

**1 Choose the correct alternatives.**

- 1 While I *sat/was sitting* at my desk, a football *came/was coming* through my window!
- 2 I *looked/was looking* out of my window when I *saw/was seeing* a fox in my garden.
- 3 I *fell over/was falling over* on the ice while I *walked/was walking* home.
- 4 While I *ate/was eating* my lunch, I *heard/was hearing* a loud noise.
- 5 I *saw/was seeing* you earlier when I *shopped/was shopping*.
- 6 When I *came/was coming* home, he *watched/was watching* TV.
- 7 She *met/was meeting* her boyfriend while she *travelled/was travelling* around South America.
- 8 When I first *saw/was seeing* you, you *wore/were wearing* a beautiful dress.

**2 Complete the sentences with the past simple or past continuous form of the verbs in brackets.**

- 1 I \_\_\_\_\_ (not go) to the gym yesterday.
- 2 I \_\_\_\_\_ (eat) too much yesterday.
- 3 Sorry, could you repeat that? I \_\_\_\_\_ (not listen).
- 4 When I went out, it \_\_\_\_\_ (rain).
- 5 My neighbours \_\_\_\_\_ (argue) when I came home last night.
- 6 I \_\_\_\_\_ (injure) my leg while I was playing football.
- 7 I \_\_\_\_\_ (not enjoy) the film because some people were talking too loudly.
- 8 I saw a mouse while I \_\_\_\_\_ (clean) the house!
- 9 He \_\_\_\_\_ (not play) video games last night because he had too much homework.
- 10 I took some amazing photos while I \_\_\_\_\_ (travel) in India.