

Past Continuous vs Past Simple – Ficha 1

Nombre: _____ Clase: _____ Fecha: _____ Puntuación: / 38



Haz esta ficha en
línea y comprueba tus
respuestas al instante

Ejercicio 1: Formas del past continuous

Completa las oraciones con el past continuous de los verbos entre paréntesis.

Ejemplo: She ___ (read) at 9 pm. → was reading

1. At 8 o'clock last night, I _____ (watch) TV.
2. The children _____ (play) in the garden at 5 pm.
3. Maria _____ (not / sleep) when I called.
4. We _____ (not / listen) to the teacher.
5. _____ (you / work) at 10 am yesterday?
6. It _____ (rain) when we left the house.
7. What _____ (Sam / do) at midnight?
8. My parents _____ (cook) dinner at seven.

Ejercicio 2: Elige la forma correcta

Completa las oraciones con las palabras del recuadro. Sobran dos palabras.

BANCO DE PALABRAS

was cooking were walking broke saw was driving were having fell arrived
was seeing did break

9. I _____ dinner when the phone rang.
10. We _____ in the park when it started to rain.
11. Leo _____ his leg while he was skiing.
12. While I was waiting for the bus, I _____ an old friend.
13. She _____ to work when her car stopped.
14. They _____ lunch when the doorbell rang.
15. The baby _____ asleep while we were watching the film.
16. Our train _____ ten minutes late, so we missed the start of the concert.

Ejercicio 3: ¿Past simple o past continuous?

Completa las oraciones con el past simple o el past continuous de los verbos entre paréntesis.

Ejemplo: I ____ (walk) home when I saw Paul. → was walking

17. I was reading a book when the lights _____ (go) out.
18. While Anna _____ (have) a shower, someone knocked on the door.
19. Yesterday I _____ (get) up at seven, had breakfast and went to school.
20. When I arrived at the party, everyone _____ (dance).
21. Ben _____ (cut) his finger while he was making a salad.
22. What _____ (you / do) when the accident happened?
23. I _____ (not / see) the sign because I was looking at my phone.
24. _____ (she / call) you while you were on holiday?

Ejercicio 4: Encuentra el error

Cada oración tiene un error. Escribe la oración correcta.

Ejemplo: He were sleeping at 11 pm. → He was sleeping at 11 pm.

25. I was walk home when I saw the accident.

26. We was watching a film at 9 pm.

27. While I was cooking, I was burning my hand.

28. She didn't went to school yesterday.

29. What did you doing at 6 pm?

30. Tom was runing for the bus when he fell.

31. Were you see the film last night?

32. The phone rang while I were having a bath.

Ejercicio 5: Forma oraciones

Ordena las palabras para formar oraciones o preguntas.

Ejemplo: was / he / cooking / at 7 pm → He was cooking at 7 pm.

33. was / I / when / sleeping / rang / the phone

34. you / were / what / doing / at 9 pm

35. weren't / we / TV / watching

36. did / see / you / while / her / you / were / shopping

37. she / while / was / dropped / her phone / she / running

38. were / they / playing / tennis / it / when / started / to rain



Soluciones – Past Continuous vs Past Simple – Ficha 1

Ejercicio 1: Formas del past continuous

1. **was watching**
I + was + verbo en -ing.
2. **were playing**
Los sujetos en plural usan were + verbo en -ing.
3. **wasn't sleeping**
Negativa: was not (wasn't) + verbo en -ing.
4. **weren't listening**
Negativa con we: were not (weren't) + verbo en -ing.
5. **Were you working**
Pregunta: Were + sujeto + verbo en -ing.
6. **was raining**
It + was + verbo en -ing para una acción en curso.
7. **was Sam doing**
Pregunta con Wh-: What + was + sujeto + verbo en -ing.
8. **were cooking**
They (my parents) + were + verbo en -ing.

Ejercicio 2: Elige la forma correcta

9. **was cooking**
La acción más larga en curso va en past continuous.
10. **were walking**
Acción de fondo con we: were + verbo en -ing.
11. **broke**
La acción breve que ocurrió va en past simple.
12. **saw**
Una acción breve y terminada interrumpe la más larga: past simple.
13. **was driving**
La acción en curso va en past continuous.
14. **were having**
La acción más larga interrumpida por el timbre: past continuous.
15. **fell**
Una acción breve: el past simple de fall es fell.
16. **arrived**
Una única acción terminada va en past simple.

Ejercicio 3: ¿Past simple o past continuous?

17. **went**
La acción breve que interrumpe va en past simple.
18. **was having**
While + la acción más larga en curso: past continuous.
19. **got**
Una serie de acciones terminadas y en orden va en past simple.
20. **was dancing**
La acción que ya estaba en curso cuando llegué: past continuous.
21. **cut**
Una acción breve: el past simple de cut es cut.
22. **were you doing**
Para preguntar por una acción en curso: What + were + you + verbo en -ing.
23. **didn't see**
Negativa en past simple: didn't + forma base.
24. **Did she call**
Pregunta en past simple: Did + sujeto + forma base.

Ejercicio 4: Encuentra el error

25. **I was walking home when I saw the accident.**
El past continuous necesita la forma en -ing: was walking.
26. **We were watching a film at 9 pm.**
Con we se usa were, no was.
27. **While I was cooking, I burned my hand.**
Una acción breve y repentina va en past simple.
28. **She didn't go to school yesterday.**
Después de didn't se usa la forma base: go.
29. **What were you doing at 6 pm?**
La pregunta en past continuous usa were, no did.
30. **Tom was running for the bus when he fell.**
Run duplica la n antes de -ing: running.
31. **Did you see the film last night?**
Una pregunta en past simple usa did + forma base.
32. **The phone rang while I was having a bath.**
Con I se usa was, no were.

Ejercicio 5: Forma oraciones

33. I was sleeping when the phone rang.

Past continuous para la acción larga y past simple después de when.

34. What were you doing at 9 pm?

Pregunta con Wh-: What + were + you + verbo en -ing.

35. We weren't watching TV.

Sujeto + weren't + verbo en -ing + complemento.

36. Did you see her while you were shopping?

Pregunta en past simple + while + past continuous.

37. She dropped her phone while she was running.

Past simple para la acción breve y past continuous después de while.

38. They were playing tennis when it started to rain.

La lluvia interrumpió el partido: past continuous + when + past simple.

Notas para el profesor: Empiece con una línea temporal sencilla: dibuje una línea larga para el past continuous (acción de fondo) y una cruz para el past simple (acción breve que la interrumpe). Los errores típicos son 'was walk' en lugar de 'was walking', 'we was', faltas de ortografía como 'runing' y el uso del past continuous para acciones breves y terminadas ('I was burning my hand'). Como actividad de ampliación, pida a los alumnos que se cuenten en parejas qué estaban haciendo ayer a determinadas horas y qué pasó que los interrumpió.