The past continuous tense is used to talk about a continuing action that was happening in the past. It can also be used to talk about a continuing past action that was interrupted by a shorter past simple action, or for a repeated or annoying past action.

The past continuous structure: was/were + verb-ing

Example: At 4 o'clock, I **was waiting** for a taxi.

A. Fill in the gaps with the past continuous form of the verbs in brackets.

1. He ..... (cook) dinner when somebody knocked on the door.
2. She ..... (laugh) for a long time.
3. They ..... (travel) to the party when the storm hit.
4. She ..... (talk) on the phone when she tripped over.
5. It ..... (rain) all day.
6. They ..... (play) football for two hours.
7. He ..... (fall) asleep in class at least once a week.
8. The group of friends ..... (plan) a holiday together.
9. He ..... (always run) away from the ball instead of towards it!
10. I ..... (watch) TV when my phone rang.
11. My family ..... (live) in Switzerland last year.
12. They ..... (constantly chat) throughout the movie.
13. We ..... (sunbathe) on the beach when a huge wave came.
14. He ..... (throw) snowballs at her face so she ran away.
15. Lin ..... (jog) around the lake yesterday afternoon.
16. I ..... (sleep) until the dog's barking woke me up.

B. Sort the above sentences 1 to 16 into the correct category.

A continuing action that was happening in the past	A continuing past action that was interrupted	A repeated or annoying past action