

Past Continuous Tense

The past continuous tense, also known as the past progressive tense, refers to a continuing action or state that was happening at some point in the past. The past continuous tense is formed by combining the past tense of to be (i.e., was/were) with the verb's present participle (-ing word).

There are many situations in which this [verb tense](#) might be used in a sentence. For example, it is often used to describe conditions that existed in the past.

The sun **was shining** every day that summer.

As I spoke, the children **were laughing** at my cleverness.

It can also be used to describe something that was happening continuously in the past when another action interrupted it.

The audience was applauding until he fell off the stage.

I **was preparing dinner** when she arrived.

The past continuous can shed light on what was happening at a precise time in the past.

At 6 o'clock, I **was eating** dinner.

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It can also refer to a habitual action in the past.

She **was talking** constantly in class in those days.

Put the verbs into the correct form (past progressive).

1. When I phoned my friends, they (play) monopoly.
2. Yesterday at six I (prepare) dinner.
3. The kids (play) in the garden when it suddenly began to rain.
4. I (practice) the guitar when he came home.
5. We (not / cycle) all day.
6. While Alan (work) in his room, his friends (swim) in the pool.
7. I tried to tell them the truth but they (not / listen) .
8. What (you / do) yesterday?
9. Most of the time we (sit) in the park.
10. I (listen) to the radio while my sister (watch) TV.
11. When I arrived, They (play) cards.
12. We (study) English yesterday at 4:00 pm .

Write correct sentences:

Yesterday at 6 pm your family were doing different things. Write positive sentences in past progressive.

1. My mother / read / a novel
2. My father / watch / a movie
3. My elder sister / writing / in her diary
4. My two brothers / listen / to the radio
5. My little sister and I / not / watch / a movie
6. We / talk / about school

Practice



A Fill in the blanks with the past continuous form of the verbs given in brackets.

1. Rubina _____ on the phone. (talk)



2. The birds _____ around the garden. (fly)



3. I _____ for the bus. (wait)



4. It _____ all morning. (rain)

5. He _____ a letter to his pen pal. (write)

6. You _____ me about your childhood. (tell)

7. She _____ to school. (run)

8. They _____ under the tree. (sit)

9. The farmer _____ his land. (plough)

10. We _____ in a row. (stand)



PAST CONTINUOUS

Put the verbs into the correct form (past progressive).

1. When I phoned my friends, they _____ (play) monopoly.
2. Yesterday at six I _____ (prepare) dinner.
3. The kids _____ (play) in the garden when it suddenly began to rain.
4. I _____ (practise) the guitar when he came home.
5. We _____ (not / cycle) all day.
6. While Aaron _____ (work) in his room, his friends (swim) in the pool.
7. I tried to tell them the truth but they _____ (listen / not) .
8. What _____ (you / do) yesterday?
9. Most of the time we _____ (sit) in the park.