

**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   |
| <u>He was going swimming.</u>   |              |           |
| <u>He wasn't playing rugby.</u> |              |           |
| 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 <sup>1</sup> ..... were ..... you ..... doing ..... ? (do)

**Liam:** Sorry! I <sup>2</sup> ..... at the athletics club. (train)

**Chris:** <sup>3</sup> ..... you ..... for a competition? (practise)

**Liam:** No, we <sup>4</sup> ..... with our coach to get fit for next season. (work out)

**Chris:** I <sup>5</sup> ..... rugby after school because the match was cancelled. That's why I texted you! (not play)