1 Choose the correct words.

1. We walk **across / through / up** the forest.
2. I climb **down / off / into** the mountain.
3. They sail **through / under / across** the ocean.
4. I jumped **off / into / under** the swimming pool.
5. I cycled **over / down / off** the bridge, from one side to the other.
6. He jumped **under / over / through** the wall.
7. We walked **up / around / across** the tree.
8. The dog ran **off / down / under** the table and sat next to my feet!
9. Tomo climbed **into / off / up** the mountain.
10. They walked **over / down / off** the hill into the valley.

2 Complete the sentences.

around off over under up

across down into off through

1 We walked _____ the mountain until we got to the top.

2 I fell _____ my bike and hurt my leg.

3 My sister can swim _____ the water for thirty seconds!

4 We walked _____ the town, looking at all of the interesting buildings.

5 I ran up to the wall. Then I jumped _____ it.

6 She sailed _____ the sea to France.

7 We walked _____ the forest until we reached the other side.

8 They walked up the mountain, then they walked_____ it.

9 I jumped _____ the swimming pool.

10 Josie fell _____ her horse and hurt her arm.

3. Complete the sentences. Use affirmative past continuous forms.

1 I _____ in the park at 2 p.m. (walk)

2 We _____ in the sea at 11 a.m. (swim)

3 Mateo _____ dinner at 7 p.m. (have)

4 My friends _____ emails at 9 p.m. (write)

5 Fabia _____ the guitar at 12 p.m. (practise)

6 The students _____ their school books at 11 a.m. (read)

7 The dogs _____ in the park at 10 a.m. (run)

8 Alina _____ online at 9 p.m. (chat)

9 I _____ English at 8 p.m. (study)

10 Jacek _____ photos at 2 p.m. (take)

LIVEWORKSHEETS

4. Complete the sentences. Use the past continuous form of the verbs.

chat	watch	not play	not sleep	not listen not
climb	hide	look	not sit	not swim

1 At 9.30 p.m. last night, I _____ in bed.

2 I _____ to friends online.

3 My brothers and sister _____ TV in the living room.

4 My brothers _____ video games.

5 My sister _____ to music.

1 At 11 a.m. yesterday, I _____ on the sofa at home.

2 I _____ at the animals in the zoo!

3 We didn't see all of the animals, because some _____ from us.

4 The polar bear _____ in the pool.

5 The monkeys _____ the trees.

5. Match 1–5 with a–e to complete the sentences.

1___ 2___ 3___ 4___ 5___

1	There's a lot of water in the Pacific	a	River.
2	They swam across the Volga	b	Forest.
3	There are many trees in Sherwood	c	Ocean.
4	We went climbing in the Pyrenean	d	Desert.
5	It's very hot and dry in the Kalahari	e	Mountains.

6. Match 1–5 with a–e to complete the sentences.

1___ 2___ 3___ 4___ 5___

1	It's very dangerous to sail over the Victoria	a	Sea.
2	It's very cold and icy at the North	b	Forest.
3	We went skiing and climbing in the Carpathian	c	Pole.
4	I love swimming in the Mediterranean	d	Mountains.
5	There are many old trees in the Białowieża	e	Falls.

7. Choose the correct words.

1 We walked down into the **mountain / valley / river**.

2 We went to the beach and swam in the **sea / falls / desert**.

3 The Angel **Falls / Lakes / Forests** are nearly 1000 metres high!

4 We sailed a boat on the **pole / valley / lake**.

5 Roald Amundsen travelled across the ice to the South **Sea / Pole / Mountain** in 1911.

6 The Pacific **Ocean / Sea / Lake** is 169.2km^2!

7 The Grand Canyon is a deep **valley / pole / sea** in the USA.

8 Sailing across the **lake / ocean / desert** took twenty minutes.

9 It's extremely hot and dry in a **fall / desert / river**.

10 The Nile and the Amazon are very long **rivers / forests / mountains**.

LIVEWORKSHEETS

8. Complete the questions and short answers. Use the past continuous.

1 _____ (what / you / do) at 10 a.m.?

2 _____ (where / your friends / stay)?

3 _____ (who / Nathan / talk) to after school?

4 _____ (we / watch) TV then?

5 No, we _____.

6 _____ (who / she / talk) to at 2 p.m.?

7 _____ (what music / you / listen) to?

8 _____ (why / the boys / run) when you saw them?

9 _____ (I / do) my homework then?

10 Yes, you _____.

9. Complete the sentences. Use the past simple and the past continuous.

1 I _____ (sleep) when you _____ (phone).

2 The sun _____ (shine) when we _____ (leave).

3 She _____ (arrive) while we _____ (talk).

4 They _____ (walk) when they _____ (see) him.

5 I _____ (lose) my purse while we_____ (shop).

6 It _____ (rain) when the concert _____ (finish).

7 I _____ (meet) her while I _____ (wait) for a bus.

8 Tom _____ (have) lunch when I _____ (arrive).

9 We _____ (get) lost while we _____ (climb).

10 You _____ (fall) while you _____ (run).

LIVEWORKSHEETS