The Past Progressive

The past progressive (or past continuous) tense is used to talk about actions or events that were in progress at some time in the past. It is formed with "was" or "were" and the present participle (-ing form of the verb).

Examples:

At 8:00 this morning,

- I **was eating** breakfast.
- Josh **was walking** his dog.
- The cat **was playing** with its toys.
- You **were doing** yoga.
- The neighbors **were sleeping**.

Choose the correct form of each verb to complete each sentence.

1) This time last week, we (swim) _____ _____ in the lake.
2) I couldn't go to the party because I (work) _____ _____ late.
3) Shawn (walk) _____ _____ in the park when he saw his friends.
4) They (drive) _____ _____ when they got a flat tire.
5) Deliah called her mom while she (finish) _____ _____ cooking dinner.

Write the correct form of each verb in each box.

6) This time last year, you (travel) _____ _____ in Thailand.
7) On Monday evening, Bernie (watch) _____ _____ TV.
8) They couldn't attend the meeting because they (run) _____ _____ late.
9) We (listen) _____ _____ to the radio when we heard the news.
10) Tony (run) _____ _____ when he found a lost wallet.

Your turn! Practice using verbs in the past progressive verb tense.

11) _____.
12) _____.
13) _____.
14) _____.
15) _____.

LIVEWORKSHEETS