

Past Continuous

Point 1: The past continuous tense is formed using the past tense of the verb to be (was/were) + the present participle (the base verb + -ing).

1. I **was sleeping** when you called.
2. I **was thinking** about you yesterday.
3. I **was hoping** you would not notice.
4. As I **was walking**, I saw some money on the ground.

Point 2: The past continuous is used to describe actions that were happening at a specific moment in the past.

1. At 8 PM last night, I **was studying**.
2. They **were walking** in the park when it started to rain.
3. He **was standing** on a rock when he slipped.
4. As he **was taking** a picture, he fell.

Point 3: It is often used to show express a person's thoughts or feelings about someone or something in the past.

1. I **was just thinking** about you.
2. I **was hoping** you would stop by.
3. My friends and I **were just talking** about you.
4. We **were thinking** of ordering pizza. Do you want some?

Point 4: The past continuous is often used to describe an action that was interrupted by another action in the past.

1. She **was cooking** dinner when the phone rang.
2. We **were watching** TV when our friend knocked on our door.
3. We **were standing** outside when the earthquake started.
4. She **was reading** at a cafe when a cat jumped on her table.

Past Continuous

Watch four videos using **the past continuous** in conversation.

Conversation 1 | [PDF Worksheet](#)

Man: Hey Laura. Where were you last night? How come you didn't come out with us?

Woman: I **was studying** for my exam. I forgot it was movie night. How was the movie?

Man: It was great. We saw Sky Drop.

Woman: I heard it's a good movie. Is it as scary as they say?

Man: It is? The best part was when the main character had to stop a plane from

crashing. Everyone **was screaming** when that happened.

Woman: Wow! Don't spoil it for me. I want to see it.

Man: Well, I **was thinking** of seeing it again. We can see it together.

Woman: I'd like that. Just don't give away the ending.

Man: I won't. I promise.

Conversation 2 | [PDF Worksheet](#)

Woman: I got your message about the cooking class. How was it?

Man: Great. We learned how to make pasta from scratch as usual. I texted you, but you never texted me back.

Woman: I know. I **was helping** my grandmother. I **was driving** her to the doctor when you texted me, so I didn't see it right away.

Man: Oh, is she okay?

Woman: Yes, she's fine. She **was** just **getting** her prescriptions filled. So how was the class?

Man: It was a lot of fun. I'd love to invite you for dinner and share my new cooking skills. I can now make a mean spaghetti.

Woman: Awesome. I **was hoping** you would say that.

Conversation 3 | [PDF Worksheet](#)

Man: How was the game? Did you win?

Woman: No, we lost, but we **were winning** right up until the end.

Man: Oh no. What happened?

Woman: Well, they scored three goals in the last 10 minutes.

Man: I'm sorry to hear that. Well, as they say, you can't win them all.

Woman: It was so frustrating because we **were playing** so well until the end.

Man: Your coach must have been pretty disappointed.

Woman: She was! She **was screaming** at us the last 10 minutes to play better.

Man: Well, better luck next time.

Woman: Thanks. I'm sure we'll play better next time.

Conversation 4 | [PDF Worksheet](#)

Man: Welcome back! How was your vacation?

Woman: Terrible. My husband hurt his leg while we **were hiking**.

Man: Oh, no! What happened?

Woman: He fell while he **was climbing** a big rock. It was raining and the trail was slippery.

Man: That sounds dangerous. Were you alone?

Woman: No, we were with a group. As we **were climbing** the mountain, the guide warned us to stay on the trail and not climb the rocks.

Man: Why did your husband climb the rocks then?

Woman: He **was trying** to take a photo from a higher place with a better view.

Man: How terrible. Well, lesson learned. That sounds like the worst vacation ever.

Woman: Sadly, it was not the best.

Quiz

Answer these questions about the interview.

1) What was the woman doing?

- a) **Studying**
- b) Working late
- c) Watching a movie

2) Why did the woman not go to cooking class?

- a) She was sick.
- b) She was working.
- c) **She was helping someone.**

3) What does the woman say about the game?

- a) It was raining.
- b) **They were winning.**
- c) The players were crying.

4) What was the man doing when he took a picture?

- a) Walking backwards
- b) **Standing on a rock**
- c) Holding an umbrella

Gap Fill: Listen to the audio. Type in the correct word!

Conversation 1

Man: Hey Laura. Where were you last night? How come you didn't come **out/up** with us?

Woman: I was studying for my exam. I **forget/forgot** it was movie night. How was the movie?

Man: It was great. We saw Sky Drop.

Woman: I heard it's a good movie. Is it as **scared/scary** as they say?

Man: It is? The best part was when the main character had to stop a plane from crashing. Everyone was **scream/screaming** when that happened.

Woman: Wow. Don't spoil it for me. I want to **see/seeing** it.

Man: Well, I was to **think/thinking** of seeing it again. We can see it together.

Woman: I'd like that. Just don't give away the **ending/end**.

Man: I won't. I **promising/promise**.

Conversation 2

Woman: I got your message about the **cooking/cooker** class. How was it?

Man: Great. We learned how to make pasta from **scratch/square** as usual.

Woman: I know. I was helping my grandmother. I was **driving/drive** her to the doctor when you texted me, so I didn't see it right away.

Man: Oh, is **she/he** okay?

Woman: Yes, she's fine. She was just **getting/gets** her prescriptions filled. So how was the class?

Man: It was a lot of fun. I'd love to invite you for dinner and share my new cooking **skills/skill**. I can now make a **mean/meet** spaghetti.

Woman: Awesome. I was **hoped/hoping** you would say that.

Conversation 3

Man: How was the game? Did you **win/winning**?

Woman: No, we lost, but we were **win/winning** right up until the end.

Man: Oh no. What **happening/happened**?

Woman: Well, they scored three goals in the last 10 **minute/minutes**.

Man: I'm sorry to hear that. Well, as they say, you can't win them **always/all**.

Woman: It was so frustrating because we were **playing/played** so well until the end.

Man: Your coach must have been pretty **disappointed/disappointing**.

Woman: She was! She was **screaming/screamed** at us the last 10 minutes to play better.

Man: Well, better luck **last/next** time.

Woman: Thanks. I'm sure we'll play better **next/this** time.

Conversation 4

Man: Welcome back! How was your **vacationvacations**?

Woman: Terrible. My husband hurt his leg while we were **hikinghiked**.

Man: Oh, no! **WhereWhat** happened?

Woman: He fell while he was climbing a big rock. It was raining and the trail was **slippingslippy**.

Man: That sounds dangerous. Were you **lonelyalone**?

Woman: No, we were with a group. As we were climbing the mountain, the guide **warningwarned** us to stay on the trail and not climb the rocks.

Man: Why did you husband climb the **rocksrocky** then?

Woman: He was trying to take a photo from a higher place with a better **viewviews**.

Man: How terrible. Well, lesson learned. That sounds like the worst vacation **evereven**.

Woman: Sadly, it was not the **bustbest**.

Corporate Terminology - Email and Online Communication

To download

To copy a file from an electronic storage to your device.

“You have the option to work on the cloud or download the file to your computer.”

“Remember to download the files to your computer before you head to the airport.”

To upload

To copy a file from your device to a shared depository.

“We just finished uploading the website to the new server.”

“We will upload the website files into the new server as soon as we have access to the server.”

To log in/out

To access/exit system.

“It is a company policy that all staff log out of the system before going home.”

“You need your username and password to log in.”

Attachment

A file sent along with an email.

“I didn’t see any attachment in the email.”

“It appears the attachment is missing. Would you mind sending it again?”