

GRAMMAR

Past simple and past continuous

Study the box.

To say what was happening when something else happened, use: past continuous + *when* + simple past

I **was riding** my bicycle **when** I **fell**.

To describe two actions that happened simultaneously in the past, use: past continuous + *while* + past continuous

I **was riding** my bicycle **while** she **was walking** her dog.

3 Complete the paragraph with the verbs in the box.

- were giving
- invited
- arrived
- were collecting
- had
- were looking

Last week I ¹ invited some friends to help in the kid's hospital. Mike and I ² _____ toys from the community while Laura and Raymond ³ _____ for some clothes. This morning in the hospital we ⁴ _____ the toys to the kids when the doctors ⁵ _____ and helped us to serve the food. We ⁶ _____ a wonderful day.

4 Complete the text with the past simple or past continuous.

In December Tilly ¹ _____ (fly) with her family to Thailand. On 26th December the family ² _____ (go) to the beach. While they ³ _____ (play) on the beach, Tilly ⁴ _____ (look) at the water. She ⁵ _____ (see) a lot of bubbles and ⁶ _____ (understand) what ⁷ _____ (happen). She ⁸ _____ (tell) her mother. Her mother and the hotel manager ⁹ _____ (shout) to all the people and they ¹⁰ _____ (run) to a safe place.

5 Circle the best option.



1. Laura sat / was sitting on a dock when her mobile phone fell / was falling in the water.

2. She tried / was trying to catch it when she slipped / was slipping on the wood.
 3. Two girls heard / were hearing someone calling for help while they cycled / were cycling near the park.
 4. Laura called / was calling for help while she tried / was trying to stand up.
 5. One girl called / was calling 999 while the other helped / was helping Laura.
 6. An ambulance arrived / was arriving while they sat / were sitting Laura down on a bench.