

PAST SIMPLE AND PAST PROGRESSIVE

Around the world by bike

In 2001, Alastair Humphreys was studying to become a teacher, but he really wanted to do something different. A few months later, he surprised his friends and family by beginning an amazing trip that took him around the world ... on his bike!

In all, Alastair visited 60 countries and, throughout the trip, he kept a blog to record all of his experiences. Although there were some special moments on the road, there was also disappointment and disaster. One disappointment came early. Alastair's dream was to ride his bike all the way, except for taking ships to cross the oceans. Unfortunately, this was impossible. The police stopped him while he was traveling through Egypt, and he had to ride in the back of a truck. He was angry, but there was no other way to continue. The rest of the time, he rode, rode, rode. On one occasion, his bike broke down while he was crossing the Arizona desert. Help came from a surprising place. To his amazement, complete strangers bought him a new bike so that he could continue his incredible journey.



The trip was tough, and Alastair didn't have enough money to stay at nice hotels. While he was riding through Patagonia, he didn't take a shower for 24 days! However, one of the hardest parts of his trip came when he traveled through Russia in the winter. Luckily, a friend joined him, so he wasn't traveling alone. But it was so cold that Alastair's beard froze while they were traveling through Siberia. But none of these problems could stop him from completing the trip. Four years and 75,000 km. later, Alastair finally arrived back home in the U.K. with lots of stories



Write the Simple Past and Progressive sentences only when they are together.

1. _____
2. _____
3. _____
4. _____

Rewrite the sentences changing the order.

1. _____
2. _____
3. _____
4. _____

1 Write the **past simple form** of these regular and irregular verbs.

1 cry _____
2 travel _____
3 send _____
4 enjoy _____
5 stop _____
6 break _____
7 fall _____

8 chat _____
9 happen _____
10 say _____
11 know _____
12 try _____
13 cut _____
14 turn _____

2 Complete the sentences with the **Past Simple form of the verbs in Exercise 1**.

- 1 Last summer, my friend and I _____ around the south of France. We really _____ ourselves.
- 2 _____ you _____ at the end of the film? I thought it was really sad.
- 3 Sarah is very angry. What _____ you _____ to her? You _____ to her yesterday.
- 4 I _____ my grandmother an email yesterday with a photo but she _____ (not) how to open the attachment!
- 5 My mobile phone _____ on the floor but the screen _____ (not). That was lucky!
- 6 I didn't see the accident. It all _____ very quickly.
- 7 My PC was making a strange noise so I _____ using it and _____ it off.
- 8 We _____ to open the box with a knife but my dad _____ himself. There was blood everywhere!

3 Complete the sentences with the **Past Continuous** form of the verbs in brackets.

- 1 I _____ (make) my dinner at 8 o'clock last night.
- 2 Joe and Sam _____ (use) the wrong program in IT yesterday.
- 3 Who was that guy you _____ (dance) with at the party?
- 4 Paula _____ (come) home from school when she saw an accident.
- 5 In 1999 my father _____ (live) in Dublin. That's where he met my mother.

4 Choose the correct options: **SIMPLE PAST OR PAST CONTINUOUS**.

- 1 I **listened** / **was listening** to the radio when I **heard** / **was hearing** this fantastic song.
- 2 When the teacher **said** / **was saying** 'Stop!', I **still tried** / **was still trying** to finish the last question.
- 3 I feel really silly! While I **danced** / **was dancing**, I **fell** / **was falling** and **broke** / **was breaking** my elbow.
- 4 Tim **played** / **was playing** a computer game when his mum **called** / **was calling** him for lunch.
- 5 I **looked** / **was looking** for a file on my memory stick when I **noticed** / **was noticing** there was a virus.

5 Complete the sentences with the **Past Simple or the Past Continuous** form of the verbs in brackets.

- 1 I _____ (switch off) the computer because it _____ (make) a strange noise.
- 2 My dad _____ (listen) to classical music when I _____ (arrive) home from school.
- 3 My cousin _____ (meet) his wife, Bianca, while he _____ (live) in Italy.
- 4 While they _____ (try) to fix the computer, all the lights _____ (go out).
- 5 When you _____ (see) Paul, _____ he _____ (wear) a black jacket?

