Indian School Nizwa

English - **Worksheet**
Tense**: Present & Past continuous**

Name:		Class: IV	Sec:

Tense: Present & Past continuous

Present Continuous Tense

We use the **Present Continuous** tense to talk about actions that are happening **right now, at this moment**.

How to frame it:

Use **am/is/are** + a verb ending in **-ing**.

- **I** am playing.
- **He/She/It** is eating.
- **You/We/They** are reading.

Examples (Present Continuous):

1. I **am reading** a book right now.
2. She **is drinking** a glass of water.
3. They **are playing** football in the park.
4. We **are learning** English.
5. The dog **is barking** loudly.
6. You **are sitting** on a chair.
7. Mom **is cooking** dinner in the kitchen.

Try your-self: Present continuous

Fill in the blanks with the correct form of the verb given in the bracket.

1. Look! The baby _____ (cry).

2. I _____ (do) my homework now.
3. They _____ (wait) for the bus.
4. He _____ (wear) a blue shirt today.
5. We _____ (have) a great time!

Past Continuous Tense

We use the **Past Continuous** tense to talk about actions that were happening **for some time in the past**. It tells us what *was going on* at a specific time before now.

How to frame it:

Use **was/were** + a verb ending in **-ing**.

- **I/He/She/It** was playing.
- **You/We/They** were eating.

Examples (Past Continuous):

1. I **was sleeping** when the phone rang.
2. She **was painting** a picture yesterday afternoon.
3. They **were walking** to school this morning.
4. We **were talking** about the movie.
5. The cat **was chasing** a mouse.
6. The teacher **was explaining** the lesson.
7. The children **were laughing** at the joke.

Try your-self: Past continuous

Fill in the blanks with the correct form of the verb given in the bracket.

1. Yesterday, I _____ (play) in the garden.
2. She _____ (read) a book when I saw her.
3. At 7 PM last night, we _____ (eat) dinner.
4. The students _____ (listen) to the story.
5. The dogs _____ (bark) all night long.

Try your-self: Exercise

Change the following sentence into Past Continuous Tense

1. The children play in the park.

   Ans: _____

2. My mom bakes a cake for my birthday.

   Ans: _____

3. While I do my homework, my friend called me.

   Ans: _____

4. She reads her favorite book.

   Ans: _____

5. I eat my breakfast quickly.

   Ans: _____

Change the following sentence into Present Continuous Tense

1. The chef prepares a delicious meal in the kitchen.

   Ans: _____

2. I write a story about my summer vacation.

Ans: _____

3. The cat **was sleeping** on the sofa.

Ans: _____

4. We **were eating** dinner at 6 PM.

Ans: _____

5. They **were playing** cricket in the ground.

Ans: _____

Choose the correct options

1. Which sentence is written in the Past Continuous tense?

a) They are playing a video game.
b) They play video games.
c) They were playing a video game.
d) They played a video game.

2. Which sentence is written in the Present Continuous tense?

a) She finished her homework.
b) She is finishing her homework.
c) She was finishing her homework.
d) She finishes her homework.

3. Right now, I _____ for my science test."

a) study
b) studied
c) am studying
d) was studying

