

Past Continuous vs. Simple Past Worksheet

Name: _____

A. Transform the Verbs

Write the past simple and -ing form of the following verbs.

Present	Past	-ing Form
1. Cry		
2. Travel		
3. Send		
4. Enjoy		
5. Break		
6. Fall		
7. Chat		
8. Say		
9. Listen		
10. Try		

B. Choose the Correct Form (Past or Past Continuous)

1. She ____ dinner when the phone ____.

- a) cooked / rang
- b) was cooking / rang
- c) cooks / was ringing

3. I ____ a book when my friend ____.

- a) was reading / arrived
- b) read / was arriving
- c) reading / arrives

2. While we ____ outside, it suddenly

____ to rain.

- a) played / starts
- b) were playing / started
- c) play / was starting

4. They ____ TV while their mom ____

the house.

- a) watched / was cleaning
- b) were watching / cleaned
- c) was watching / cleaning

C. Match the Sentences

Match the beginnings and endings by writing the correct number-letter pair.

1. While I was walking to school,

a) when the lights went out.

2. She was studying in her room

b) when it started to rain.

3. They were eating dinner

c) when her mom called her.

4. He was running in the park

d) when the teacher entered the classroom.

5. We were talking about the movie

e) I found a \$10 bill on the floor.

D. Choose the Correct Option

Select the correct verbs to complete the sentences.

1. While he ___, his phone ___.

- a) studied / rang
- b) was studying / rang
- c) studies / was ringing

3. They ___ in the pool when it ___

to rain.

- a) were swimming / started
- b) swam / started
- c) swimming / was starting

2. I ___ a movie when the doorbell ___.

- a) watched / rang
- b) was watching / rang
- c) was watching / was ringing

4. She ___ a book while her brother ___ video games.

- a) was reading / played
- b) read / played
- c) was reading / was playing