

Past Continuous: Structure

AFFIRMATIVE FORM		NEGATIVE FORM		QUESTION FORM		
Subject + auxiliary (to be) + verb + ING		Subject + auxiliary (to be) negative + Verb + ING		Auxiliary (to be) + Subject + Verb + ING		
I HE SHE + IT	was going e.g I was going to work	I	was not going e.g I was not going to work	was	I	going e.g Was I going to work?
YOU WE + YOU THEY	were going e.g We were going to work	YOU WE + YOU THEY	were not going e.g We weren't going to work	were	YOU WE + YOU THEY	going e.g Were we going to work?

Past Continuous: Use

Use 1: ACTIONS IN PROGRESS IN THE PAST	Use 2: AN ACTION IN THE PAST INTERRUPTED BY ANOTHER
<p>We use past continuous to talk about actions in progress at the specific time in the past:</p> <p>E.g. I was watching TV yesterday at 3.00 pm. At that moment they were listening to the radio.</p>	<p>We use past continuous to talk about an action in progress in the past interrupted by another action:</p> <p>E.g. I was reading a book when the phone rang. Was she working when you arrived?</p>
Use 3: ACTIONS IN PROGRESS AT THE SAME TIME	Use 4: REPEATED ACTIONS FOR A TEMPORARY PERIOD
<p>We can use past continuous to talk about multiple past actions in progress at the same time:</p> <p>E.g. He was training while I was reading. They were talking while we were playing.</p>	<p>We use present continuous to talk about situations that in the process of change:</p> <p>E.g. We were receiving daily updates at the time. They were working day and night before the deadline.</p>

Use 5: STORY BACKGROUND

We use past continuous to provide background in a story:

E.g. It was a beautiful day and the sun **was shining**.
I **was looking** out the window as the train left the station.