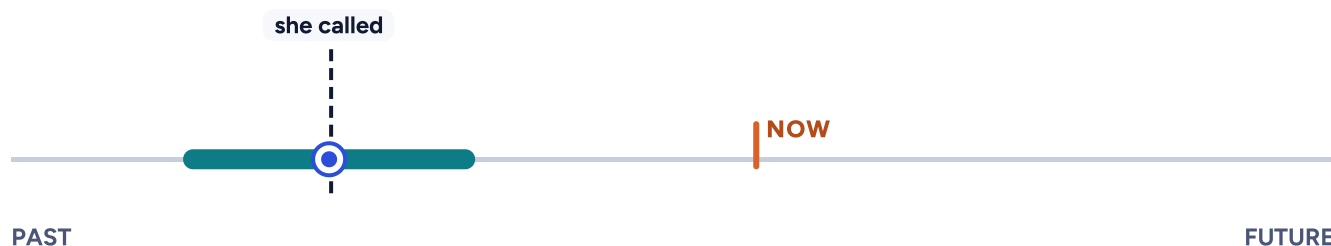


Past Continuous

Use the **Past Continuous** for an action in progress at a moment in the past, often interrupted by a shorter one: *I was cooking when she called.* Form: **was / were + -ing**.

I **was cooking** when she called.



1. Choose the right answer Circle a or b.

- I _____ a shower when the phone rang.
a) was having b) had
- What _____ at 10 pm last night?
a) did you do b) were you doing
- They _____ football when it started to snow.
a) was playing b) were playing
- While she _____, I cleaned the kitchen.
a) was sleeping b) slept
- I _____ him immediately.
a) recognised b) was recognising

2. Correct the mistake

Each sentence has one mistake. Write the correct sentence.

1. When she called, I cooked dinner.

2. They was waiting outside.

3. I was knowing the answer.

3. Your turn

Write three sentences about your own life in the **Past Continuous**. Use one of these words in each.

while

when

at 8 pm yesterday

all evening

at that moment

See the rule move

The full lesson, with more pictures, examples and a quiz that checks your answers, is free at
clarigram.app/tenses/past-continuous

Past Continuous

1. Choose the right answer

1. **a) was having** The shower was in progress when the phone interrupted it.
2. **b) were you doing** You're asking about an activity in progress at that moment.
3. **b) were playing** They takes were.
4. **a) was sleeping** While introduces the longer action in the background.
5. **a) recognised** Recognising is a single, complete moment, so it takes the Past Simple.

2. Correct the mistake

1. **When she called, I was cooking dinner.** If the cooking was already in progress, use the Past Continuous. "I cooked" means you started after the call.
2. **They were waiting outside.** Use were with you, we and they.
3. **I knew the answer.** Know is a state verb, so it stays in the Past Simple.

3. Your turn

Answers will vary. Check that each sentence follows the rule on page 1, or paste them into Clarigram to have them checked.