

## ENGLISH ACTIVITIES

A.B.P.P.  
MATERIAL

**SKILL** Demonstrate mindfulness and empathy for the integrity of cultures in daily classroom activities. **EFL 5.1.2**

**WEEKLY OBJECTIVE:** At the end of this lesson students will be able to contrast ideas in simple past tense and past progressive in context according to their level.

**TOPIC:** PAST SIMPLE VS. PAST CONTINUOUS

**ANTICIPATION**

### PAST SIMPLE VS. PAST PROGRESSIVE

A. Look at the video and analyze the information:

<https://www.youtube.com/watch?v=VLj-Dbz-CWk>

## Simple Past vs. Past Continuous

### Simple Past

We use the **simple past** to talk about:

Completed actions, habits and facts in the past.



- I **went** to the cinema **yesterday**.
- I **always visited** my grandparents in my summer holidays **when I was little**.
- I **lived** near Liverpool for a couple of years.

### Past Continuous

The **past continuous** is used to express:

Interrupted actions, specific time as an interruption and parallel actions.



- I **was watching** TV **when** the phone **rang**.
- Last night at 7pm, I **was having** dinner.

While she **was doing** her homework her brother **was playing** football.

**'when'** + short action (past simple tense)  
**'while'** + long action (past continuous tense)

I **was watching** TV **when** Jim **knocked** the door.

	I <b>was watching</b> TV	<b>when</b>	Jim <b>knocked</b> the door.
<b>When</b>	Jim <b>knocked</b> the door	,	I <b>was watching</b> TV
	Jim <b>knocked</b> the door	<b>while</b>	I <b>was watching</b> TV
<b>While</b>	I <b>was watching</b> TV	,	Jim <b>knocked</b> the door

## PAST CONTINUOUS TENSE

+

S + was/were + V-ing

She was cooking all morning.

-

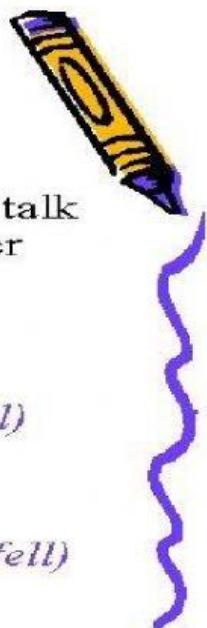
S + was/were + not + V-ing

She was not sleeping when he came home.

?

Was/were + S + V-ing?

Was she sleeping when he came home?



## Past Simple- Past Progressive

- Use Past Progressive with the Past Simple to talk about an action that was interrupted by another action
- Use **WHEN** for Past Simple  
(*He was skiing when he fell*)
- Use **WHILE/ WHEN** for Past Progressive  
(*While/ WHEN he was skiing, he fell*)



CIRCLE THE CORRECT ITEM.

- Ada **lost** / **was losing** her camera while she **travelled** / **was travelling** in Berlin.
- While we **drove** / **were driving** home, we **saw** / **was seeing** an accident.
- It **snowed** / **was snowing** when I **got** / **was getting** up.
- Mum **broke** / **was breaking** a plate while she **washed** / **was washing** the dishes.
- When the doorbell **rang** / **was ringing**, Umut **slept** / **was sleeping**.



## CONSOLIDATION

## HOMEWORK

### C. Complete the sentences with Past Simple and the Past Continuous of verbs in brackets

Remember:

- Past Continuous + WHEN + Past Simple
- Past Simple + WHILE + Past Continuous

1. I \_\_\_\_\_ (go) to work, when I \_\_\_\_\_ (see) an accident.
2. The phone \_\_\_\_\_ (ring) while David \_\_\_\_\_ (have) a shower.
3. Sarah and Kate \_\_\_\_\_ (have) a drink, when two men \_\_\_\_\_ (start) to fight.
4. I \_\_\_\_\_ (sleep), when I \_\_\_\_\_ (fall) off the bed.
5. The phone \_\_\_\_\_ (ring) while I \_\_\_\_\_ (read) a book.
6. I \_\_\_\_\_ (do) my homework, when my mum \_\_\_\_\_ (arrive)
7. It \_\_\_\_\_ (start) to rain while Helen and Michael \_\_\_\_\_ (wait) for the bus.
8. Harry \_\_\_\_\_ (sit) on the sofa, when his wife \_\_\_\_\_ (come) home.
9. While Emma \_\_\_\_\_ (go) home, she \_\_\_\_\_ (have) an accident.
10. When I \_\_\_\_\_ (meet) Robert, he \_\_\_\_\_ (wear) a black suit.

**Resources:** computer, mobile phone, internet, portfolio folder, sheets. Teachers, parents

#### Did you know?

The Simple Past is used for completed actions, while past progressive is used to express interrupted actions.

#### Remember

PAST CONTINUOUS + WHEN + PAST SIMPLE  
PAST SIMPLE + WHILE + PAST CONTINUOUS

#### Curious fact...

The past continuous and the past simple help us to show how two past actions or situations are connected.

#### Relationship with values

Conflict resolution

#### LEARN MORE:

<https://www.youtube.com/watch?v=VLj-Dbz-CWk&t=5s>

#### Bibliografia:

<https://www.youtube.com/watch?v=VLj-Dbz-CWk>

[https://es.liveworksheets.com/worksheets/en/English\\_as\\_a\\_Second\\_Language\\_\(ESL\)/Past\\_simple\\_and\\_past\\_continuous/5%C2%B00\\_135\\_a1200480ik](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Past_simple_and_past_continuous/5%C2%B00_135_a1200480ik)