

1 Choose the correct words to complete the sentences.

- Adam was / *were* training for the football team today.
- They *playing* / *were playing* tennis yesterday afternoon.
- What *were* / *was* Tina and Lara doing this morning?
- The coach *wasn't* / *weren't* watching the match on TV.
- Were you *worked out* / *working out* with your trainer after school?
- 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.

- Manchester United was winning 1-0, but then the other team scored at the last minute. (win)
- My brother was climbing in the mountains when he slipped and broke his leg. (climb)
- I was doing a stunt on my bike, but there was a problem with the gears and I fell off! (do)
- They were taking part in an athletics competition last weekend. (take part)
- We were watching the World Cup final on TV when there was a power cut! (watch)
- The boys were scoring the winning point. (lose)

3 Write the sentences in the negative.

- Mia was running a marathon.
Mia wasn't running a marathon.
- He was wearing knee guards for cycling.
He wasn't wearing knee guards for cycling.
- You were jogging in the rain this morning.
You weren't jogging in the rain this morning.
- The rugby team was losing the match.
The rugby team wasn't losing the match.
- Rafael Nadal was playing at Wimbledon in 2016.
Rafael Nadal wasn't playing at Wimbledon in 2016.
- We were swimming in the competition.
We weren't swimming in the competition.

4 Look at the list of sports and write past continuous sentences with *play, go* or *do*.

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|------------------------------|-----------------------------------|-------------------------------------|
| | ✓ | x |
| 1 What was Mark doing? | swimming | rugby |
| | <u>He was going swimming.</u> | <u>He wasn't playing rugby.</u> |
| | ✓ | x |
| 2 What was Sophia doing? | climbing | surfing |
| | <u>She was climbing.</u> | <u>She wasn't surfing.</u> |
| | ✓ | x |
| 3 What were the boys doing? | boxing | cycling |
| | <u>They were boxing.</u> | <u>They weren't cycling.</u> |
| | ✓ | x |
| 4 What were the girls doing? | athletics | squash |
| | <u>They were doing athletics.</u> | <u>They weren't playing squash.</u> |
| | ✓ | x |
| 5 What was the coach doing? | volleyball | tennis |
| | <u>He was playing volleyball.</u> | <u>He wasn't playing tennis.</u> |

5 Choose the correct words in the sentences.

- The programme on the sports channel *was speaking* / *was* about the history of boxing.
- Lakeside School visited our school because we *were holding* / *was holding* a football tournament.
- I *was riding* / *rode* a horse at the equestrian club when my mum arrived early to pick me up.
- When the teacher called my name I *was speaking* / *was speak* to another girl in class.
- 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 was training at the athletics club. (train)

Chris: ³ Were you competing for a competition? (practise)

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

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