# Past Continuous Explained (1) RAINBOW OF EDUCATION

I was working.

It was snowing.

The sun was not shining.

Past

Continuous.

She was running.

Positive and

She was not cycling.

Negative

Examples.

The children were drinking.

They were not eating.

The girl was playing the guitar.

She was not playing the flute.

The airplane was landing.

It was not taking off.

He was painting.

He was not resting.



The past continuous tense is..

I, you, he, she, it, we, they

was or were,

walking. verb + ing

# Past Continuous Explained (2) RAINBOW OF



## Affirmative (yes)

I was typing.
You were riding.
He was painting.
She was cleaning.
It was eating.
We were
swimming.
They were going.

### Negative (no)

I was not typing.
You were not riding.
He was not cleaning.
It was not eating.
We were not swimming.
They were not going.

#### Question

Was I typing?
Were you riding?
Was he painting?
Was she cleaning?
Was it barking?
Were we
swimming?
Were they going?

1

A continuous action happening in the past.

#### **Past**

I was eating.

a continuous action

Now

2

Two or more continuous actions happening at the same time in the past.

#### **Past**

I was eating.

She was reading.

I was eating breakfast while she was reading a magazine.

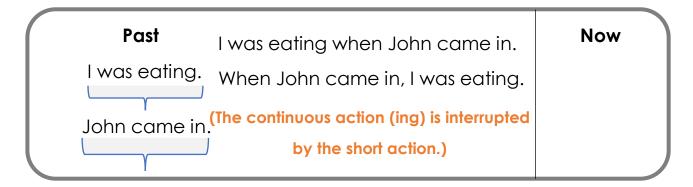
Now

Past Continuous Explained (2)

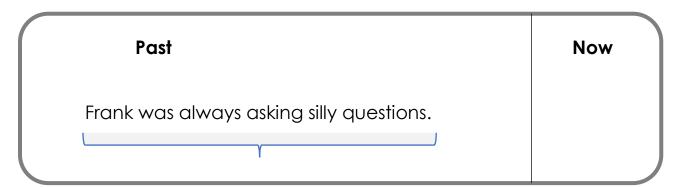
# 3. Past Continuous Explained (3)



A continuous action (past continuous) and a short action (past simple) happening at the same time.



Repeated actions irritating the speaker. (with always, forever, and constantly)



**Remember** that the dependent clause can come before or after the independent clause. When a sentence begins with a dependent, use a comma.

They were barbecuing when the storm hit.

When the storm hit, they were barbecuing.

Past Continuous Explained (3)

# 4. Past Continuous Explained (4)



What does 'continuous' mean?

'Continuous' means the action started earlier, is still going on as we speak and will stop later. (continuous or ongoing)

Some Examples of a continuous action.

1. A continuous action in the present.







I started swimming earlier. I am swimming right now. I'll stop swimming later.



I started running earlier.



I'm running right now.



I'll stop running later.







I started cleaning earlier. I'm cleaning right now.

I'll stop cleaning later.



Here is an example of an action that is **not** continuous.

"I lock the door."

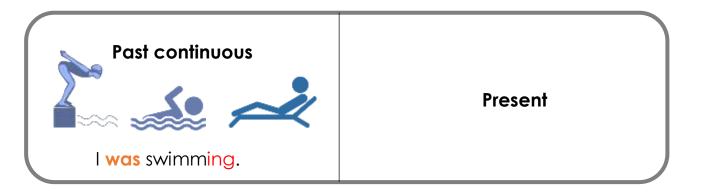
Don't say "I'm locking the door."

This is not a continuous action because the actual locking is only a 'click'.

# 5. Past Continuous Explained (5)



2. Now let's put this picture in the past continuous.



More on the Past Continuous Tense on the next pages.



# **Chart with Pronouns**





You were

He was She was

It was

We were They were



I was swimming.



You were swimming.



He was swimming.



She was swimming.



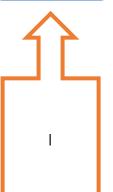
It was swimming.



We were swimming.



They were swimming.



\_\_\_\_\_

You

One male (man or boy)



One female (girl or lady)

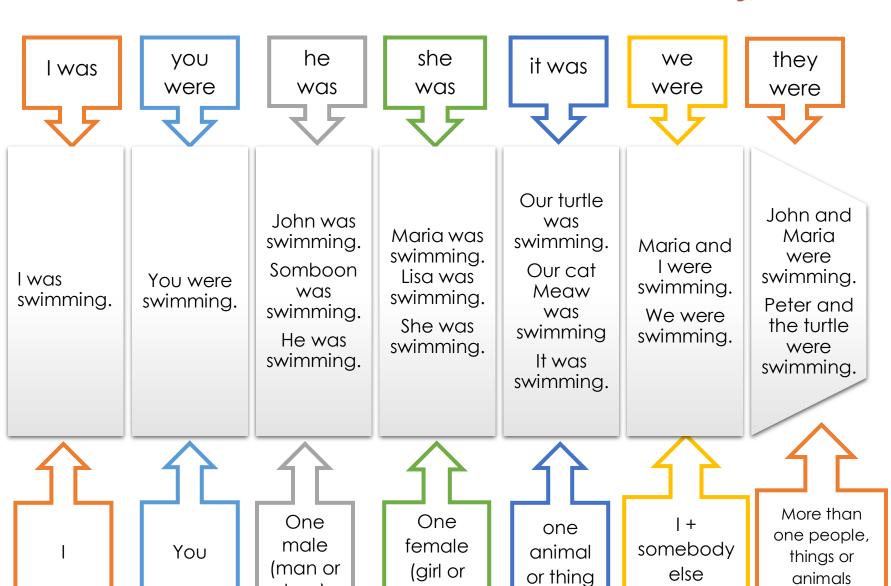
one animal or thing



l + somebody else More than 1 person, thing or animal

#### **Chart with Names**





lady)

**Chart with Names** 

boy)



### The spelling rules of the continuous tense

#### 1. Just add ing to the basic verb

working

playing

seeing

going

work

play

see

go

stop

stop stopping run running begin beginning

2. If the verb ends in consonant + stressed vowel + consonant: double the last letter.

lying

dying

lie

die

3. If the verb ends in ie, change ie to y.

4. If the verb ends in vowel + consonant + e, delete the e.

come coming mistake mistaking

Vowels: a e i o u

Consonants: bcdfghjklmnpqrstvwxyz

## Past Continuous, Conjugations Chart



1. yes 5. question 6. answer: yes 7. answer: no 3. no 4. no, short Was I l was I was not I wasn't No. I was Yes, I was. working. jogging. walking? working. not. You were You You were Were you Yes, you No, you weren't not working. printing? were. were not. swimming. cooking. He was He was Was he Yes, he No. he He wasn't not working. sleeping? was. was not. learning. working. She was Was she She was She wasn't No, she Yes, she putting on not working. coming. was not. was. swimming. make-up? It was not It wasn't Was it No, it was It was Yes, it was. hunting? working. working. working. not. We were We We were Were we Yes, we No, we weren't not working. partying? were. were not. swimming. studying. They were They They were Were they Yes, they No, they not weren't working. selling? were not. were. working. cleaning.

# Past Continuous, Conjugations Exercise Document



1. yes	2. yes,short	3. no	4. no, short	5. question	6. answer: yes	7. answer: no
I		<u> </u>	- I		Yes,	No,
You			-			
He						
She						
- We						
They						

Past Continuous, Conjugations Exercise Document

# Past Continuous Explained (5)



### Comparing the Past Simple to the Past Continuous

#### **Past Simple**

There is no connection with the present.

Use time markers such as:

when

11.

ago

last

the day before yesterday

Past	Present
John ate	
lunch.	

# **Past Continuous 1**

Was or were + verb + ing

A continuous action in the past interrupted by a short action in the past.

Use: **when** and **while** 

Past	present
I was eating	
when John	
came in.	

#### Past Continuous 2

Two continuous actions happening at the same time in the past.

Use: **when** and **while** 

Present

Past Continuous Explained (5)

# Past Continuous, Worksheet 1

1. swim, I

I was swimming.

2. write, they

They were writing.

3. eat, she

4. meet, we

5. birds, watch, it, the,

6. exercise, he

7. fall from the stairs, it

8. visit New York, we

Past Continuous, Worksheet 1



9. play football, they

10. play the trombone, we

11. turn around, she

12. sleep, we

13. drive, he

14. e-mail, they

15. learn, she

16. cook, I

# 13. With worksheet 3 Past Continuous, Worksheet 2, RAINBOW OF EDUCATION

Mr. Frederichs	Ms. Frederichs
shaved	07:00-7:15 make breakfast
shower	7:15-7:20 make breakfast
have breakfast	8:00-8:30 have breakfast
do office work	9:00-12:00 teach history at school
have lunch	12:00-1:00 have lunch
meet with a client	1:00-2:00 teach science
visit showroom	2:00-3:00 have a Christmas party at school
check the cash register	
inform the employees	4:00-5:00 go shopping
play the piano at home.	5:30-6:00 prepare dinner
have dinner	6:30-7:00 have dinner
clean the bungalow	7:00-9:00 clean the bungalow
watch 'Dances with Wolve	09:00-11:00 es' Watch 'Dances with Wolves'
fall asleep	fall asleep

Past Continuous, Worksheet 2, RAINBOW OF EDUCATION

# Past Continuous, Worksheet 3, RAINBOW OF EDUCATION

## With worksheet 2

07:05	• 1. Ms. Frederich was making breakfast.
07:10	•2. Mr. Frederichs
07:15	•3. Mr. Frederichs
08:10	• 4. Mr. and Ms. Frederichs
09:30	• 5. Mr. Frederichs
11:05	• 6. Ms. Frederichs
12:30	•7. Mr. and Ms. Frederichs
1:30	•8. Mr. Frederichs
1:45	•9. Ms. Frederichs
3:00	• 10. Ms. Frederichs
6:45	•11. Mr. and Ms. Frederichs
10:00	• 12. Mr. and Ms. Frederichs

# Past Continuous, Worksheet 4, RAINBOW OF EDUCATION

Transform the pieces of text to one past continuous/past simple new sentence.

They were talking about rock	k music when the concert started.
1. about, rock music, talk, they	the, concert, when, start
2. the, lunch, have, prinipal,	ring, fire alarm when, the
3. Mary, wear, sweater, black, a	I, meet, her, when
4. test, the, students, take, grammar, a	classroom, teacher, the, leave, when, the
5. dog, I, feed, my	accident, terrible, when, the, happen
6. stop, Jack, suddenly, talk	in, Mary, when, come
7	in the control of the
7. swim, I,	is, I, open, realized, when, that, the gate
8. Jerry and I, dinner, have, together	when, the princess's death, be announce
9. play, the, actors, rehears, the	old, stage, fall, the, on, when, chandelier, the
10 de cile ve vescilla discus lla cacia de la	
10. dealers, results, discus, the, sales, the	showroom, enter, the, when, director, the,
11. take, a, test, students, the,	attack, their, heart, has, teacher, a, when
12. Maria, birthday, her, celebrate	when, leave, Copenhagen, I
	<del>_</del>

# Past Continuous, Worksheet 5, RAINBOW OF EDUCATION

Past continuous o	r Past Simple tense.		
1. They	(drive) very fast when the police officer		
(sto	p) them.		
2. He	_ (get lost) while he	(walk) in th	e woods.
3.1	_ (fall asleep) while	(study) at my	/ desk.
4. She	(interrupt) him whi	le he	(speak).
5. While I	(take) a showe	r, the telephone sudd	enly
	_ (ring).		
6. The children	(go) to bed	after the news last ni	ght.
They	They (sleep) like roses until 9:30am.		
7. Belinda almost (watch) TV.	(fall) asleep	while she	
8. He (†	ry) to be brave when he v	vas taken hostage.	
9. Ruslan away.	(be) in charge of th	e office while his boss	(is)
10. We	$\_$ (have) dinner at the Ch	iinese restaurant last F	riday night.
While we over).	(eat), the C	hristmas tree	(fall
11	(you see) the womar	n who	(wear)
a beautiful purple	e dress?		
	(clean) my roo graph of my father.	m, I (h	nappen) to
13. The trade bal	ance(	improve) last year wh	ile imports
(re	emain) steady.		
14. The teenager	(smash)	his car into a tree whi	le he
	(flee) from the police.		
15. What	_ (do) Andrew	when his wife _	
(come) into the c	café?		



Monday, January 27th, 2009		
at Monday (is) the second day of our scout camp in the Teutoburger		
Forest in the German state of lower Saxony.		
All boy scouts and girl guides were gathered for the evening activity.		
Their parents were also invited and (arrive) by bus at 7pm.		
When the program (start), the camp fire had already been ignited.		
At first, I (want not, go) there because I		
(feel well, not). However, at about 8pm, just before the evening program		
(begin), I (decide) to go.		
The atmosphere was great and some groups (sing) scout songs.		
The flag was hoisted while we (stand) straight.		
Everybody was saluted by the camp leader who (sit) in a jeep.		
The campfire was part of a strict day program that we (follow).		
While our scouting band (play) a medley of famous songs, the		
president of my country surprisingly (arrive) to join us. His son		
(be) a boy scout in our group.		
He (open) the festivities with a trumpet hymn that he (play) himself.		
While we (eat) grilled pork, a huge firework display (light up) the sky.		
Later in the evening, after our parents had left, there (be) a closing ceremony.		

Past Continuous, Worksheet 6, RAINBOW OF EDUCATION

# Past Continuous, Worksheet 7 RAINBOW OF

I. A truck (arive) on a quiet country road when it			
was stopped by a r	motorcycle cop.		
2. I	_ (feel, not) uneasy when I	(read) the letter.	
3. l	(look) for a hotel when I	(see) you.	
4. While	(he play), he	_ (dislocate) his collarbone	
5. What	(do, you) when it	(begin) to rain?	
6. He	(scared) when the monkey	(start) to scream.	
7. A Mr. Sato	(come) to visit you while you	(be) out.	
8. I was used to stud	dying when I (be) a stuc	dent.	
9. He	(take) his heels when he (see)	a policeman.	
10. I	(work) on Mr. Woods farm when I	(be) young.	
11. While I	(wait) for the bus, I	_ (witness) a traffic	
accident.			
12. Mariska	(sleep) when Fritz	(ring) the doorbell.	
13. Who was it that	(read) my diary while	! (be) out?	
14. Are you sure no	thing (happen) when you _	(sleep)?	
	(walk) down a street, he	(run) into an old	
friend of his.			

Past Continuous, Worksheet 7 RAINBOW OF EDUCATION

# Past Continuous, Worksheet 7 RAINBOW OF DUCATION

1. When I tl	ne painting, I	delicious grapes.
1. was starting	2. were starting	3. started
4. was eating	5. were eating	6. ate
2. While I	, I	to music.
1. was painting	2. were painting	3. painted
4. was listening	5. were listening	6. listened
3. While I	, I	my brain a lot.
1. was painting	2. were painting	3. painted
4. was using	5. were using	6. used
4. In the painting, there	tree doctors	who
1. was being	2. were being	3. were
4. was talking	5. were talking	6. talked
5. and a picture of a g	uy who	an airplane.
1. was flying	2. were flying	3. flew



#### The ski accident

#### 1. Reading

Last Friday I witnessed a ski accident while I was standing on a small platform, waiting for the next chairlift. The sun was shining abundantly and was strongly reflecting off the snow.

It was rather busy on the slopes. Everybody had to be careful and follow the priority rules to avoid nasty accidents.

I saw that a woman who was skiing on the slopes, suddenly reduced speed and stopped.

Instead of quickly leaving the slopes and making way for others, she remained where she was. To make matters worse, she started talking to a passerby.

I saw that a man who was skiing behind her couldn't stop in time or go around the woman.

Before I could warn her to leave the slopes immediately, the man bumped into the woman.

The woman's right leg was severely wounded. It had a deep cut.

The man could stand up slowly and seemed to be ok. He had taken off his skis and was stumbling around. By then a crowd was gathering. Some people were watching from a distance, and others were helping the injured woman. Then the ambulance arrived.

The paramedics put the injured woman on a stretcher and drove her to the hospital.

#### Page 12.

3 She was eating. 4 We were meeting. 5 It was watching. 6 He was exercising. 7 It was falling from the stairs. 8 We were visiting New York. 9 They were playing football. 10 We were playing the trombone. 11. She was turning around. 12 We were sleeping. 13 He was driving. 14 They were e-mailing. 15 She was learning. 16 I was cooking.

#### Page 14.

- 2 was shaving.
- 3 was taking a shower.
- 4 were having breakfast.
- 5 was doing office work.
- 6 was teaching history at school.
- 7 were having lunch.
- 8 was meeting with a client.
- 9 was teaching science.
- 10 was having a Christmas party at school.
- 11 were having dinner.
- 12 were watching 'Dances with Wolves'.

#### Page 15.

- 2 The principal was having lunch when the fire alarm rang.
- 3 Mary was wearing a black sweater when I met her.
- 4 The students were taking a grammar test when the teacher left the classroom.
- 5 I was feeding my dog when the terrible accident happened.
- 6 Jack suddenly stopped talking when Mary came in.
- 7 I was swimming when I realized that the gate was open.
- 8 Jerry and I were having dinner together when the princess's death was announced.
- 9 The actors were rehearsing the play when the old chandelier fell on the stage.
- 10 The dealers were discussing the sales results when the director entered the showroom.
- 11. The students were taking a test when their teacher had a heart attack.
- 12 Maria was celebrating her birthday when I left Copenhagen.

Page 16.

1. were driving, stopped 2 got lost, was walking 3 fell asleep, studying 4 interrupted, was speaking 5 was taking, rang 6 went, slept 7 fell, was watching 8 tried, 9 was, was 10 had, were eating, fell over 11 Did you see, was wearing 12 was cleaning, happened 13 improved, remained 14 smashed, was fleeing 15 was Andrew doing, came

Page 17.

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That Monday was the second day of our scout camp in the Teutoburger

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When the program started, the camp fire had already been ignited.

At first, I didn't want to go there because I didn't feel well. However, at about 8pm, just before the evening program began, I decided to go.

The atmosphere was great and some groups were singing scout songs.

The flag was hoisted while we were standing straight.

Everybody was saluted by the camp leader who was sitting in a jeep.

The campfire was part of a strict day program that we were following.

While our scouting band was playing a medley of famous songs, the president of my country surprisingly arrived to join us. His son was a boy scout in our group.

He opened the festivities with a trumpet hymn that he played himself.

While we were eating grilled pork, a huge firework display lit up the sky.

Later in the evening, after our parents had left, there was a closing ceremony.

#### Page 18.

1 was driving, 2 didn't feel, was reading 3 was looking, saw 4 he was playing, dislocated 5 were you doing, began 6 was scared, started 7 came, were 8 was 9 was taking, saw 10 worked, was 11 was waiting, witnessed 12 was sleeping, rang 13 read, was 14 happened, were sleeping 15 was walking, ran

#### Page 19.

- 1 3 and 4
- 2 1 and 4
- 3 1 and 6
- 4 3 and 5
- 5 1