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)

LIVEWORKSHEETS