1 Complete the grammar rules with these words.

before • completed • in progress

a We use the past simple for ..... actions in the past.

b We use the past continuous for actions ..... at a time in the past.

c We use the past perfect for actions completed ..... another time or action in the past.

2 Look at these sentences. Match the verbs in bold with the rules (a–c) in 1.

1 Once he **was travelling** by 'bikecar' when a speeding car knocked him out of his vehicle. .....

2 He **rode** a tandem bike with a friend from Vancouver to Las Vegas in 2011. .....

3 Before that journey, **he had not swum** more than 100 metres at one time. .....

LIVEWORKSHEETS