Past Continuous vs. Simple Past

Past Continuous
- We use the past continuous to talk about an action in progress in the past.

Form: was / were + verb + -ing

Examples:
- I **was having** lunch.
- She **was driving** to the airport.
- They **were watching** TV.

Simple Past
- We use the simple past for a short action or an action that interrupts another action.

Form: subject + verb in past (-ed/irregular)

Examples:
- I **spilled** coffee on my clothes.
- He **got** a flat tire.
- A celebrity **walked** into the store.

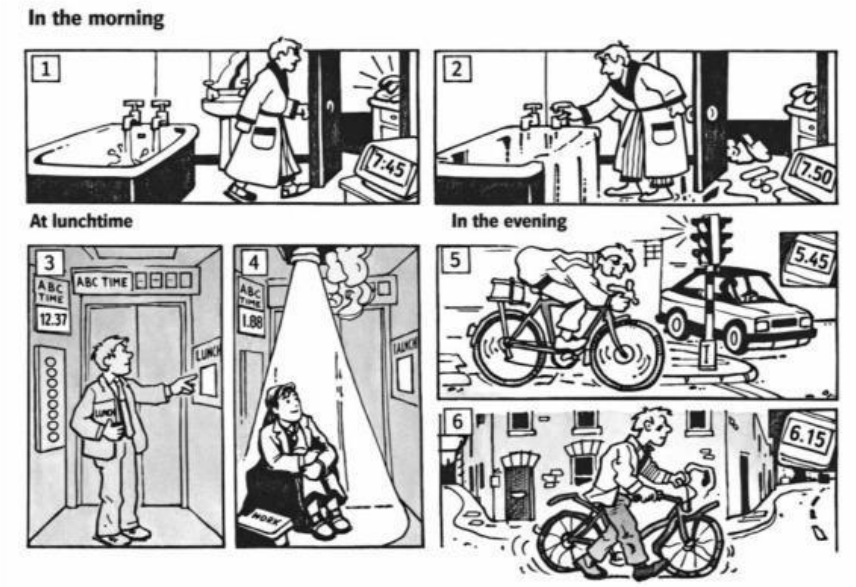
Using Both Together: We often use past continuous + simple past in the **same sentence.**

Structures:
- Past continuous + **when** + simple past = I **was having** lunch **when** I **spilled** coffee.
- **While** + past continuous, simple past = **While** I **was shopping**, a celebrity **walked** into the store

A Busy Day

*One morning, Daniel **was getting** ready for work. While he **was going** to answer the phone, the bath **was filling** with water. He **didn't notice**, and the water **overflowed** onto the floor.*

*At lunchtime, he **was waiting** for the elevator at work. While he **was going** down, the elevator **stopped** and the alarm **went on**. He **sat down** while **waiting** for help.*



*In the evening, the man **was riding** his bicycle through the city. While he **was crossing** the street, the traffic light **turned** red, and a car **stopped** suddenly and hit him. Fortunately, he **was** ok but his bicycle **got** damaged.*

LIVEWORKSHEETS

Exercise 1: Choose the correct option

1. I _____ (was watching / watched) TV when the phone _____ (rang / was ringing).
2. She _____ (was cooking / cooked) dinner when the lights _____ (went out / were going out).
3. We _____ (were walking / walked) home when it _____ (started / was starting) to rain.

Exercise 2: Complete the sentences

1. They _____ (play) soccer when it _____ (begin) to rain.
2. I _____ (study) when my friend _____ (call) me.
3. While we _____ (have) lunch, the waiter _____ (drop) a plate.

Exercise 3: Match the parts

A	**B**
1. I was sleeping	a. when she saw an accident.
2. She was driving	b. when the alarm rang.
3. We were shopping	c. when we met our teacher.

Exercise 4: Write your own short story using simple past and past continuous

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LIVEWORKSHEETS