UNIT 1 • ADVENTURE SPORTS

PAST SIMPLE & PAST CONTINUOUS | PRACTICE

NAME: _____ DATE: _____

REMEMBER!

Past Simple: finished actions (I climbed / Did you climb? / I didn't climb.)
Past Continuous: actions in progress (I was climbing / Were you climbing? / I wasn't climbing.)
WHEN + Past Simple • WHILE + Past Continuous

1 FILL IN THE GAPS

Complete with the Past Simple or Past Continuous form of the verbs in brackets.

(1) While we _____ (go) kayaking, it _____ (start) to rain.

(2) Jack _____ (wear) a helmet when he _____ (fall).

(3) They _____ (not / do) scuba diving because the sea was rough.

(4) What _____ you _____ (do) when I _____ (call)?

(5) Emma _____ (crawl) through the cave while her friend _____ (hold) the torch.

2 CHOOSE THE CORRECT OPTION

Circle the correct verb form.

(1) We (were sailing / sailed) when the weather suddenly changed.

(2) Did you (wear / wore) a life jacket yesterday?

(3) I (was stretching / stretched) while my friends were warming up.

(4) She wasn't (wear / wearing) her knee pads.

3 MAKE IT NEGATIVE

Rewrite the sentences in the negative form. Keep the same tense.

(1) They went rock climbing last Saturday. _____

(2) He was carrying a rucksack. _____

(3) We did bungee jumping on holiday. _____

(4) I was wearing a wetsuit. _____

4 MAKE QUESTIONS

Put the words in order and write the questions.

(1) you / go surfing / yesterday _____

(2) what / they / do / at 5 o'clock _____

(3) she / wear / a helmet _____

Adventure starts when you try something new! ★

LIVEWORKSHEETS

UNIT 1 • ADVENTURE SPORTS

TRANSLATE • ANSWER • WRITE

NAME: _____ DATE: _____

5 TRANSLATE INTO ENGLISH

Use the Past Simple or Past Continuous. Pay attention to the time expressions.

(1) Ayer hicimos rafting. _____

(2) ¿Estabas llevando un casco cuando te caíste? _____

(3) Ellos no estaban haciendo escalada. _____

(4) Mientras yo nadaba, mi hermana estaba usando las aletas. _____

(5) ¿Por qué no fuisteis a hacer surf? _____

6 ANSWER THE QUESTIONS

Answer using complete sentences. Use the information in brackets.

(1) What were you doing at 6 yesterday? (warm up) _____

(2) Did you wear a life jacket? (Yes) _____

(3) Why didn't they go caving? (because it was frightening) _____

(4) Was Tom carrying a torch? (No) _____

7 CHANGE THE SENTENCE

Change affirmative into interrogative, and interrogative into negative.

(1) They were climbing the mountain. → _____

(2) Did she go snowboarding? → (negative) _____

(3) He didn't take his boots. → (interrogative) _____

(4) Were you staying calm? → (negative) _____

8 VOCABULARY CHALLENGE

helmet • rope • stunning • crowded • stretch • torch • relaxing

(1) We used a _____ to see inside the cave.

(2) The view from the mountain was _____.

(3) Before climbing, remember to _____.

(4) The beach was very _____; there were lots of people.

9 YOUR TURN!

Write two sentences about an adventure. Use both tenses and one adjective.

_____

_____

LIVEWORKSHEETS

NAME: _____ DATE: _____

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1. were going / started

2. was wearing / fell

3. didn't do

4. were / doing / called

5. was crawling / was holding

Choose: 1 were sailing • 2 wear • 3 was stretching • 4 wearing

Negative: 1 They didn't go rock climbing last Saturday. 2 He wasn't carrying a rucksack.

3 We didn't do bungee jumping on holiday. 4 I wasn't wearing a wetsuit.

Questions: 1 Did you go surfing yesterday? 2 What were they doing at 5 o'clock? 3 Was she wearing a helmet?

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Translate (possible answers): 1 We went rafting yesterday. 2 Were you wearing a helmet when you fell?

3 They weren't doing rock climbing. 4 While I was swimming, my sister was using the flippers. 5 Why didn't you go surfing?

Answer: 1 I was warming up. 2 Yes, I did. 3 Because it was frightening. 4 No, he wasn't.

Change: 1 Were they climbing the mountain? 2 She didn't go snowboarding. 3 Did he take his boots? 4 You weren't staying calm.

Vocabulary: 1 torch 2 stunning 3 stretch 4 crowded

Writing: answers will vary. Check correct use of Past Simple and Past Continuous.

Teacher note: accept other grammatically correct answers.

LIVEWORKSHEETS