

PAST SIMPLE OR PAST CONTINUOUS

1. Read the sentences and match them with the correct explanation.

1. It was raining and the wind was blowing.
2. He got into the plane, started the engine and flew off into the clouds.
3. My grandad died in 1977.
4. I was cycling to work when I fell off the bike.
5. My dad played the guitar in a band every weekend.
6. I was sleeping at 3 o'clock yesterday afternoon.
7. My sister was always crying when she was a child.

- a. An action that was in progress at a specific time in the past.
- b. A succession of actions which happened one after the other.
- c. An annoying situation in the past.
- d. The background description to events in a story.
- e. A past action in progress which was interrupted by another action in the past.
- f. An event which happened at a stated time in the past.
- g. A habit in the past.

2. Read the text and choose the correct form of the verb.

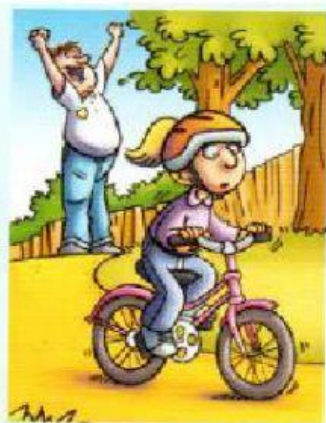
Last night I WAS / WAS BEING alone at home. I LAY / WAS LYING on my bed and I WATCHED / WAS WATCHING TV when I HEARD / WAS HEARING a strange noise. The noise CAME / WAS COMING from the kitchen. I WENT / WAS GOING downstairs, PICKED UP / WAS PICKING UP a heavy vase from the table and HEADED FOR / WAS HEADING FOR the kitchen. I OPENED / WAS OPENING the door very slowly. Then, I SAW / WAS SEEING someone. He SEARCHED / WAS SEARCHING in the fridge. I WAS / WAS BEING so frightened that I DROPPED / WAS DROPPING the vase I CARRIED / WAS CARRYING and it CRASHED / WAS CRASHING onto the floor. The man TURNED / WAS TURNING towards the door and I SAW / WAS SEEING his face. It WERE / WAS my husband!



3. Complete the text using the verbs in the box. Put the verbs into the past simple or the past continuous. You will use some verbs more than once.

BE	DO	FALL	GET	HAVE	LEARN	PUSH	RIDE
SAY	SEE	SHINE	START	TAKE	TEACH	TELL	WANT

Learning to ride!



I ¹ _____ to ride a bike when I ² _____ eight years old. My dad ³ _____ me. I remember one day in particular. The sun ⁴ _____ and Dad ⁵ _____ me to the local park with my new bike. My old bike ⁶ _____ stabilisers (little wheels at the side, so you can't fall), but this one ⁷ _____. When we ⁸ _____ there, I ⁹ _____ some children who ¹⁰ _____ their bikes, and I ¹¹ _____ to be just like them. I ¹² _____ on my bike and Dad ¹³ _____ to push me. After a moment, I ¹⁴ _____ my dad he ¹⁵ _____ me too fast, and I couldn't believe his answer! 'I'm not pushing you! You're doing it by yourself!' he ¹⁶ _____. Of course, I ¹⁷ _____ off my bike many times after that, but that ¹⁸ _____ a very special day.