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)

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