

Continuous tense

Continuous tense describes an action that is, was or will be continuing. It can be past, present or future. For example:

I am talking I was talking I will be talking

Continuous tense has a helping verb before the main verb.

1 Fill in the missing verbs to show actions that are continuing.

were sitting are planning is colouring
will be cheering was standing

- a She _____ a picture.
- b Toby _____ on one leg.
- c You _____ in my place.
- d We _____ a surprise for his birthday.
- e Everyone _____ on the team!

2 Rewrite each sentence in the past continuous tense.

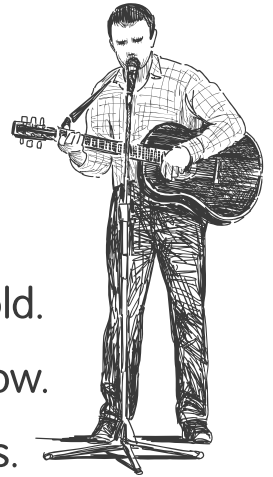
- a I am jumping. _____
- b He is sleeping. _____
- c They are talking. _____
- d We are driving. _____
- e You are trying hard. _____
- f It is really shaking. _____

3 Sort the verbs.

is cooking will be riding was barking
will be hurting were playing are slipping

Past	Present	Future

4 Fill in a verb to complete each sentence.



- a I am an interesting book.
- b I was a tree when I fell.
- c He was them his latest song.
- d He is the window because he is cold.
- e She will be for school early tomorrow.
- f They are their friends at the movies.

5 Complete the table.

Past continuous	Present continuous	Future continuous
	I am writing	I will be writing
	She is driving	
They were arguing		
	You are selling	
	It is barking	
She was hiding		
	They are shouting	
He was training		
		They will be watching
It was shining		

6 Circle the verbs: red for present continuous and blue for past continuous.

- a The cyclist is stopping at the traffic lights.
- b The farmer was herding her cows into the milking shed.
- c The girls are talking to their cousins in Canada.
- d The players were jogging laps of the oval.