



PAST CONTINUOUS

We use the Past Continuous Tense to describe an action that was in progress at a specific time in the past.

Sentence Type	Structure	Example
Affirmative	Subject + was/were + verb(-ing)	I was reading a book.
Negative	Subject + was/were not + verb(-ing)	He wasn't watching TV.
Question	Was/Were + subject + verb(-ing)	Were they playing chess?

PAST SIMPLE

We use the Past Simple Tense when talking about completed actions in the past.

Sentence Type	Structure	Example
Affirmative	Subject + past form of the verb	She played soccer.
Negative	Subject + did not (didn't) + base verb	They didn't eat pizza.
Question	Did + subject + base verb	Did you see the cat?



WHEN

- Used to introduce a **shorter action** (Past Simple) that **interrupts** a longer one (Past Continuous).

Structure:

- Past Continuous + *when* + Past Simple

👉 *I was cooking **when** the phone rang.*

OR

- When + Past Simple, + Past Continuous

👉 *When she arrived, they were watching TV.*

WHILE

- Emphasizes that **two actions happened at the same time**.

- While + Past Continuous, + Past Continuous

👉 *While I was studying, my brother was playing video games.*

OR

- While + Past Continuous, + Past Simple

👉 *While he was walking, he found a coin.*

AS

- Similar to "while"; shows two actions happening **at the same time**, often smoothly or gradually. Sometimes can also replace "when" but it is not always.

- As + Past Continuous, + Past Continuous

👉 *As the sun was setting, the sky was turning orange.*

OR

- As + Past Continuous, + Past Simple

👉 *As I was leaving, she said goodbye.*

GRAMMAR PRACTICE UNIT 1

A) Complete the sentences with the **past continuous** form of the verbs in the box:

do – look – not watch – rain – sleep – work

- I _____ my homework when the lights went out.
- She _____ out the window at the birds.
- They _____ TV when the guests arrived.
- It _____ all night yesterday.
- We _____ when the earthquake started.
- My dad _____ late at the office.
- You _____ where you were going!
- He _____ the dishes while she was cooking.
- The teacher _____ for the attendance sheet.
- I _____ when you called me last night.

B) Complete the conversation with the past simple form of the verbs in brackets.

Alex: Hey! How was your weekend?

Sam: It was great! I (1) _____ (go) to the beach with my family.

Alex: Nice! (2) _____ you _____ (swim) in the ocean?

Sam: Yes, I did! And my brother (3) _____ (build) a huge sandcastle.

Alex: Cool! What about your parents?

Sam: They (4) _____ (relax) under an umbrella and (5) _____ (read) books.

Alex: Sounds perfect. What time (6) _____ you _____ (come) back?

Sam: We (7) _____ (leave) around 6 p.m. and (8) _____ (get) home just before sunset.

Alex: Did you have dinner at home?

Sam: No, we (9) _____ (stop) at a pizza place on the way. The food (10) _____ (be) amazing!

C) Write sentences with the **past simple and **past continuous** using the words in brackets.**

□ she / walk / home / it / start / to rain (when)

→ _____

□ I / study / my friend / arrive (when)

→ _____

□ they / play / football / she / hurt / her leg (while)

→ _____

□ we / drive / to school / we / see / an accident (as)

→ _____

□ he / cook / dinner / the lights / go out (when)

→ _____

□ you / watch / TV / I / come / in (when)

→ _____

□ I / break / my phone / I / run (while)

→ _____

□ they / dance / the music / stop (when)

→ _____

□ she / read / I / enter / the room (as)

→ _____

□ we / have / lunch / the fire alarm / go off (while)

→ _____

D) Choose the correct option.

Last Saturday, I ¹**watched/was watching** TV when suddenly the power ²**went/was going** out. While ³**searched/was searching** for a flashlight, my phone ⁴**rang/was ringing**. It was my neighbor, who ⁵**asked/was asking** if I needed help. As ⁶**explained/was explaining** the situation, she ⁷**offered/was offering** to bring over some candles.

While I ⁸**waited/was waiting** for her, I ⁹**heard/was hearing** a loud noise.
When I ¹⁰**opened/was opening** the door, I saw her standing there with a
flashlight and a smile!

