

What is Past Continuous?

Worksheet

Past continuous is formed with was/were + verb-ing, describing actions in progress at a past time.

Example: She was studying when the phone rang.

Questions

1. Choose the correct form: She ____ when I arrived.

- A) slept
- B) was sleeping
- C) sleeps
- D) has slept

2. What is the correct formation?

- A) was + base verb
- B) were + -ing
- C) was/were + -ing
- D) was + -ed

3. Which sentence uses past continuous correctly?

- A) He was went to school.
- B) We were studying all night.
- C) They was working.
- D) I were reading.

4. Why use past continuous here? 'I ____ my homework when Mom called.'

- A) did
- B) was doing
- C) have done
- D) had done

5. Sarah was reading a book when the doorbell rang.

6. They were playing football at 3 PM yesterday.

7. I was waiting for the bus when it started to rain.

8. Define: What is past continuous?

9. Define: How do you form past continuous?

10. Define: When do you use past continuous?

Answer Key

1. B) was sleeping — was sleeping = past continuous, showing an ongoing action when another event happened.
2. C) was/were + -ing — Past continuous = was/were + present participle (-ing form).
3. B) We were studying all night. — We were studying = correct (plural subject + were + -ing).
4. B) was doing — was doing = action in progress, interrupted by Mom's call (simple past).
5. was reading = past continuous (action in progress) the doorbell rang = simple past (interruption) Time: past action + interruption
6. were playing = past continuous Time reference: 3 PM yesterday (specific moment in past) Action: ongoing at that moment
7. was waiting = past continuous (ongoing action) started = simple past (new event) Connection: two past events, one interrupts the other
8. An action in progress at a specific moment in the past, formed with was/were + -ing.
9. was/were + base verb + -ing. Example: was watching, were playing.
10. For actions that were ongoing when another action interrupted them in the past.

Bounlu

All cards, step-by-step solutions and an AI tutor are in the Notek app.
Promy turns exam dates into automatic reminders.