

PAST SIMPLE: PRACTICE

1 HOW TO FORM THE PAST SIMPLE

Study the tables below.



Positive statements			
I	wanted		water.
You	looked		up.
He	used		the pen.
She	worked		all night.
It	watched		television.
We	called		home.
They	helped		the man.

Negative statements			
I	want		water.
You	look		up.
He	use		the pen.
She	work		all night.
It	watch		television.
We	call		home.
They	help		the man.

Questions			
Did	I you he she it we they	want look use work watch call help	water? up? the pen? all night? television? home? the man?

2 CREATE THE REGULAR PAST SIMPLE VERB

Study the regular verbs (1-15), then create the past tense version.

1. create	a. _____
2. analyse	b. _____
3. design	c. _____
4. discover	d. _____
5. explore	e. _____
6. comb	f. _____
7. motivate	g. _____
8. negotiate	h. _____
9. organise	i. _____
10. persuade	j. _____
11. teach	k. _____
12. understand	l. _____
13. sit down	m. _____
14. mop	n. _____
15. visualise	o. _____





3 SENTENCES WITH REGULAR VERBS

Complete the sentences by choosing the correct verb, then turning it into the past tense.

1. Yesterday, I _____ a new website for my business. (**create**)
2. She _____ the data and found some interesting patterns. (**analyse**)
3. They _____ a new logo for the company. (**design**)
4. He _____ a hidden talent for painting. (**discover**)
5. We _____ the city and found some great restaurants. (**explore**)
6. She _____ her hair before going to the party. (**comb**)
7. The coach _____ the team to win the game. (**motivate**)
8. They _____ a deal that worked for both parties. (**negotiate**)
9. He _____ a surprise party for his friend's birthday. (**organise**)
10. She _____ him to try the new restaurant. (**persuade**)
11. I _____ my little sister how to ride a bike. (**teach**)
12. They _____ the instructions and completed the task. (**understand**)
13. She _____ and rested after a long day at work. (**sit down**)
14. He _____ the floor after the spill. (**mop**)
15. She _____ her dream vacation and felt excited. (**visualise**)



4**WHAT DID JACK DO AT THE WEEKEND?****Task 1: Read the text below then complete the exercises.**

Jack had a great weekend. On Saturday morning, he woke up early and went for a long run around his neighbourhood. He enjoyed the fresh air and the beautiful scenery. After the run, he took a shower and then had a big breakfast with his family.

Later that day, Jack went to the movies with his friends. They watched an action-packed superhero movie, and Jack really enjoyed it. After the movie, they went to a fast-food restaurant and had some burgers and fries.

On Sunday, Jack woke up a little bit later than usual. He had a relaxing morning at home, reading a book and watching some TV. In the afternoon, he went to the park with his sister and played some soccer. They had a lot of fun together, even though Jack's sister was not very good at soccer.

After the game, Jack and his sister had a picnic in the park. They ate sandwiches, fruit, and cookies, and enjoyed the beautiful weather. They even saw some ducks swimming in the nearby pond.

In the evening, Jack had dinner with his family. They had a big roast chicken with vegetables and potatoes. Jack's mom had also made a delicious apple pie for dessert. After dinner, Jack did some homework and then went to bed early, feeling tired but happy after a great weekend.

Task 2: Decide if the following statements are true or false.

- a. Jack went to the park with his brother on Sunday.
- b. Jack and his friends watched a comedy movie on Saturday.
- c. Jack's mom made apple pie for dessert on Sunday.
- d. Jack's sister was very good at soccer.
- e. Jack did some homework before going to bed on Sunday.
- f. Jack had a sandwich for breakfast on Sunday.

Task 3: Complete the following tasks:

1. Find all the past tense verbs in the text.
2. Retell the story to a classmate.
3. Describe what you did at the weekend to a classmate.



5 HANNAH'S DAY

Task 1: Read the text below then complete the exercises.

Hannah woke up at 6:30 in the morning. She felt a bit tired because she stayed up late the night before. Hannah went to the bathroom to brush her teeth and wash her face. Then, she went to the kitchen to make breakfast. She had cereal with milk and a banana.

After breakfast, Hannah got dressed for work. She put on a blue shirt, black pants, and her favourite pair of shoes. Then, she grabbed her bag and left her apartment. Hannah walked to the bus stop and waited for the bus. When the bus arrived, she got on and sat down. She took out her phone and checked her emails.

The bus ride was long, but Hannah didn't mind. She enjoyed looking out the window and watching the city go by. When she arrived at her stop, she got off the bus and walked to her office.

At work, Hannah had a lot to do. She had a meeting with her boss and had to finish a report for a client. She worked hard all morning and finished everything on time. At lunchtime, Hannah went to a nearby café and ordered a sandwich and a soda. She sat outside and enjoyed the sunshine.

After lunch, Hannah went back to work and continued to work hard. At the end of the day, she was tired but happy that she had accomplished everything she needed to do. Hannah left work and walked to the bus stop. She got on the bus and headed home. When she arrived, she took off her shoes and changed into comfortable clothes. Then, she cooked dinner and relaxed for the rest of the evening.

Task 2: Decide if the following statements are true or false.

- Hannah woke up at 6:30 in the morning.
- Hannah didn't feel tired because she had enough sleep the night before.
- Hannah had cereal with milk and a banana for breakfast.
- Hannah wore a red shirt and brown pants to work.
- Hannah worked hard all morning and finished everything on time.
- Hannah cooked dinner and then went to bed early.

Task 3: Complete the following tasks:

- Find all the past tense verbs in the text.
- Retell the story to a classmate.
- Describe to a classmate what you did yesterday.



6 HOW WAS SPAIN?

Task 1: Complete the dialogue below using the words from the box.

spoke

Did

was

visited

Darren: Hey, how _____ your holiday in Spain?

James: It was amazing! The weather was great and we had so much fun.

Darren: That's great to hear. What did you do while you were there?

James: We went to the beach, _____ museums, and tried some local food.

Darren: Nice! _____ you get to see any famous landmarks?

James: Yes, we saw La Sagrada Familia in Barcelona and the Alhambra in Granada.

Darren: Ok great! Did you have any trouble communicating with the locals?

James: A little bit, but most people _____ English so it wasn't too difficult.

Darren: Well, I'm glad you had a good time. Did you take many photographs?

James: Yes, let me show you some on my phone.

Task 2: Answer the following comprehension questions:

- Where did James go on holiday?
- What were some of the activities that James did in Spain?
- Which famous landmarks did James see during his holiday?
- Did James have any trouble communicating with the locals?
- Did James take any photographs during his holiday?
- How did most people communicate with James while he was in Spain?

Task 3: Complete the following tasks:

- Find all the past tense verbs in the dialogue.
- Retell the story to a classmate.
- Describe your last vacation.



7

A NEW RESTAURANT IN TOWN

Task 1: Complete the dialogue below using the words from the box.

had

Did

was

Were

Beth: Hi there! How was the new Italian restaurant you went to last night?

Laura : It was great! The food _____ delicious.

Beth: What did you have?

Laura : I _____ spaghetti with meatballs and garlic bread.

Beth: Yum! Was the restaurant crowded?

Laura : No, it was actually pretty quiet. We got a table right away.

Beth: That's good to hear. _____ you like the atmosphere?

Laura : Yeah, it was really cosy and comfortable. The staff were also really friendly.

Beth: Great! _____ you able to park ok?

Laura : Yes, there is a car park two blocks away.

Beth: It all sounds amazing! I am going to go there soon!

Task 2: Answer the following comprehension questions:

- What did Laura have to eat at the Italian restaurant?
- Was the restaurant crowded when Laura went there?
- What was Laura's opinion of the atmosphere at the restaurant?
- Were the staff friendly at the Italian restaurant?
- Where was the car park located that Laura used?

Task 3: Complete the following tasks:

- Find all the past tense verbs in the dialogue.
- Retell the story to a classmate.
- Describe the last restaurant you went to.



8 CREATE QUESTIONS

Study the situations below. You need to ask the person three questions based on the situation presented. The first one has been done for you.



Emily has just returned from a holiday in Spain.

1. How was the food?
2. What famous landmarks did you see?
3. Did you meet any interesting people?



John went to a new restaurant last night.

1. _____
2. _____
3. _____



You have not seen you Daniel for 3 weeks.

1. _____
2. _____
3. _____



Amy went to a new gym that has just opened in the city.

1. _____
2. _____
3. _____



9 ANSWER THE QUESTIONS

Practice using the past tense in a natural way by answering the following questions.

1. Where did you go on your last vacation, and what did you do there?
2. What was the last book you read? Did you enjoy it?
3. Did you watch any good movies or TV shows last week?
4. What was your first job? How long did you work there, and what did you learn?
5. What sports did you play when you were younger?
6. Did you have a favourite subject in school? What was it, and why did you like it?
7. When was the last time you went to a concert or a live performance?
8. Did you meet anyone famous or important last year?
9. When was the last time you were sick? What happened, and how did you recover?
10. Did you have any pets when you were growing up? Describe them.
11. Did you win any awards at school? What did you win it for, and how did you feel?
12. When was the last time you tried something new or challenging? What was it, and how did it go?





HOMEWORK

1 WRITING PRACTICE

Use the past tense forms of the words in the box to create sentences or a story. Try to use all the words and have fun!

negotiate	analyse	design	discover	explore	comb	sit down
motivate	create	organise	persuade	teach	mop	understand