

# PAST SIMPLE AND PAST PROGRESSIVE

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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



tools

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?



