

Simple past and past continuous.

We use the simple past to talk about an action that took place in the past and finished in that precise momento.

Carlos fell down from the bike.

I cut my finger

I crashed the car



It happened in an instant and finished right after it

We use the past continuous to talk about an action that was in progress in an specific time in the past.

yesterday at 5:00 I was watching tv.



In compositions or when we narrate an event we use both of them (simple past/past continuous) or sometimes 1 of them in both sentences (simple past/simple past or Past continuous Past continuous)

When the actions are in sequence (one after another) we use the simple past.

Carlos fell down and stood up but his knee was injured.

I _____ I first Carlos fell down. Then, Carlos stood up. (It happened in different times)

When the actions are in progress and we are multitasking we use the past continuous and past continuous.

I was driving the car and listening to music.

____ || _____ || ____ (They happened at the same time simultaneously)

Sometimes we can mix the simple past and past continuous

When we are doing an activity and in the middle of the activity something interrupts the activity or something happened in the middle of the activity.

Ex.

I was speaking with a friend when my mother called me.

I was speaking with my friend

My mother called me

The action of my mother's calling me happened in the middle of the action of my speaking with my friend.

Here we have some other examples

he was riding his bike when he fell down.

He was trying to rap when the bell rang

He was playing the piano when his cellphone rang

(They happened in the middle of an action in progress)

Note: After when, we usually use the simple past

I was dancing when my mother arrived

After while we use the past continuous

I fell down while I was walking along the fence.