



Past Simple vs. Past Continuous

More Practice!

Different Situations
Same Grammar Skills! 😊

1 Choose the correct option.

- James **was cooking** / **cooked** dinner when his phone **was ringing** / **rang**.
- I **was going** / **went** to the cinema while it **was snowing** / **snowed** heavily.
- My brother **was taking** / **took** a shower when the electricity **was cutting** / **cut** off.
- We **were driving** / **drove** to the beach when we **saw** / **were seeing** a rainbow.
- She **was reading** / **read** a book while her dog **was sleeping** / **slept** on the sofa.
- They **were having** / **had** a meeting when the fire alarm **was going** / **went** off.

Choose wisely!



2 Complete the sentences with the correct form of the verbs in brackets.

- I _____ (watch) a movie when someone _____ (knock) at the door.
- My mum _____ (clean) the house while my dad _____ (wash) the car.
- When we _____ (arrive) at the party, many people _____ (dance).
- He _____ (not listen) to music when I _____ (call) him.
- The baby _____ (cry) while his mother _____ (prepare) dinner.
- I _____ (lose) my keys while I _____ (walk) to school.



3 Read the sentences and choose **WHEN** or **WHILE**.

- I was listening to music _____ my sister came into my room.
- WHEN** / **WHILE** we were on holiday, we visited a lot of interesting places.
- He was riding his bike _____ it started to rain.
- WHEN** / **WHILE** the storm was getting worse, we decided to go home.
- They were playing video games _____ their parents arrived.
- WHEN** / **WHILE** I was waiting for the bus, I met an old friend.

Think about the action!



4 Make sentences using Past Simple + Past Continuous.

Use the prompts to write complete sentences.

- a.  read a book / hear a noise

- b.  have dinner / the phone ring

- c.  walk to school / see an accident

- d.  play football / it start to rain

- e.  wait for the bus / meet a friend

- f.  study / my sister come home

5 Complete the mini-story using Past Simple or Past Continuous.

Last weekend, I _____ (visit) my grandparents. While I _____ (help) my grandmother in the garden, I _____ (find) an old photo. I _____ (show) it to her and we _____ (talk) about the past. Then, my cousins _____ (arrive) and we _____ (have) a great time together.



Great job!
Keep practicing!