

MAIN AND HELPING VERBS

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

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
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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.

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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. _____



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.