



Information Bank

The present
progressive indicates
continuing action, something
going on now.

e.g.

I am munching on food.

She is yawning.

You are hilarious.

The past
progressive indicates
continuing action in the past
I was munching food.
She was yawning.
You were hilarious.

Complete the table with the correct tenses.

He was enjoying the dance contest.
James Bond was scared of the spider.
You were constantly spinning around and getting dizzy.
Within a second, he was rolling around on the floor