

1. Tick the correct box to show whether the sentence contains the past simple or past progressive tense.

	Past Simple	Past Progressive
After breakfast, the couple got ready for work.	☐	☐
That evening, they were swimming in a race.	☐	☐
The horse was feeding on the hay.	☐	☐
The children washed their hair in the shower.	☐	☐

2. Tick the correct box to show whether the sentence contains the present simple or present progressive tense.

	Present Simple	Present Progressive
In the kitchen, the couple are making their dinner.	☐	☐
We have lots of food in the fridge.	☐	☐
We are going to the cinema.	☐	☐
The children are washing their hair in the shower.	☐	☐

3. Complete these sentences using the past progressive form of the verb.

a) The children _____ in their journals. **(write)**

b) The children _____ at the disco. **(dance)**



4. Complete these sentences using the present progressive form of the verb.

a) The bus driver _____ the bus. **(drive)**

b) In the house, Harry _____ with the washing. **(help)**

5. Rewrite these sentences so they are in progressive tense.

a) Holly walked to the shop to buy her dinner.

b) The dogs barked all night long.

c) The guinea pigs squeak a lot.

d) In the bedroom, the children read their books.

6. Write a sentence using past progressive tense.

7. Write a sentence using present progressive tense.

