Past continuous and past simple

1. Choose the correct option.

Alison: Where were you last night? I *phoning / was phoning* you five times!

Trevor: Sorry, Alison, but I [1] *went / was going* to hospital yesterday. I [2] *played / was playing* on my skateboard when I [3] *fell / was falling* off and broke my arm – look!

Alison: Oh, Trevor! I'm so sorry. I [4] *thought / was thinking* that you [5] *hung out / were hanging out* with someone else!

Trevor: No, the doctors [6] *looked / were looking* at my arm. I [7] *didn't get / wasn't getting* home until 10 o'clock and then it [8] *was / was being* difficult to sleep because of this.

Alison: Poor you!

2. Complete the story with the Past Simple or Past Continuous form of the verbs in brackets.

I love going running. On Tuesday last week, I [0] went (**go**) for a run around a lake near my house. As I [1] _____(**run**) along the path, I [2] _____ (**see**) a young child next to the water. His mum [3] _____ (**talk**) with her friends so she [4] _____ (**not watch**) her son very carefully. Suddenly, he [5] _____ (**fall**) into the water, which was quite deep.
I [6] _____ (**jump**) into the cold water to save him. He was very lucky!