____ this morning?

(were you doing / was you doing / did you do)

A: I ____ for my exam.

(was studying / were studying / studied)

B: ____ your brother studying too?

(Were / Was / Did)

A: No, he ____ studying — he was playing video games!

(wasn't / weren't / didn't)

B: And at 8pm last night, ____ that new show?

(were you watching / was you watching / did you watch)

Past Continuous — ANSWER KEY

A1 Beginner

TEACHER ANSWER KEY — Do not distribute to students

Exercise 1 — True or False?

1. The Past Continuous is formed with was / were + verb-ing.
✓ True
2. We use "was" with you, we, and they.
✓ False
3. The Past Continuous describes what was happening at a specific moment in the past.
✓ True
4. To make a question, we put the subject before was / were.
✓ False
5. "She was makeing dinner" is spelled correctly.
✓ False
6. "They were playing football" is a correct Past Continuous sentence.
✓ True
7. The negative of "I was sleeping" is "I wasn't sleeping".
✓ True
8. Running is the correct -ing form of run.
✓ True

Exercise 2 — Multiple Choice

1. At 7pm yesterday, I ____ dinner.
✓ was making
2. They ____ football when it started to rain.
✓ were playing
3. ____ she sleeping when you called?
✓ Was
4. He ____ listening to music — he had his headphones on.
✓ was
5. We ____ watching TV at midnight.
✓ weren't
6. What ____ you doing at 3pm?

✓ were

7. She ____ (write) in her diary when I arrived.

✓ was writing

8. ____ they waiting outside? — Yes, they ____.

✓ Were / were

Exercise 3 — Matching

1. I was reading a book at 9pm.

✓ A positive sentence about an action in progress at a past moment.

2. She wasn't working yesterday afternoon.

✓ A negative sentence about an action that was not happening.

3. Were you sleeping when I called?

✓ A yes/no question about a past action in progress.

4. What were they doing at lunchtime?

✓ A wh- question asking about a past action.

5. He was running in the park this morning.

✓ A positive sentence about an action happening at a specific past time.

6. We weren't watching TV — we were talking.

✓ A negative sentence contrasting two activities.

7. Was it raining when you left?

✓ A yes/no question about weather or conditions in the past.

8. They were all laughing when I walked in.

✓ A positive sentence describing a scene in the past.

Exercise 4 — Gap Fill

1. At 6pm, ____ dinner.

✓ she was cooking

2. ____ football in the park at noon.

✓ They were playing

3. I ____ — I was very tired.

✓ was sleeping

4. ____ you studying when I called you?

✓ Were

5. He ____ to music — he was reading.

✓ wasn't listening

6. What ____ doing at 10 o'clock last night?

✓ were they

7. The children ____ in the garden all afternoon.

✓ were playing

8. She ____ her phone when I saw her.

✓ was using

Exercise 5 — Word Order

1. ✓ I was reading at 9pm

2. ✓ She was not listening

3. ✓ Were you sleeping ?

4. ✓ They were playing in the garden

5. ✓ He was not working yesterday

6. ✓ What were you doing ?

7. ✓ We were having dinner at 7pm

8. ✓ Was it raining when you left ?

Exercise 6 — Word Sort

Positive:

✓ I was eating lunch at noon.

✓ We were watching a film.

✓ The dog was sleeping on the sofa.

Negative:

✓ She wasn't working on Friday.

✓ I wasn't feeling well.

✓ He wasn't paying attention.

Question:

✓ Were they playing outside?

✓ Was she cooking dinner?

✓ What were you doing?

Incorrect Form:

✓ He were sleeping all morning.

✓ They was talking in the kitchen.

✓ She was writeing a letter.

Exercise 7 — Complete the Conversation

1. A: Hi! I called you earlier. I ____ a shower. Sorry!

✓ was having

2. B: No problem! What ____ this morning?

✓ were you doing

3. A: I ____ for my exam.

✓ was studying

4. B: ____ your brother studying too?

✓ Were

5. A: No, he ____ studying — he was playing video games!

✓ wasn't

6. B: And at 8pm last night, ____ that new show?

✓ were you watching