

Simple Past vs. Past Continuous

We use the **simple past** to talk about:

Completed actions, habits and facts in the past.

- I went to the cinema **yesterday**.
- I **always visited** my grandparents in my summer holidays **when I was little**.
- I **lived** near Liverpool for a couple of years.

The **past continuous** is used to express:

Interrupted actions, specific time as an **interruption** and **parallel actions**.

- I **was watching TV** **when** the phone **rang**.
- Last night at 7pm, I **was having dinner**. **While** she **was doing** her homework **her brother was playing** football.

Complete the sentences with the correct verb form; past Simple or Past Continuous

- When Tim arrived (arrive), Karen was waiting (wait) for him.
- The students were chatting (chat) when the teacher came (come) in.
- While Phil was driving (drive) home, he saw (see) an accident.
- Liz was reading (read) a magazine when her phone rang (ring)
- The lights went (go) off while Sam was watching (watch) a film.
- It was raining (rain) when John and Mary went (go) out.
- My little brother ate (eat) two burgers while my father wasn't looking (not look).
- The sun was shining (shine) in the morning, so they decided (decide) to go to the park.

Think about your past weekend, and write about all the things you did.

Watch Video #13 and complete the script.

On a cold dark night Alisa (1) arrived late at the office. It (2) was already midnight when she finally (3) finished her work. As she (4) walked her office, she (5) noticed that the streets (6) were now empty. She (7) walked all alone. While she (8) walked back home, she (9) heard some footsteps behind her. She (10) turned round to look but no one (11) was there. So she continued walking, but she (12) could still hear footsteps behind her. She started to run but the footsteps behind her (13) got louder and faster. Someone (14) followed her. As she (15) ran, she (16) passed a cemetery. She quickly (17) ran into the cemetery and (18) hid there. When Alisa (19) came out, the footsteps (20) stopped. Then she remembered that there was a 24-hour convenience store nearby, so she quickly (21) walked to the store to ask for help. She (22) walked inside and (23) asked the man for help. But the man said to her: 'Lady, the footsteps are yours. The soles of your shoes (24) are off!'