

Name: _____

Date: _____

Score: ____ / 56

Exercise 1 — True or False? (8 points)

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

1. The Past Continuous describes a completed action in the past.

Answer: _____

2. "I was reading" implies the action was already in progress when something else happened.

Answer: _____

3. "Just as" is used to describe two things happening at exactly the same moment.

Answer: _____

4. "I read a book last night" and "I was reading a book last night" have exactly the same meaning.

Answer: _____

5. "Still" with the Past Continuous shows an action continued longer than expected.

Answer: _____

6. The Past Continuous is always used for the shorter, interrupting action.

Answer: _____

7. "All day" can be used with the Past Continuous to show a continuous action over a long period.

Answer: _____

8. "She was working when I arrived" means she started working after I arrived.

Answer: _____

Exercise 2 — Multiple Choice (8 points)

Choose the correct form. Circle your answer.

1. She ____ her report all morning when the system crashed.

(was writing / wrote / had written)

2. Just as we ____ to leave, the host announced a surprise.

(were about / was about / are about)

3. He ____ still ____ when I knocked on his door at 7am.

(was / sleeping — were / sleeping — is / sleeping)

4. I ____ my keys while I ____ for the bus.

(lost / was waiting — was losing / waited — lost / waited)

5. At that moment, everyone ____ at the screen in silence.

(was staring / stared / were stare)

6. While the chef ____ the sauce, the waiter ____ the tables.

(was preparing / was setting — prepared / set — was preparing / set)

7. They ____ all evening — neither of them wanted to give in.

(were arguing / argued / was arguing)

8. Just as I ____ off, my alarm went off.

(was dozing / doze / were dozing)

Exercise 3 — Matching (8 points)

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

Sentences	Descriptions / Uses
1. She was still typing when everyone else had gone home.	A. An action that continued longer than expected, using "still".
2. Just as the match was starting, the floodlights failed. ____	B. Two events happening at exactly the same moment, using "just as".
3. I lost my wallet while I was travelling through the city. ____	C. A completed event interrupting a longer action.
4. He was working all day without a break. ____	D. A continuous action over a long period, using "all day".
5. While the students were taking the exam, the fire alarm went off.	E. A background action interrupted by a sudden event.
6. At that moment, the whole team was watching the final result.	F. An action in progress at a specific point in past time.
7. I read the article — it was very interesting. ____	G. A completed past action described with the Simple Past.
8. Just as she was finishing her speech, the lights went out.	H. An action almost complete when interrupted by something sudden.

Exercise 4 — Gap Fill (8 points)

Choose the correct form from the brackets.

1. I ____ my coffee when I noticed there was something wrong.

(was drinking / drank / were drinking)

2. Just as they ____ to leave, the manager called them back.

(were about / was about / had been)

3. She ____ all evening — she had a huge deadline the next morning.

(was working / worked / were working)

4. He ____ his bag when a stranger tapped him on the shoulder.

(was carrying / carried / were carrying)

5. At that moment, I ____ as hard as I could and still couldn't keep up.

(was running / ran / were running)

6. While the technician ____ the equipment, the rest of the team ____.

(was testing / was reviewing — tested / reviewed — was testing / reviewed)

7. They were still ____ at midnight — neither would back down.

(arguing / argued / argue)

8. Just as I ____ off to sleep, a loud noise woke me up.

(was drifting / drifted / were drifting)

Exercise 5 — Word Order (8 points)

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

1. still / was / at / She / working / midnight

2. Just / leaving / as / boss / my / I / called / was

3. moment / At / that / watching / everyone / screen / the / was

4. he / driving / was / she / While / navigating / was

5. while / dropped / running / I / was / phone / my / I

6. all / arguing / evening / They / were

7. Just / starting / film / as / he / was / the / arrived

8. preparing / She / day / all / for / was / meeting / the

Exercise 6 — Word Sort (8 points)

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

Word bank: She was still typing at 11pm. | I was reading all morning. | At that moment, everyone was waiting. | He finished the report before lunch. | We arrived at the station at 8am. | He resigned from his job last Friday. | Just as I was leaving, she called. | While she was presenting, he was taking notes. | I dropped my keys while I was running. | They was running when the storm started. | She were still working at midnight. | Just as I was doze off, the alarm rang.

Past Continuous (in progress)	Simple Past (completed)	Both tenses together	Incorrect sentence
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Exercise 7 — Complete the Conversation (8 points)

Choose the correct form from the brackets.

A: You look exhausted! What ____ all day?

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

B: I ____ for a big client meeting. Just as I was finishing, my computer crashed.

(was preparing / prepared / were preparing)

A: What happened to all your work? It ____ still saved — thankfully.

(was / were / had)

B: While I ____ the computer, my colleague sent me her backup copy.

(was restarting / restarted / were restarting)

A: Were you ____ when everyone else left?

(still working / still worked / still work)

B: Yes — at that moment I ____ the final slides. I finished just as the lights went off!

(was sending / sent / were sending)

Exercise 1 — True or False?

1. The Past Continuous describes a completed action in the past.
✓ **False**
 2. "I was reading" implies the action was already in progress when something else happened.
✓ **True**
 3. "Just as" is used to describe two things happening at exactly the same moment.
✓ **True**
 4. "I read a book last night" and "I was reading a book last night" have exactly the same meaning.
✓ **False**
 5. "Still" with the Past Continuous shows an action continued longer than expected.
✓ **True**
 6. The Past Continuous is always used for the shorter, interrupting action.
✓ **False**
 7. "All day" can be used with the Past Continuous to show a continuous action over a long period.
✓ **True**
 8. "She was working when I arrived" means she started working after I arrived.
✓ **False**
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Exercise 2 — Multiple Choice

1. She ____ her report all morning when the system crashed.
✓ **was writing**
2. Just as we ____ to leave, the host announced a surprise.
✓ **were about**
3. He ____ still ____ when I knocked on his door at 7am.
✓ **was / sleeping**
4. I ____ my keys while I ____ for the bus.
✓ **lost / was waiting**
5. At that moment, everyone ____ at the screen in silence.
✓ **was staring**
6. While the chef ____ the sauce, the waiter ____ the tables.

✓ **was preparing / was setting**

7. They ___ all evening — neither of them wanted to give in.

✓ **were arguing**

8. Just as I ___ off, my alarm went off.

✓ **was dozing**

Exercise 3 — Matching

1. She was still typing when everyone else had gone home.

✓ **An action that continued longer than expected, using "still".**

2. Just as the match was starting, the floodlights failed.

✓ **Two events happening at exactly the same moment, using "just as".**

3. I lost my wallet while I was travelling through the city.

✓ **A completed event interrupting a longer action.**

4. He was working all day without a break.

✓ **A continuous action over a long period, using "all day".**

5. While the students were taking the exam, the fire alarm went off.

✓ **A background action interrupted by a sudden event.**

6. At that moment, the whole team was watching the final results.

✓ **An action in progress at a specific point in past time.**

7. I read the article — it was very interesting.

✓ **A completed past action described with the Simple Past.**

8. Just as she was finishing her speech, the lights went out.

✓ **An action almost complete when interrupted by something sudden.**

Exercise 4 — Gap Fill

1. I ___ my coffee when I noticed there was something wrong.

✓ **was drinking**

2. Just as they ___ to leave, the manager called them back.

✓ **were about**

3. She ___ all evening — she had a huge deadline the next morning.

✓ **was working**

4. He ___ his bag when a stranger tapped him on the shoulder.

✓ **was carrying**

5. At that moment, I ___ as hard as I could and still couldn't keep up.

✓ was running

6. While the technician ____ the equipment, the rest of the team ____.

✓ was testing / was reviewing

7. They were still ____ at midnight — neither would back down.

✓ arguing

8. Just as I ____ off to sleep, a loud noise woke me up.

✓ was drifting

Exercise 5 — Word Order

1. ✓ She was still working at midnight

2. ✓ Just as I was leaving my boss called

3. ✓ At that moment everyone was watching the screen

4. ✓ While he was driving she was navigating

5. ✓ I dropped my phone while I was running

6. ✓ They were arguing all evening

7. ✓ Just as the film was starting he arrived

8. ✓ She was preparing all day for the meeting

Exercise 6 — Word Sort

Past Continuous (in progress):

✓ She was still typing at 11pm.

✓ I was reading all morning.

✓ At that moment, everyone was waiting.

Simple Past (completed):

✓ He finished the report before lunch.

✓ We arrived at the station at 8am.

✓ He resigned from his job last Friday.

Both tenses together:

✓ Just as I was leaving, she called.

✓ While she was presenting, he was taking notes.

✓ I dropped my keys while I was running.

Incorrect sentence:

✓ They was running when the storm started.

✓ She were still working at midnight.

✓ Just as I was doze off, the alarm rang.

Exercise 7 — Complete the Conversation

1. A: You look exhausted! What ____ all day?

✓ were you doing

2. B: I ____ for a big client meeting. Just as I was finishing, my computer crashed.

✓ was preparing

3. A: What happened to all your work? It ____ still saved — thankfully.

✓ was

4. B: While I ____ the computer, my colleague sent me her backup copy.

✓ was restarting

5. A: Were you ____ when everyone else left?

✓ still working

6. B: Yes — at that moment I ____ the final slides. I finished just as the lights went off!

✓ was sending