

Past Progressive Tense

What does it mean?

The **past progressive** tense shows a **continuing action**. It can be something that was happening or going on in the past and is still happening. We often see verbs ending with 'ing' to show that an action is happening. This action can stand alone:

Simon was playing football.

Or, get interrupted by something else:

Simon was playing football when his Mum called him for dinner.

It can be used to describe one action happening, an action that is interrupted or two or more actions happening at the same time.

I was writing my story while my sister was playing on her computer upstairs.



All of the sentences below are written in the **past progressive tense**. Highlight the **verbs** that tell you that this is correct. One has been done for you.

She was **chasing** the dog in the park.

Greg was eating a sandwich on the bench.

Meg was just putting her coat on when her mobile rang.

David was exercising at the gym while Suzie was swimming.

The old man was smiling when he saw his grandson.

The woman was driving her car when she saw the shooting stars.

The children were playing outside when the aeroplane passed.

He was eating an ice-cream.

Fred and Frank were watching a film.

Jay was listening to his music when Bob hopped on the bus.

Rich was sitting on the grass while Lucy was running around.



Tick the sentences that are written in the **past progressive tense**.

Henry was throwing a ball.

Felicity was finishing her work when Sid came over.

Daisy grabbed her coat, swiped her bag and left.

Jim was holding the torch while Dad was working.

The cat was scratching the furniture.

Terry was feeling worried about starting his new job.

The sun came out and everyone put their shades on.

The shop was just down the road.

Everyone was packing their bags.

Mum wrapped the chicken in foil.

Navid was playing the piano while Shane was singing.

The school had closed for the day.



Rewrite the sentences so that they are in the **past progressive tense**. Some are in present tense – be careful!
The first one has been done for you.

Dad put the cat in his basket.

Dad was putting the cat in his basket.

The child cried for his toy train.

Chelsea had picked up leaves in the park.

Kate stays with her sister while her mum is at work.

Sadie draws with a pencil while Jerry paints.

Yasmine rocked the baby to sleep.

Highlight the verbs activity

She was **chasing** the dog in the park.

Greg was **eating** a sandwich on the bench.

Meg was just **putting** her coat on when her mobile rang.

David was **exercising** at the gym while Suzie was **swimming**.

The old man was **smiling** when he saw his grandson.

The woman was **driving** her car when she saw the **shooting** stars.

The children were **playing** outside when the aeroplane passed.

He was **eating** an ice-cream.

Fred and Frank were **watching** a film.

Jay was **listening** to his music when Bob **hopped** on the bus.

Rich was **sitting** on the grass while Lucy was **running** around.

Tick the sentences activity

The following sentences **are not** using the past progressive tense – every other sentence should have a tick.

Daisy grabbed her coat, swiped her bag and left. The sun came out and everyone put their shades on.

The shop was just down the road. Mum wrapped the chicken in foil. The school had closed for the day.

Rewriting sentences activity

The child was **crying** for his toy train. Chelsea was **picking** up leaves in the park. Kate was **staying** with her sister while her mum was **working**. Sadie was **drawing** with a pencil while Jerry was **painting**. Yasmine was **rocking** the baby to sleep.



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