

Past Progressive (Past Continuous) Worksheet

Part 1: Complete the sentences

Fill in the blanks with the correct form of the verb in parentheses using the past progressive (was/were + verb-ing).

While I _____ (walk) to school, it started to rain.

They _____ (watch) TV when the power went out.

We _____ (play) soccer while my mom _____ (cook) dinner.

My brother _____ (sleep) when I arrived home.

What _____ you _____ (do) at 8 PM last night?

Part 2: Rewrite the sentences

Rewrite these sentences in the past progressive.

She reads a book. → She _____ a book.

They eat lunch at noon. → They _____ lunch at noon.

I do my homework when my friend calls me. → I _____ my homework when my friend called me.