



Past Continuous Keywords

There are lots of keywords that can be used in the past continuous tense. Let's take a look!



While is placed next to the past continuous part of the sentence

While I was cooking, he was watching TV

while



It means “at the same time”

While I was cooking, he was watching TV



We can also flip both parts of the sentence
and it means exactly the same!

He was watching TV while he was cooking

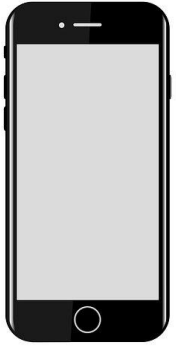


While is often replaced with “whilst”. They both have the same meaning.

He was watching TV whilst he was cooking



as

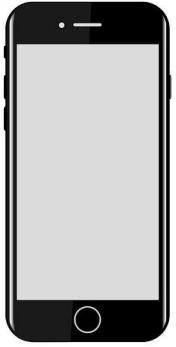


As is used in exactly the same way

As I was talking on my phone, it rang

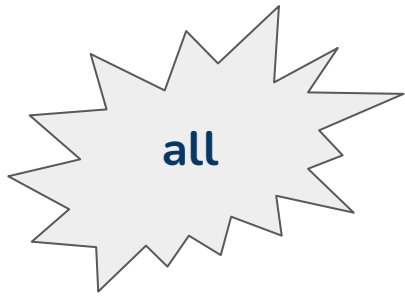


as



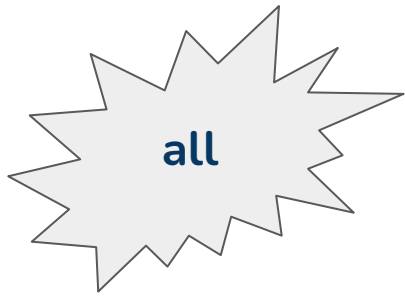
Again, the sentences can be flipped around
to say the same thing

My phone rang as I was talking



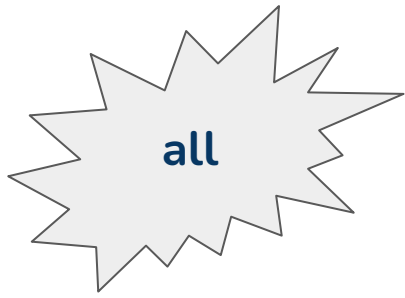
All must be followed by a time phrase

	night
all	day
	morning



This time phrase can be used right at the beginning or right at the end of a phrase.

All night it was raining



This time phrase can be used right at the beginning or right at the end of a phrase.

It was raining all night



from ... to

From ... to ... is a two-part phrase that requires two time phrases or two locations.

from **A** to **B**



from ... to

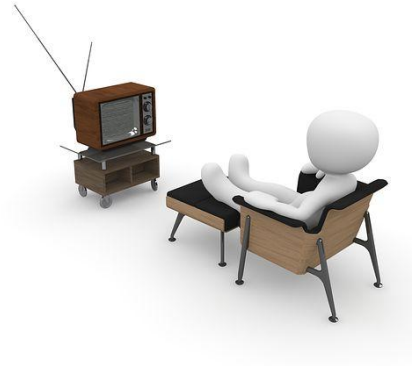
from 2pm to 4pm

from 21st to 24th

from May to October

from 2000 to 2010

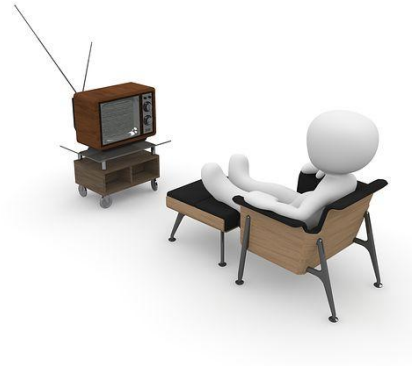
from ... to



It can go right at the beginning of a past continuous sentence.

From 2pm to 4pm I was watching TV.

from ... to



It can also go right at the end of a past continuous sentence.

I was watching TV from 2pm to 4pm.



through

Through must always be followed by a
time phrase.

	the night
through	the day
	October



through



It has the same meaning as “the duration of” and can be used at the beginning of a sentence.

Through *October, I was working with ABC.*



through



Or at the end of a sentence.

I was working with ABC through October.

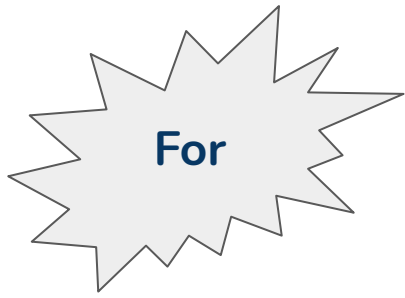


through



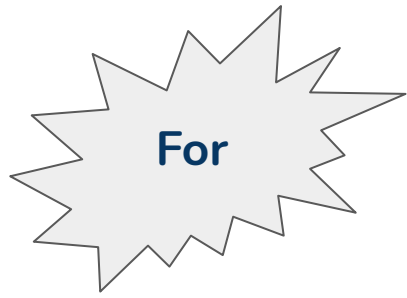
You may see this replaced with
“throughout”. They have the same meaning.

*I was working with ABC throughout
October.*



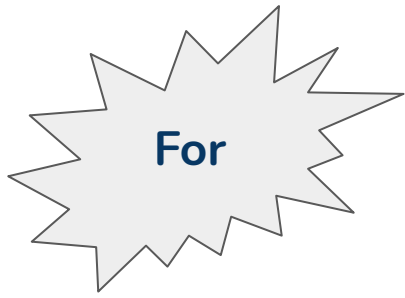
For must always be followed by a time phrase.

	2 weeks
for	3 months
	4 years



This time phrase must be a countable period of time (a number/length + noun).

	2 weeks
for	3 months
	4 years



It can be placed at the beginning of a sentence.

For a long time, I was reading that book.



For



Or at the end of a sentence.

I was reading that book for a long time.