

Exercícios de simple past vs past continuous em inglês

Nível: A2, B1

Simple past ou past continuous?

O past continuous (was/were + -ing) monta o cenário com uma ação em andamento; o simple past relata a ação mais curta que aconteceu — ou que a interrompeu.

Past continuous: was/were + -ing: At 8 p.m. I was cooking dinner.

Simple past: ações concluídas: The phone rang.

Padrão de interrupção: While I was cooking, the phone rang. (ação longa + ação curta)

Ações paralelas: While I was cooking, he was setting the table.

Palavras-chave: while, as + continuous; when + simple past

Exercício 1: Escolha o tempo verbal correto

Escolha a opção correta para completar cada frase.

- I ___ a shower when the doorbell rang.
a) took b) was taking c) am taking
- She ___ her coffee, paid, and left the café.
a) was finishing b) finished c) finishes
- What ___ you ___ at 10 o'clock last night?
a) did / do b) were / doing c) have / done
- While we ___ in the garden, it suddenly started to rain.
a) were sitting b) sat c) sit
- He ___ his leg while he was playing football.
a) was breaking b) broke c) breaks

Exercício 2: Complete as frases

Digite a forma correta do verbo entre colchetes (simple past ou past continuous).

- When you called, I ___ TV. (watch)
- The children ___ in the park when it began to snow. (play)
- She ___ the letter, put it in an envelope, and posted it. (sign)
- While I ___ to work, I saw an accident. (drive)
- They ___ dinner at 8, so I didn't want to disturb them. (have)

Exercício 3: Coloque as palavras em ordem

Clique nas palavras na ordem correta para formar a frase.

11. Coloque as palavras na ordem correta: **was / when / raining / it / we arrived**

12. Coloque as palavras na ordem correta: **while / was sleeping / the baby / she / worked**

13. Coloque as palavras na ordem correta: **were / at 9 p.m. / what / doing / you / ?**

14. Coloque as palavras na ordem correta: **fell / he / was running / while / he**

Exercício 4: Verdadeiro ou falso?

Decida se cada afirmação é verdadeira ou falsa.

15. The past continuous is formed with was/were + verb-ing. Verdadeiro / Falso

16. In "While I was cooking, the phone rang", the phone call lasted longer than the cooking. Verdadeiro / Falso

17. Two parallel past actions can both use the past continuous with 'while'. Verdadeiro / Falso

18. "I was knowing the answer" is correct. Verdadeiro / Falso

Gabarito

Exercício 1: Escolha o tempo verbal correto

1. b) was taking
2. b) finished
3. b) were / doing
4. a) were sitting
5. b) broke

Exercício 2: Complete as frases

6. was watching
7. were playing
8. signed
9. was driving
10. were having

Exercício 3: Coloque as palavras em ordem

11. it was raining when we arrived
12. she worked while the baby was sleeping
13. what were you doing at 9 p.m. ?
14. he fell while he was running

Exercício 4: Verdadeiro ou falso?

15. Verdadeiro
16. Falso
17. Verdadeiro
18. Falso