

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 ¹ were you doing ? (do)

Liam: Sorry! I ² at the athletics club. (train)

Chris: ³ you for a competition? (practise)

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

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