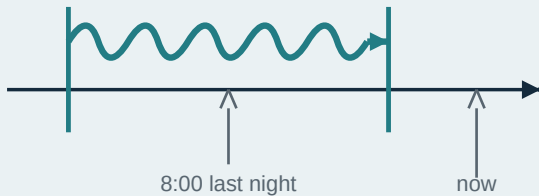


# PAST CONTINUOUS

A1-A2 | Grammar reference guide

## 1 Look at the diagrams below.

I was watching TV.



I was cooking when the phone rang.



## 2 Read the key idea.

We use the past continuous for an action that was in progress at a past time.

It is often combined with a simple past action that interrupts the longer action.

## 3 Notice the useful time words.

### USEFUL TIME WORDS

while | when | at 8:00 last night | all evening | at that moment

## 4 Read the example sentences.

### In progress:

*I was watching TV at 8:00.*

### Negative:

*She was not sleeping.*

### Interrupted:

*I was cooking when the phone rang.*

### Question:

*What were you doing at 9:00?*