



# Talking About an Action in Progress in the Past

How do we describe something that was *\*happening\** over a period of time yesterday, last week, or last year? We use a special tool called the Past Continuous Tense. It helps us paint a picture of an ongoing scene from the past.

# The Core Formula is Simple and Consistent

To form the Past Continuous Tense, you only need two key ingredients. This formula works for almost every situation.

[ **was / were** ]

+

[ verb-**ing** ]

This formula is our anchor. You'll see it on every slide to help you remember.

# First, Let's Choose Between 'was' and 'were'

The choice depends on the subject of the sentence. The rule is straightforward.

Use **was**

For singular subjects:

**I**  
**she**  
**he**  
**it**

Use **were**

For plural subjects:

**we**  
**you**  
**they**

# Let's See How It Works: Positive Statements

We can describe what someone was doing at a specific time in the past. Let's imagine yesterday evening.

She **was cooking** dinner.

She (**was**) + cook(**ing**)





# The Same Formula Works for Plural Subjects

Meanwhile, other people were busy with their own activities.

They **were watching** a movie.

They (**were**) + watch(**ing**)



# A Snapshot of a Moment in the Past

Using the Past Continuous, we can see what everyone was doing.



She **was cooking** dinner.



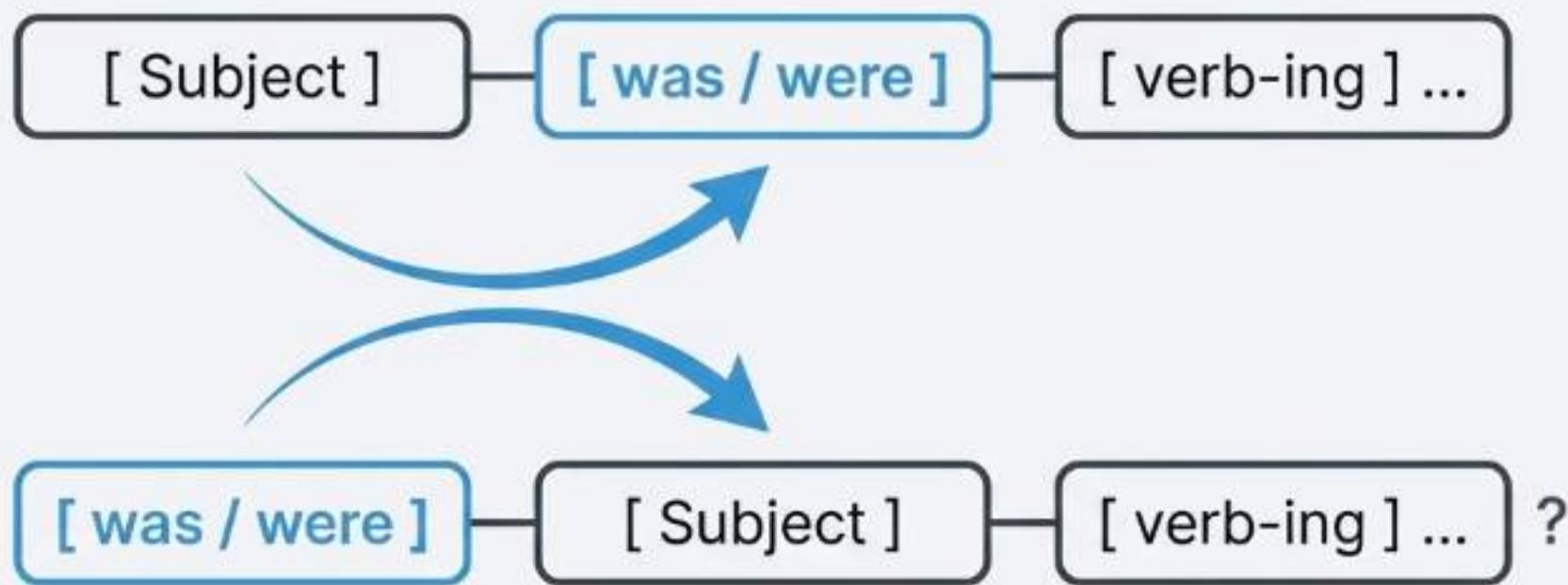
They **were watching** a movie.



I **was studying**.

# To Ask a Question, Simply Swap the Order

To turn a statement into a question, the subject and the verb (**was** or **were**) trade places. No new words are needed.





# Putting Our Characters into Question Form

Let's see what our sentences look like as questions.

? **Was** she cooking dinner?

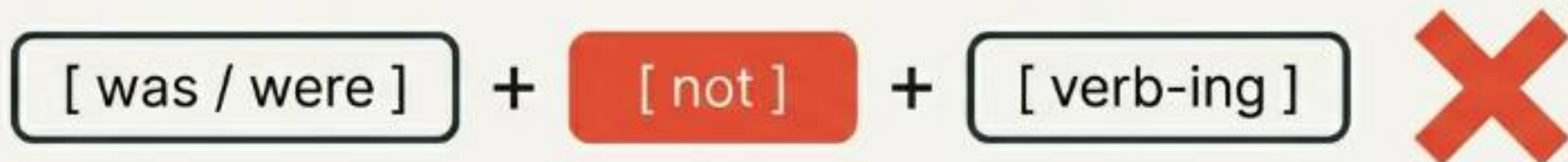
? **Were** they watching a movie?

? **Was** I studying?



## To Make it Negative, Just Add “not”

To say something was *not* happening, place the word `not` directly after `was` or `were`.



You can also use contractions: `wasn't` or `weren't`.

# Showing What Was Not Happening

Using our new rule, we can clarify the scene.



She **was not** (wasn't) cooking dinner.



They **were not** (weren't) watching a movie.

# Check Your Understanding

Complete the sentence below using the Past Continuous Tense.

Yesterday at 4 PM...



He \_\_\_\_\_ in the park. (run)

Answer: was running.

# The Full Picture: Statement, Question, and Negative

All three forms use the same core components. Notice how the pieces move and adapt.

 <b>Positive</b>	 <b>Question</b>	 <b>Negative</b>
They <b>were watching</b> a movie.	<b>Were</b> they <b>watching</b> a movie?	They <b>were not watching</b> a movie.



# Remember: Use This for Actions Happening in the Past

Whenever you want to describe a background scene, an interruption, or an action that was in progress over time in the past, the Past Continuous is your tool.



**was / were + verb-ing**

You've got it! 🎉