MAIN AND HELPING VERBS

A. In each sentence, underline the main verb twice and the helping verb once.

1. I am studying the amazing life of Wilma Rudolph.
2. My class will write reports about this sports legend.
3. We have read an exciting account of her triumphs.
4. Teresa is painting a picture of the famous runner.
5. Matthew and I are working on a poster about Wilma’s victories.
6. Wilma had overcome serious physical problems.
7. Her mother had given her a great deal of support.
8. The people in Wilma’s hometown were cheering for her.
9. People will remember Wilma Rudolph’s accomplishments for many years.
10. Her story has inspired young athletes around the world.

B. Use one of the helping verbs in the box to complete each sentence. Then underline the main verb in each sentence twice. One helping verb will be used more than once.

| am | are | is | will |

1. I _____________ reading a book about Wilma Rudolph’s determination.
2. Wilma _______________ practicing exercises for her leg.
3. She and her mother _______________ traveling to the nearest hospital.
4. In spite of the difficulties, Wilma _______________ fight back.
5. I _______________ rooting for Wilma to succeed.
MAIN AND HELPING VERBS

Read the sentences below. Underline the main verbs and write the helping verbs on the lines provided.

1. Wilma had weighed only four pounds at birth. __________
2. Others have expected little from her. __________
3. She is becoming a great athlete. __________
4. Not a single problem has stopped her. __________
5. People are noticing her skill in basketball. __________
6. Wilma will surprise everyone. __________
7. They are urging her to run races. __________
8. The sweat is flying off her face. __________
9. She has lunged across the finish line. __________
10. She is not thinking about her fear or pain. __________
11. She was forgetting all her problems. __________
12. People in the crowd were cheering for her. __________
13. No American woman had captured three gold medals at one Olympics. __________
14. She has changed sports history. __________
15. We will tell others about Wilma Rudolph’s accomplishments. __________

RETEACHING: A main verb shows the action or state of being in a sentence. A helping verb such as am, is, are, has, have, or will works with the main verb to show when the action or state of being occurs.

Think & Write
Imagine that you were at the Olympics on the day that Wilma Rudolph won three gold medals. Write a paragraph describing the reaction of the crowd. What were people doing, thinking, and feeling? Use main and helping verbs in your writing.
MAIN AND HELPING VERBS

Fill in the bubble next to the helping verb that correctly completes each sentence.

1. Lily, Frank, and I _____ joining a neighborhood swimming team.
   ☐ am
   ☐ is
   ☐ are

2. I _____ thought about joining the team for a couple of months.
   ☐ was
   ☐ had
   ☐ has

3. Frank _____ taken diving lessons at a YMCA indoor pool.
   ☐ has
   ☐ have
   ☐ is

4. We _____ practiced a great deal.
   ☐ will
   ☐ has
   ☐ have

5. The team’s coach _____ analyzing everyone’s strengths and weaknesses.
   ☐ is
   ☐ are
   ☐ have

6. The coach _____ post the results on the bulletin board in two weeks.
   ☐ will
   ☐ have
   ☐ had

7. Our team’s season _____ not begun.
   ☐ is
   ☐ have
   ☐ has

8. Our team _____ probably compete with other teams from the area.
   ☐ have
   ☐ had
   ☐ will

9. We _____ going with my mother to a sports equipment store tomorrow.
   ☐ was
   ☐ are
   ☐ is

10. I _____ outgrown the swimsuit I wore last summer.
    ☐ have
    ☐ was
    ☐ will
Page 38
A. 1. am studying 2. will write 3. have read 4. is painting 5. are working
B. 1. am reading 2. is practicing 3. are traveling

Page 39
1. weighed 2. expected 3. becoming 4. stopped 5. noticing
6. surprise 7. urging 8. flying 9. lunged 10. thinking
11. forgetting 12. cheering 13. captured 14. changed 15. tell

Page 40
1. c 2. b 3. a 4. c 5. a 6. a 7. c 8. c 9. b 10. a