The Past Tense – Past Progressive

There are three aspects of the past tense:

1) Simple past
2) **Past progressive**
3) Past perfect (simple and progressive)

The **past progressive tense** is used to describe actions that were in progress in the past.

- Use the helping verb “was” before a verb in the past progressive tense when used to describe (I, he, she, it).
- Use the helping verb “were” before a verb in past progressive tense to describe (we, you, they).
- Add “ing” to the verb ending.

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\begin{array}{ll}
[I / he / she / it] & \text{was} \ [\text{verb + “ing”}] \\
we / you / they & \text{were} \ [\text{verb + “ing”}] \\
\end{array}
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**Example:** I was running.

**Example:** They were running.

- Add the word “not” between the helping verb (was / were) and the main verb to form the negative.

**Example:** We were not running.

Directions: Write the correct form of the verb in the spaces below.

1) We _____ ________ (to go) to the mall last night.
2) She _____ ________ (to talk) to the police officer last week.
3) I _____ ________ (to buy) a new bicycle when you called me.
4) John _____ ________ (to listen) to a CD an hour ago.
5) Margo, Juan, and Anika _____ not ________ (to ride) on the bus to work.
6) We _____ ________ (to try) to get five gold medals in the last Olympics.
7) My brother _____ ________ (to be) mean last night.
8) The four of us _____ ________ (to swim) in the lake yesterday.
9) My mom _____ ________ (to rock) the baby to sleep last night.
10) I _____ ________ (to sing) in my car this morning.

Directions: Put the following sentences in past progressive tense.

1) I watched a movie.

_____________________________________________________________________

2) Sarah wears jeans.

_____________________________________________________________________

Directions: Now make your own sentences in the past progressive tense.

1) __________________________

2) __________________________