

Past continuous

Past continuous is a grammatical tense in English used to describe actions or events that were in progress at a specific point in the past. It emphasizes the duration and continuity of an action that was happening at that time. The past continuous tense is formed using the past tense of the verb "to be" (was/were) and the base form of the main verb, along with the present participle (-ing form).

The structure of the past continuous tense is as follows:

Subject + was/were + base form of the verb + -ing

Here are some examples of past continuous sentences:

1. She was reading a book when the phone rang.
 - In this sentence, the action of reading was in progress in the past when the phone rang.
2. They were playing football in the park yesterday evening.
 - This sentence describes the ongoing action of playing football at a specific time in the past, which is yesterday evening.
3. He was cooking dinner while she was watching TV.
 - Here, the actions of cooking dinner and watching TV were happening simultaneously in the past.
4. I was studying for the exam all night last Saturday.
 - This sentence emphasizes the duration of studying for the exam throughout the night last Saturday.

Summary Chart:

| Structure | Example |
|---------------------------------------|---|
| Subject + was/were + base form + -ing | She was reading a book when the phone rang. |
| Subject + was/were + base form + -ing | They were playing football in the park yesterday evening. |
| Subject + was/were + base form + -ing | He was cooking dinner while she was watching TV. |
| Subject + was/were + base form + -ing | I was studying for the exam all night last Saturday. |