

# The Past Continuous

## STD-VII

**SUBJECT : ENGLISH**

**PERIOD NUMBER : 1**

**CHAPTER NAME :The Past Continuous**

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**CHANGING YOUR TOMORROW**

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# The Past Continuous Tense

To show what somebody was doing at a particular time in the past, we use the Past Continuous Tense.



I was playing badminton  
at this time yesterday.

She was cycling  
at 9:00am yesterday.



They were playing  
table tennis at 6:30 last night.



was / were

verb+ing



Simon

3:00 yesterday

Simon was playing football at 3 pm yesterday.

The children

8 am yesterday

The children were going to school  
at 8 am yesterday.



Exercise.

Derek



Derek was swimming at 6 am yesterday.

Mandy



Mandy was feeding her dog at 4 o'clock yesterday.

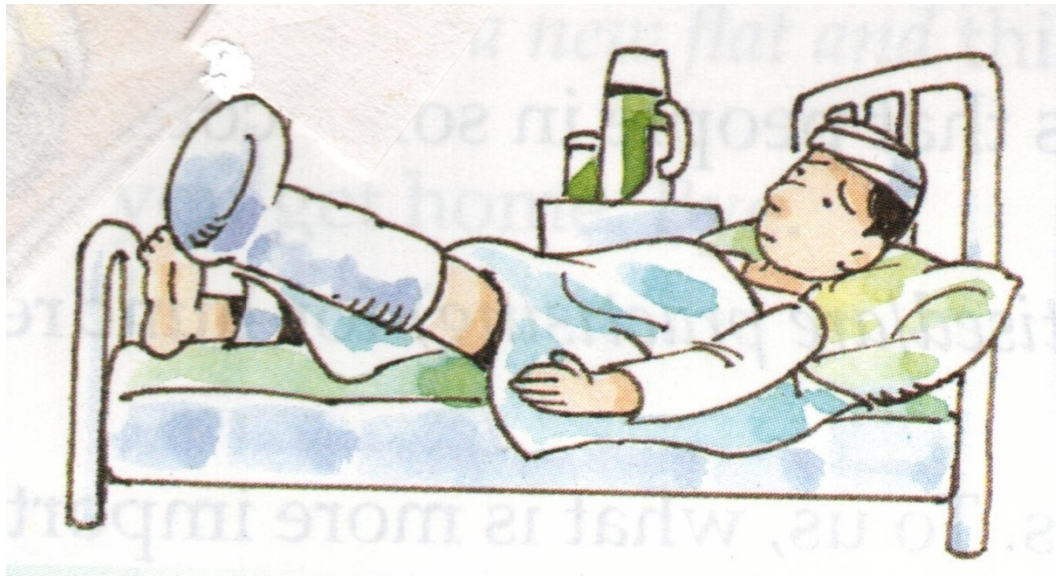
Sam & Jess



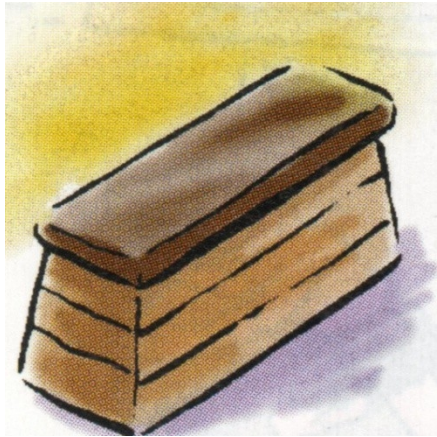
Sam and Jess were having dinner at 8 pm last night.

We often use  
the past continuous and past simple tenses  
in the same sentence.

We do this when we want to talk about  
a shorter activity that happened  
during a longer activity in the past.



Sam hurt himself yesterday.  
But when exactly?



when jumping over  
the vaulting horse

Sam hurt himself **when** he was jumping over the vaulting horse.

shorter action

longer action

cut herself

peel an apple

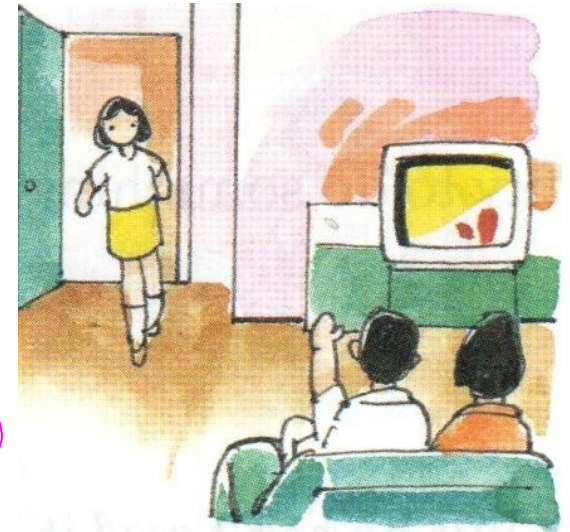


Nancy cut herself when she was peeling an apple.

They were watching TV when I arrived.

watch TV

arrive



play football

rain



We were playing football when it suddenly rained.



Sometimes we use the past continuous tense to talk about two or more actions which were taking place at the same time in the past.

### Example

I was playing TV games while mother was cooking.

We were studying while the baby was crying.

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