Past Continuous Tense

+   **S + was/were + V-ing**
She was cooking all the morning.

–   **S + was/were + not + V-ing**
She was not sleeping when he came home.

?   **Was/were + S + V-ing?**
Was she sleeping when he came home?

Usage	Example
To describe parallel actions	While I was washing the dishes, I heard a loud noise.
To describe what someone was doing at a particular point in time	I was working in the garden all day yesterday.
To express interrupted action in the past	I was driving to work when I crashed my car.
To describe repetition and irritation	He was always complaining in class.