

Past continuous

English Grammar · A2

结构 (was / were + V-ing)

Past continuous

was + -ing	were + -ing
I / he / she / it	you / we / they
<i>I was cooking</i>	<i>they were playing</i>

Past continuous: reference card grid

过去进行时 (past continuous) 表示**过去某个时刻正在进行的动作**。

结构： 主语 + was / were + 动词-ing (I / he / she / it → was; you / we / they → were)

{en: At| 在 / eight| 八点 / I| 我 / was| (过去进行) / cooking| 做饭 / .}

八点的时候我正在做饭。

{en: They| 他们 / were| (过去进行) / watching| 看 / TV| 电视 / .}

他们当时正在看电视。

注意

- was 和 were 别用错: I / he / she / it 用 **was**; you / we / they 用 **were**。
- 否定: wasn't / weren't + V-ing。疑问: Was / Were + 主语 + V-ing?

when 与 while

过去进行时常和一般过去时一起用, 描述 “一件事发生时, 另一件正在进行”。

- **while** + **过去进行时** (较长的背景动作)。
- **when** + **一般过去时** (突然发生的短动作)。

{en: While| 当... 时 / I| 我 / was| (过去进行) / sleeping| 睡觉 / , the| (冠词) / phone| 电话 / rang| 响了 / .}

我睡觉的时候, 电话响了。

{en: She| 她 / was| (过去进行) / cooking| 做饭 / when| 当... 时 / I| 我 / arrived| 到达 / .}

我到的时候她正在做饭。

对比两个时态:

- 正在进行的背景 → 过去进行时 (was cooking)。
- 打断它的短动作 → 一般过去时 (arrived)。

注意

- 两个同时进行的长动作, 都用过去进行时: *While I was reading, she was writing.* (我在看书, 她在写字。)
- when 后面也可接过去进行时, 但意思会变, 初学先记上面的常见搭配。

常见错误

- × ~~I was watch TV when he called.~~ → ✓ I was **watching** TV when he called. — was / were 后面必须是 -ing 形式。
- × ~~They was playing games.~~ → ✓ They **were** playing games. — you / we / they 用 were。
- × ~~When I was arriving, she was cooking.~~ → ✓ **When I arrived**, she was cooking. — 到达是一瞬间的短动作, 用一般过去时; 长的背景动作才用进行时。
- × ~~I was knowing the answer.~~ → ✓ I **knew** the answer. — 状态动词 (know、like、want) 在过去时里同样不用进行时。