

Past Continuous Tense

Was/were + verb + -ing

Actions that were in progress at a certain point or at a certain time period in the past.

- He _____ all day. (fly)
- Last night at 8 o'clock we _____ . (dance)
- At 1pm today we _____ coffee. (have)

Annoying repeating actions in the past.

- They _____ always _____ me to do all the work. (leave)
- He _____ always _____ on duty. (sleep)
- He _____ always _____ while he worked. (whistle)

A past action was in progress when another action interrupted it.

- While Julie _____ the dishes, the phone rang. (wash)
- I _____ football, when I broke my ankle. (play)
- They _____ when the alarm went off. (sleep)
- He _____ when the accident happened. (drive)
- He _____ when he stumbled and fell. (walk)

Two or more actions which were happening simultaneously (at the same time) in the past.

- She _____ (cook) while the baby _____ (sleep)
- He _____ (play) golf while she _____ (read)
- They _____ (play) while their mother _____ (work)