

## Past Continuous:

The **Past Continuous** tense is used to describe actions or events that were ongoing or in progress in the past. It's formed using the past tense of the auxiliary verb "to be" (was/were) and the base form of the main verb plus "-ing."

### Structure:

- Affirmative: Subject + was/were + base verb + -ing
  - Example: She **was watching** a movie.
- Negative: Subject + was/were + not + base verb + -ing
  - Example: He **wasn't studying** for the exam.
- Interrogative: Was/Were + subject + base verb + -ing + ?
  - Example: Were **you cooking** dinner?

### Examples:

1. While I **was reading** a book, the phone **was ringing**. (Two ongoing actions in the past)
2. They **were playing** football when it started to rain. (Ongoing action interrupted by another event)

### Summary Chart:

Type	Example Sentence
Affirmative	She <b>was studying</b> for her exam.
Negative	He <b>wasn't listening</b> to music.
Interrogative	Were <b>you watching</b> TV when I called?