

## 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.