

Past Continuous Tense

We use the past progressive tense when:

1. Actions were in progress at special time in the past.

- John **was taking** a nap at 3 o'clock yesterday.
- I **was eating** an apple on my way home.
- It **was raining** yesterday.
- He **was talking** to her at recess.

2. Two actions were happening at the same time.

- My sister **was watching** TV while I **was doing** my homework.
- She **was cleaning** the house while he dog **was sleeping**.
- My dad **was making** dinner while my mom **was helping** Sarah with her homework.
- It **was raining** while we **were driving** to Montreal.

3. Together with Simple Past.

- I **was unloading** the dishwasher when you **called**.
- She **was doing** her homework when her dad **came** home.
- Cedric **was answering** the question when the recess bell **rang**.
- It **was raining** when I **got** here.

4. Repeated actions irritating the speaker

- He **was always biting** his nails!
- She **was chewing** on her pencil all the time!
- This guy **was talking** and talking and talking!
- It **was raining** all the week!

Verb Conjugation & Spelling: to be (was / were) + verb + ing

Subject	Verb	The Rest of the sentence
I / he / she / it	was playing	soccer in the park.
you / we / they	were studying	English at home.

Negative Sentences in the Past Progressive/Continuous Tense

to be (was / were) NOT + verb + ing:

Affirmative: You **were playing** tennis.

Negative: You **were not playing** tennis.

(was not = wasn't / were not = weren't) : I **was not listening**. = I **wasn't listening**.

There is no difference in meaning though we normally use contractions in spoken English.

Word Order of Negative Sentences

Subject	To be + not	Verb + ing	The Rest of the sentence
I / he / she / it	wasn't	eating	mushrooms for dinner.
you / we / they	weren't	talking	about my sister.

Examples of negative sentences: John **wasn't feeling** well. / We **weren't watching** a movie. / It **wasn't raining** outside. / They **weren't playing** soccer at recess. / She **wasn't eating** peanuts.