



Past Continuous Tense

Grammar > Intermediate 4



Exercise 1 – Learning

How to Form the Past Continuous Tense

Put the helping verb '**be**' into the past tense form and add the verb in '**-ing**' form:

was/were + verb-ing.

- I **was** sleeping.
- You **were** working.
- He/She/It **was** coming.
- We **were** studying.
- You **were** reading.
- They **were** shopping.



Past Continuous Tense Usage

We use the present continuous tense to talk about:

1. Something that was happening in the past for a period of time:

- She **was reading** a book all day yesterday.
- I **was working** for five hours.

2. Something that was happening at the same time in the past:

- While I **was watching** TV, my sister **was doing** her homework.
- While he **was cleaning**, they **were relaxing** on the bed.

3. Something that was happening in the past for a period of time before another action interrupted it:

- I **was cooking** when the phone rang.
- When we arrived they **were playing** games.



Exercise 2 – Fill in the Blanks

Fill in the blanks with the verb in the past continuous form.

1. I _____ all day yesterday. (study)
2. He _____ coffee while I was playing video games. (drink)
3. They _____ to the party when their car broke down. (go)
4. She _____ a book. (read)
5. It _____ when I called you. (rain)
6. We _____ for two hours last night. (run)
7. The teacher _____ on the blackboard. (write)
8. Megan and David _____ the TV while I was sleeping. (watch)



Exercise 3 – Sentence Construction

Use what you learned in class to create sentences with your tutor.

Example: I clean my room. → I was cleaning my room.

Content:

1. I come home.
2. I work all day.
3. She called her friend.
4. Lisa is playing video games.
5. We jumped into the water.
6. Megan and David are selling cookies.