1 Choose the correct words to complete the sentences.

1 Adam *was* / *were* training for the football team today.
2 They *playing* / *were playing* tennis yesterday afternoon.
3 What *were* / *was* Tina and Lara doing this morning?
4 The coach *wasn't* / *weren't* watching the match on TV.
5 Were you *worked out* / *working out* with your trainer after school?
6 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.

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

3 Write the sentences in the negative.

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

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

	✓	✗
1 What was Mark doing?	swimming	rugby
..*He was going swimming.*..		
..*He wasn't playing 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.

1 The programme on the sports channel *was speaking* / *was* about the history of boxing.
2 Lakeside School visited our school because we *were holding* / *was holding* a football tournament.
3 I *was riding* / *rode* a horse at the equestrian club when my mum arrived early to pick me up.
4 When the teacher called my name I *was speaking* / *was speak* to another girl in class.
5 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)