

Past Continuous vs. Simple Past Worksheet

Name: _____

A. Transform the Verbs

Write the past simple and -ing form of the following verbs.

Present	Past	-ing Form
1. Cry		
2. Travel		
3. Send		
4. Enjoy		
5. Break		
6. Fall		
7. Chat		
8. Say		
9. listen		
10. Try		

B. Choose the Correct Form (Past or Past Continuous)

1. She ____ dinner when the phone ____.

- a) cooked / rang
- b) was cooking / rang
- c) cooks / was ringing

3. I ____ a book when my friend ____.

- a) was reading / arrived
- b) read / was arriving
- c) reading / arrives

2. While we ____ outside, it suddenly ____ to rain.

- a) played / starts
- b) were playing / started
- c) play / was starting

4. They ____ TV while their mom ____ the house.

- a) watched / was cleaning
- b) were watching / cleaned
- c) was watching / cleaning

C. Match the Sentences

Match the beginnings and endings by writing the correct number-letter pair.

1. While I was walking to school,

2. She was studying in her room

3. They were eating dinner

4. He was running in the park

5. We were talking about the movie

a) when the lights went out.

b) when it started to rain.

c) when her mom called her.

d) when the teacher entered the classroom.

e) I found a \$10 bill on the floor.

D. Choose the Correct Option

Select the correct verbs to complete the sentences.

1. While he ____, his phone ____.

- a) studied / rang
- b) was studying / rang
- c) studies / was ringing

2. I ____ a movie when the doorbell ____.

- a) watched / rang
- b) was watching / rang
- c) was watching / was ringing

3. They ____ in the pool when it ____
to rain.

- a) were swimming / started
- b) swam / started
- c) swimming / was starting

4. She ____ a book while her brother
____ video games.

- a) was reading / played
- b) read / played
- c) was reading / was playing