

Past Continuous

Name:

Date:



How to use past continuous?

The past progressive tense, also called the past continuous tense, emphasises a continuing or incomplete action in the past. We can use this tense to express:

an action that was in progress at a specific time in the past,

two actions that were taking place at the same time,

a past action that was interrupted by a second past action.

The signal words for the past progressive are: while, as long as etc.

To conjugate the past progressive tense, we use the past tense form of the auxiliary verb be and the main verb in its -ing form.

Choose the correct verb form.

At midnight, I _ a movie with my family.

- ☐ was watching ☐ am watching ☐ watched

While my sister _ her nails, I was studying for my exam.

- ☐ am painting ☐ was painting ☐ painted

At 7 pm, my mom _ dinner while my dad was setting the table.

- ☐ cooked ☐ is cooking ☐ was cooking

While my brother _ video games, I was reading a book.

- ☐ am playing ☐ was playing ☐ played

During the party, we _ and _ karaoke.

- ☐ were dancing and singing ☐ danced and sang ☐ are dancing and singing

When I called my friend, she _ TV.

- ☐ was watching ☐ is watching ☐ watched

While my mom _ to work, I was listening to music in the car.

- ☐ drove ☐ was driving ☐ is driving

Yesterday evening, my grandpa _ stories about his life.

- ☐ told ☐ was telling ☐ is telling

Past Continuous



Name:

Date:

Mark the signal words of the past progressive

As the rain was pouring down, the girl was reading her favorite book. She was sitting by the window, while turning the pages and sipping hot chocolate. While she was reading, her cat was purring on her lap. As she was engrossed in the story, she didn't notice the time passing. When she looked up, it was already midnight and she was still reading. As she was getting sleepy, she closed the book and went to bed. While she was falling asleep, she dreamt about the characters in the book. As the night went by, she had a peaceful sleep.

Write the past progressive form of the verb into the panels.

At nine o'clock last night, I _____ (to watch) a movie on Netflix.

While my sister _____ (to study) for her test, I was playing with my toys.

Yesterday afternoon, my mom _____ (to bake) some cookies for us.

At the party, the guests _____ (to dance) to the music.

While my dad _____ (to fix) the car, I was cleaning the garage.

The baby _____ (to cry) because she was hungry.

When I entered the room, my brother _____ (to play) video games on his computer.

Last weekend, we _____ (to hike) in the mountains and enjoying the beautiful scenery.

Past Continuous



Name:

Date:

Past progressive

my, watching, was, a, sister, television., reading, was, I, While, book,

and, howling, the, storm,, the, was, were, trees, wind, swaying., the, During

was, table., While, cooking, I, was, dinner,, setting, the, my, mom

dad, I, to, writing, his, was, colleague., essay,, While, my, talking, was, my

heavily., was, I, was, playing, rain, starting, While, football,, to, it