

Past Continuous Tense

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The Past Continuous tense is used to talk about actions or events that were happening at a specific point in the past or during a period in the past.

In the affirmative form, we use the past form of the verb "to be" (was, were) and add the present participle (-ing form) of the main verb.

Subject	To Be (Past)	Main Verb (Present Participle)	Example
I	was	working	I was working.
You	were	studying	You were studying.
He/She/It	was	sleeping	He was sleeping.
We/They/You	were	playing	We were playing.

In the negative form, we use the past form of the verb "to be" (was not, were not) and add "not" before the present participle (-ing form) of the main verb.

Subject	To Be (Past) + Not	Main Verb (Present Participle)	Example
I	was not	working	I was not working.
You	were not	studying	You were not studying.
He/She/It	was not	sleeping	He was not sleeping.
We/They/You	were not	playing	We were not playing.

In the interrogative form, we use the past form of the verb "to be" (was, were) before the subject and add the present participle (-ing form) of the main verb at the end.

To Be (Past)	Subject	Main Verb (Present Participle)	Example
Was	I	working	Was I working?
Were	you	studying	Were you studying?
Was	he/she/it	sleeping	Was he sleeping?
Were	we/they/you	playing	Were we playing?

Examples:

Affirmative: They were playing soccer in the park.

Negative: He was not watching TV at that time.

Interrogative: Were you studying for the exam?

Remember that the Past Continuous tense is used to set the scene or describe an ongoing action in the past. It is often used together with the Simple Past tense to talk about actions happening simultaneously or interrupting each other in the past.