How much wood would a woodchuck chuck if a woodchuck could chuck wood?

Past Continuous (Progressive)

Form: Subject + was/ were + verb + ing

# I was sleeping all night long.

# Was I sleeping all night long?

Yes, I was. No, I wasn’t.

# They were talking during the lesson.

Were they talking the lesson?  
Yes, they were. No, they weren’t.

#He was studying Spanish yesterday.

Was he studying Spanish yesterday?

Yes, he was. No he wasn’t.

Indicators: the same as Past Simple (yesterday, last +, ago)

1. An action that lasted in the past
2. Parallel actions:

Past Continuous + while + Past Continuous

# I was cooking dinner while my cat was sleeping

#He was singing while she was playing the guitar

1. Interrupted action:

Past Continuous + when + Past Simple

# I was sleeping when the phone rang.

# He was talking when Jane came in.