

Past Tense of Sit: Sat and Sat

Sit is an irregular verb. The past tense and the past participle are the same form: sat. Use sat for a finished action and after have or has.

Base	sit
Past	sat
Past participle	sat
3rd person / -ing	sits / sitting

Examples

I sit near the window in class every day. — Every day marks a present routine.

Please sit down and wait here. — Sit down means go from standing to sitting.

She sat next to her brother on the bus. — Sat is the past form; it does not need have.

We sat in the garden after dinner. — After dinner is a finished time, so use sat.

I have sat here for an hour. — After have, the participle is sat.

The cat has sat on my chair all day. — The participle has the same form as the past.

Notes

Sit or seat? Sit is what you do: sit on a chair. Seat means put someone in a place: The waiter seated us by the window. A seat is also the thing you sit on. For yourself, use sit.

Was sat in British English In informal British English, people say I was sat on the sofa. American English and careful writing use I was sitting on the sofa.

Common mistakes

I sitted on the sofa. → I sat on the sofa. — Sit is irregular. Its past form is sat, not sitted.

She has sit here since noon. → She has sat here since noon. — After has, use the past participle sat.

He seated down on the chair. → He sat down on the chair. — Seat needs an object, as in seat a guest. To move yourself into a chair, use sit down.

Exercises

Choose the right form

1. We ___ in the front row yesterday. (sit / sat / sitted)
2. My dad has ___ in that chair since lunch. (sitted / sat / sitting)
3. Please ___ down and open your book. (sit / sat / seat)
4. Which word means to put someone in a place? (sit / seat / sat)

Write the missing form

1. The children ___ on the floor last night.
2. I have ___ here for ten minutes.
3. She is ___ next to me now.

Correct the mistake

1. He sittid down quietly.

Answer key

Choose the right form

1. sat — Yesterday is a finished past time, so use sat.
2. sat — Has takes the past participle sat.
3. sit — An instruction uses the base form sit.
4. seat — Seat needs an object: seat a guest. Sit is what you do yourself.

Write the missing form

1. sat — Last night is finished, so the past is sat.
2. sat — Have plus the participle is have sat.
3. sitting — The -ing form doubles the t: sitting.

Correct the mistake

1. sat — The past of sit is sat, not sitted.

<https://www.fluencyroad.com/irregular-verbs/sit>