

1 Complete the grammar rules with these words.

before • completed • in progress

- a We use the past simple for actions in the past.
- b We use the past continuous for actions at a time in the past.
- c We use the past perfect for actions completed another time or action in the past.

2 Look at these sentences. Match the verbs in bold with the rules (a–c) in 1.

- 1 Once he **was travelling** by 'bikecar' when a speeding car knocked him out of his vehicle.
- 2 He **rode** a tandem bike with a friend from Vancouver to Las Vegas in 2011.
- 3 Before that journey, **he had not swum** more than 100 metres at one time.