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AEIS English

Grammar Focus 3 — The Verb ‘to be’

am · is · are · was, and the continuous

Secondary · Student

Free AEIS English grammar practice for the Secondary intake.
Stop dropping is / am / are and form the continuous correctly,
with a clear rule and 30 practice questions.

AEIS Secondary · English grammar practice

Aligned to MOE AEIS (Secondary) · Part 2 language use

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AEIS ENGLISH · GRAMMAR FOCUS

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语法专项 3 be 动词 (am / is / are / was) 与进行时

Every English sentence needs a verb, so the little verb **be** (is / am / are / was) must not be dropped. For an action in progress, use **be + verb-ing**. Both are frequent AEIS errors.

每个英语句子都需要动词，所以 be 动词 (is / am / are / was) 不能省略。表示正在进行的动作要用 be + 动词 -ing。这两点都是 AEIS 常见错误。

The rule · 语法要点

- Add the right **be** verb: *I am; you / we / they are; he / she / it is*. Past: *I / he / she / it was; you / we / they were*.
- ‘It’s okay’ means **It is okay**. ‘I’m not giving up’ means **I am not giving up**.
- For an action going on, use **be + verb-ing** (the continuous): *I was struggling* — not *I was struggle*.

补上正确的 be 动词：I am，you / we / they are，he / she / it is；过去式：was / were。表示正在进行的动作作用 be + 动词-ing，例如 was struggling（不是 was struggle）。

Common mistakes to avoid · 常见错误

Common mistake	Correct
It okay to feel nervous.	It's okay to feel nervous.
I not ready yet.	I'm not ready yet.
He was run when he fell.	He was running when he fell.
They was very tired.	They were very tired.

Practice — 30 questions · 练习

Fill each blank with the correct ‘be’ verb (am / is / are / was / were). If a verb is given in brackets, write ‘was/were + verb-ing’.

1. It _____ okay to feel nervous before a match.
2. I _____ not giving up now.
3. At that moment I _____ (struggle) to breathe.
4. The other players _____ already warming up when I arrived.
5. My heart _____ (pound) as I waited for the whistle.
6. She _____ ready back then, but I _____ still afraid.
7. Yesterday they _____ very happy with the result.
8. He _____ (run) across the court when he tripped.
9. By the end we _____ tired but proud.

10. Somewhere below, a baby _____ (cry) in the dark.
11. It _____ raining hard when we left the hall.
12. Back then, I _____ far too sure of myself.
13. You _____ my best friend, and you always will be.
14. The coach _____ (watch) us closely during practice.
15. They _____ not ready for the sudden change of rules.
16. All night I _____ (think) about the match.
17. She _____ a talented swimmer; she trains every day.
18. We _____ (wait) for over an hour before he came.
19. The lights _____ off, and the whole flat _____ silent.
20. He _____ (rub) his forehead as he spoke to me.
21. I _____ afraid to speak first in front of everyone.
22. My hands _____ (shake) just before the race began.
23. This year the rules _____ different from last year.
24. She _____ (smile) as she handed me the ribbon.
25. At that time I _____ certain that I would win.
26. The crowd _____ (cheer) my name as I crossed the line.
27. We _____ new to the school last term.
28. He _____ (stare) at the scoreboard in shock.
29. In the end, I _____ not the best player after all.
30. They _____ (train) hard every single morning that month.