

Simple Past vs. Past Continuous

Simple Past

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.



Past Continuous

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.

EXERCISE A

Change the verbs into the **PAST SIMPLE**

1. Eat - _____	2. Made - _____
3. Play - _____	4. Enjoy - _____
5. Sing - _____	8. Pay - _____
6. Decide - _____	9. Go - _____
7. Open - _____	10. Scream - _____

EXERCISE B

Change the verbs into **PAST CONTINUOUS**

- Howard _____ (feel) tired after coming home from work.
- Larry _____ (go) to school when he saw the cat.
- My uncle and I _____ (clean) the house yesterday.
- I _____ (meet) Julie at the supermarket last night.
- My best friend, Anderson _____ (watch) the newest season of the crime series this morning.
- The boys _____ (play) badminton outside their house.
- She _____ (cook) dinner when the phone rang.