

English Worksheet: Simple Past vs. Past Continuous

Name: _____

Date: _____

Grade / Section: _____

Grammar: Past Continuous (Simple Past and Past Continuous)

Activity 1: Diary Analysis

Mia had a school assignment to hand in on Monday. On Saturday she had a very busy morning. Read her diary entry and answer the questions using the **Past Continuous** (e.g., *She was doing...*).

Mia's Saturday Schedule

- **7:00 to 7:30** – had breakfast
- **7:30 to 8:30** – researched for the assignment
- **8:30 to 9:30** – rode my bike
- **9:30 to 11:00** – wrote the assignment
- **11:00 to 11:30** – revised the assignment
- **11:30 to 12:00** – talked to Emily
- **12:00 to 12:30** – had lunch

Questions

1. What was Mia doing at 7:15?
2. What was Mia doing at 8:00?
3. What was Mia doing at 9:00?
4. What was Mia doing at 10:30?
5. What was Mia doing at 11:00?
6. What was Mia doing at 11:45?
7. What was Mia doing at 12:15?

Activity 2: Conversation Completion

Complete the conversation between Mia and Emily with the correct form of the verb in parentheses (**Simple Past** or **Past Continuous**).

- **Emily:** Hi, Mia! What's up?
- **Mia:** Hi, Emily. Well, I was very busy this morning.
- **Emily:** I called you at 9:00, but you didn't answer. What _____ you _____ (do)?
- **Mia:** I _____ (ride) my bike to the park. Pete and Jane _____ (skate) there, and I wanted to say hi.
- **Emily:** I see. I called you because I _____ _____ (test) my invention for the science project, and I needed your help.
- **Mia:** Oh... Go ahead! What do you want to know?