

PAST SIMPLE vs. PAST CONTINUOUS

PRACTICE TIME!

Good Grammar
Brighter
Stories! 😊

Choose wisely!



1 Choose the correct option.

- Emma **was walking** / **walked** home when she **was seeing** / **saw** an accident.
- We **were having** / **had** dinner when the lights **were going** / **went** out.
- While Tom **was studying** / **studied**, his friends **were playing** / **played** football outside.
- My sister **was dropping** / **dropped** her phone while she **was running** / **ran** to school.
- They **were watching** / **watched** TV when someone **was knocking** / **knocked** at the door.
- I **was sleeping** / **slept** when my alarm **was starting** / **started** to ring.

2 Complete the sentences with the correct form of the verbs in brackets.

- The girl _____ (ride) her bike when she _____ (fall) down.
- My parents _____ (cook) dinner when I _____ (arrive) home.
- While we _____ (wait) for the bus, it _____ (start) to rain.
- When the teacher _____ (enter) the classroom, the students _____ (talk).
- Lucas _____ (break) a glass while he _____ (wash) the dishes.
- I _____ (do) my homework when my friend _____ (call) me.



3 Read the sentences and choose **WHEN** or **WHILE**.

- Sarah was having a shower **WHEN** / **WHILE** the phone rang.
- WHEN** / **WHILE** Jack was walking his dog, he found some money.
- We were having lunch **WHEN** / **WHILE** the fire alarm went off.
- WHEN** / **WHILE** my mother was driving, she saw an accident.
- The children were sleeping **WHEN** / **WHILE** they heard a strange noise.
- WHEN** / **WHILE** I was cleaning my bedroom, I found an old photograph.

Two actions,
One story!



4 Make sentences using Past Simple + Past Continuous.

Use the prompts to write complete sentences.

- a.  study / phone ring

- b.  ride a bike / start to rain

- c.  cook dinner / lights go out

- d.  walk to school / see her friend

- e.  watch TV / someone knock at the door

BONUS! What happened?

Complete the mini-story using Past Simple or Past Continuous.

Yesterday, I _____ (walk) home when I
_____ (hear) a strange noise. A dog
_____ (run) behind me! While I _____
(look) at the dog, I _____ (walk) into a tree.



You can do it! 💖

Small steps,
big progress! 💖