


200 PAST CONTINUOUS

1 EXPLANATION

Task: Study the grammar explanation in the boxes below.

Study the example

- John and Paul started playing football at 7:00 pm.
- John and Paul finished playing football at 8:00 pm.
- So, at 7:30 pm they were playing football.



Explanation

The past continuous describes actions or events in a time before now, which began in the past and were still going on when another event occurred.

An action or situation had already started before this time, but had not finished.

Examples:

- The phone rang while I was eating my dinner.
- John was skiing when he broke his leg.

Past Continuous	Past simple
<p style="text-align: center;">In the middle of an action</p> <p>I was walking when it started to rain.</p>	<p style="text-align: center;">Completed Action</p> <p>I walked home from work yesterday.</p>

We often use the past simple and the past continuous together to say that something happened in the middle of something else:

- John called while we were drinking cocktails.
- It was snowing when I woke up.
- I saw Jane yesterday, she was sitting on the grass outside her house.

- I hurt my hand while I was playing golf.

2 HOW TO FORM THE PAST CONTINUOUS

Task: Study the grammar tables below.

Positive statements using the "Past Continuous"		
I	was	watching
You	were	dancing
He	was	Singing
She	was	drinking
It	was	eating
We	were	sleeping
They	were	working

Negative statements using the "Past Continuous"			
I	was	not	watching
You	were	not	dancing
He	was	not	Singing
She	was	not	drinking
It	was	not	eating
We	were	not	sleeping
They	were	not	working

Questions with the "Past Continuous"		
Was	I	watching
Were	you	dancing
Was	he	Singing
Was	she	drinking
Was	it	eating
Were	we	sleeping
Were	yhey	working



3 COMPLETE THE SENTENCES

Task: Complete the sentences below using the past continuous.

1. I saw her yesterday when she was **walking** (walk) to school.
2. The party was great. We were **dancing** (dance) all night.
3. They were **arguing** (argue) about politics so I went home.
4. John is so funny, he was **telling** (tell) me jokes all night.
5. I didn't answer your call last night because I was **sleeping** (sleep).
6. We were shocked because she was **telling** (tell) so many lies.
7. Liam and Oliver were **studying** (study) in the library at 6:00 am.
8. She was **shouting** (shout) so loudly yesterday that I had to leave.
9. I was **cleaning** (clean) my room when I heard the news.
10. I think I was **teaching** (teach) at 5:00 pm yesterday.
11. She fell over because she was **running** (run) too fast.
12. I couldn't answer the phone because I was **driving** (drive).
13. The dog was **barking** (bark) all night so I didn't sleep well.
14. Tom was **working** (work) all day yesterday so he's tired today.
15. We were **playing** (play) golf at 10:00am yesterday,



4 COMPLETE THE DIALOGUES

Task: Complete the dialogues below using the past continuous or past simple.

Dialogue 1

- Ken: I **saw** (see) you yesterday at 8:00 am.
- Tom: Ah yes, I was **walking** (walk) to work.
- Ken: I **thought** (think) you were **running** (run)!
- Tom: Ah, I was **running** (run) because I **had** (have) a meeting to attend.

Dialogue 2

- Jan: What were you **doing** (do) at 5 pm last night?
- Dave: I was **driving** (drive) home from work. Why?
- Jan: I was **trying** (try) to call you but your phone did not **ring** (ring).
- Dave: Sorry, I **turned** (turn) my phone off! I was **listening** (listen) to the radio.

Dialogue 3

- Beth: How **was** (be) the party?
- Sarah: It **was** (be) terrible! Everyone was **arguing** (argue) about football.
- Beth: Oh no! Was everyone **drinking** (drink) alcohol too?
- Sarah: Yes! I wasn't **drinking** (drink) alcohol so I **drove** (drive) home.

Dialogue 4

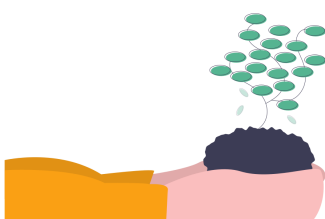
- Ken: How **was** (be) your birthday party?
- Tom: I was **having** (have) a terrible time until David **arrived** (arrive).
- Ken: What **did** (do) David do?
- Tom: He **brought** (bring) presents and was **telling** (tell) jokes all night!



5 CREATE YOUR OWN SENTENCES

Task: Use your own ideas to complete the sentences below using the past continuous.

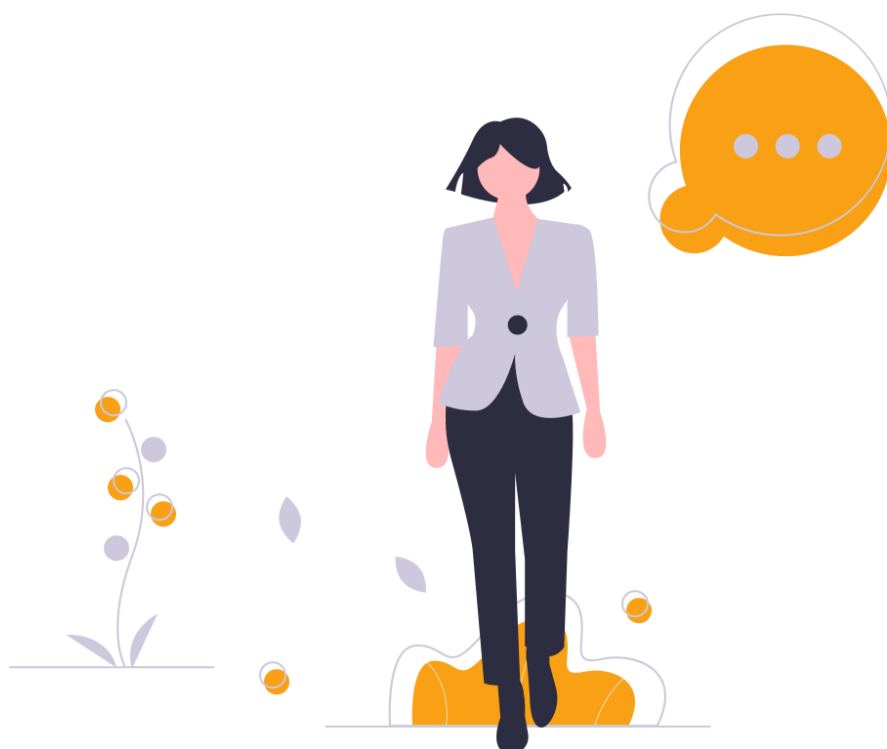
1. The computer screen froze while _____
2. John saw her yesterday when _____
3. She fell asleep while _____
4. The radio was on but _____
5. I went home early from the party because he _____
6. He found \$20 yesterday when _____
7. When I arrived at work he _____
8. The doorbell rang while _____
9. I got to work late because _____
10. I fell over because I _____
11. He stopped talking when _____
12. I didn't hear the man shouting because _____
13. I didn't see you because _____
14. I had to leave the office because he _____
15. The phone rang while _____



6 CHOOSE PAST CONTINUOUS OR PAST SIMPLE

Task: Complete the sentences below using the past continuous or the past simple.

1. The phone **rang** (ring) while I **was driving** (drive).
2. I **was walking** (walk) when I **heard** (hear) a strange noise.
3. She **missed** (miss) her bus because she **was walking** (walk) slowly.
4. I **was running** (run) when you **called** (call) so I didn't answer.
5. He **was cycling** (cycle) fast but he **managed** (managed) to avoid the bus.
6. She **was listening** (listen) to music when the bus **stopped** (stop).
7. I **saw** (see) Paul at the bus stop, he **was going** (go) to the city centre.
8. I **went** (go) home early because she **was shouting** (shout) loudly.
9. I **did not hear** (no / hear) the alarm as I **was concentrating** on my work.
10. Tom **was waiting** (wait) for me when I **arrived** (arrive).



7 ANSWER THE QUESTIONS

Task: Answer the questions below using the past continuous and/or the past simple.

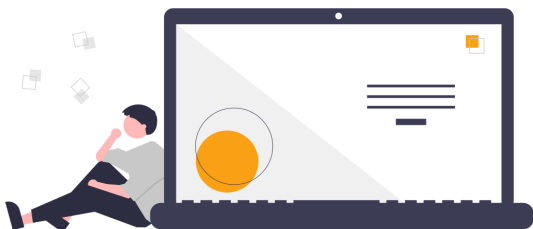
1. What were you doing 1 hour ago?

2. What were you doing at 8:00 pm yesterday?

3. What were you doing at 6:00 am this morning?

4. Describe what you did last weekend?

5. Describe what you did yesterday morning.



6. What were you doing at 12:01 am on January 1st?

7. Describe what you did for your last birthday.

8. What were you doing on Saturday night at 9:00 pm?

9. Describe what you did last Christmas.

10. What were you doing at 5:00 pm last Monday?



HOMework

1 WRITING PRACTICE

Complete the writing task in the box below. Use the example answer as a guide.

Task

Describe your morning routine from yesterday using the past continuous tense.

Instructions:

- Write a short paragraph describing your morning routine from yesterday.
- Use the past continuous tense to describe the actions you were doing during each part of your morning routine.
- Include at least 5 actions in your paragraph.
- Edit and revise your work for grammar, punctuation, and spelling.

Example answer

"Yesterday morning, I woke up early and started my day with some exercise. While I was stretching, I listened to some music to get myself ready for the day.

After my workout, I was feeling energised, so I decided to take a quick shower. While I was showering, I was thinking about all the things I needed to do that day.

Next, I got dressed and made myself a cup of coffee. While I was waiting for the coffee to brew, I checked my emails to see if there was anything urgent that needed my attention.

Finally, I grabbed my bag and headed out the door. While I was walking to work, I saw some of my neighbours out for their morning walk. Overall, it was a productive and refreshing morning."

