

**1** Write the correct words in the sentences.

- 1 Adam \_\_\_\_\_ *was* training for the football team today.  
**A** was                      **B** were                      **C** are
- 2 They \_\_\_\_\_ tennis yesterday afternoon.  
**A** playing                **B** were playing        **C** was playing
- 3 What \_\_\_\_\_ Tina and Lara doing this morning?  
**A** were                      **B** was                      **C** is
- 4 The coach \_\_\_\_\_ watching the match on TV.  
**A** wasn't                  **B** weren't                  **C** were
- 5 Were you \_\_\_\_\_ with your trainer after school?  
**A** worked out            **B** working out            **C** work out
- 6 They were \_\_\_\_\_ at the lake all last summer.  
**A** windsurf                **B** windsurfing            **C** boxing

**2** Complete the sentences with the positive form of the verbs in the box in the past continuous.

climb    do    lose    take part    watch    ~~win~~

- 1 Manchester United was winning 1–0, but then the other team scored at the last minute.
- 2 My brother \_\_\_\_\_ in the mountains when he slipped and broke his leg.
- 3 I \_\_\_\_\_ a stunt on my bike, but there was a problem with the gears and I fell off!
- 4 They \_\_\_\_\_ in an athletics competition last weekend.
- 5 Everyone at the football club \_\_\_\_\_ the World Cup final on TV when there was a power cut!
- 6 The boys \_\_\_\_\_ the volleyball match, and then Tom scored the winning point.

**3** Write negative sentences in the past continuous.

- 1 Mia / run / marathon  
.....  
*Mia wasn't running a marathon.*
- 2 He / wear / knee guards / for cycling  
.....
- 3 You / jog / rain / this morning  
.....
- 4 rugby team / lose / match  
.....
- 5 Rafael Nadal / play / Wimbledon / 2016  
.....
- 6 We / swim / the competition

**4** Write past continuous questions. Then write answers with the sports and *play, go* or *do*.

- 1** What / Mark / do                  swimming (✓)      rugby (**x**)  
.....  
*What was Mark doing* ?  
.....  
*He was going swimming. He wasn't playing rugby.*
- 2** What / Sophia / do                  climbing (✓)      surfing (**x**)  
.....  
? .....
- 3** What / the boys / do                  boxing (✓)      cycling (**x**)  
.....  
? .....
- 4** What / the girls / do                  athletics (✓)      squash (**x**)  
.....  
? .....
- 5** What / the coach / do                  volleyball (✓)      tennis (**x**)  
.....  
? .....

**5** Write the missing words. Draw an arrow to show where they should be placed.

- 
- 1 The programme on the sports channel  
 ↑ about the history of boxing.
 

----- was -----
  - 2 Lakeside School visited our school  
 because we holding a football  
 tournament.
 

-----
  - 3 I riding a horse at the equestrian club  
 when my mum arrived early to pick  
 me up.
 

-----
  - 4 When the teacher called my name  
 I speaking to another girl in class.
 

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  - 5 We knew the ice hockey game was  
 to be exciting.
 

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**6** Complete the conversation with the correct form of the verbs in the box in the past continuous.

~~do~~   play   practise   train   work out

- Chris:** I texted you after school, but you didn't reply.  
What <sup>1</sup> \_\_\_\_\_ you \_\_\_\_\_ doing? (?)
- Liam:** Sorry! I <sup>2</sup> \_\_\_\_\_ at the athletics club. (✓)
- Chris:** <sup>3</sup> \_\_\_\_\_ you \_\_\_\_\_ for a  
competition? (?)
- Liam:** No, we <sup>4</sup> \_\_\_\_\_ with our coach to get fit  
for next season. (✓)
- Chris:** I <sup>5</sup> \_\_\_\_\_ rugby after school because the  
match was cancelled - that's why I texted  
you! (✗)

1

- 1 was
- 2 were playing
- 3 were
- 4 wasn't
- 5 working out
- 6 windsurfing

2

- 1 was winning
- 2 was climbing
- 3 was doing
- 4 were taking part
- 5 were watching
- 6 were losing

3

- 1 *Mia wasn't running a marathon.*
- 2 He wasn't wearing knee guards for cycling.
- 3 You weren't jogging in the rain this morning.
- 4 The rugby team wasn't losing the match.
- 5 Rafael Nadal wasn't playing in Wimbledon in 2016.
- 6 We weren't swimming in the competition.

4

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

5

- 1 *was* *The programme on the sports channel ↑ about the history of boxing.*
- 2 *were (holding)* *Lakeside School visited our school because we ↑ holding a football tournament.*
- 3 *was (riding)* *I ↑ riding a horse at the equestrian club when my mum arrived early to pick me up.*
- 4 *was (speaking)* *When the teacher called my name I ↑ speaking to another girl in class.*
- 5 *was (going)* *We knew the ice hockey game was ↑ to be exciting.*

6

- 1 *were, doing*
- 2 *was training / was working out / was practising*
- 3 *Were, practising / Were, training*
- 4 *were working out / were training / were practising*
- 5 *wasn't playing*