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

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

	I **was watching** TV	**when**	Jim ***knocked*** the door.
When	Jim ***knocked*** the door	**,**	I **was watching** TV
	Jim ***knocked*** the door	**while**	I **was watching** TV
While	I **was watching** TV	**,**	Jim ***knocked*** the door

Past simple & Past Continuous

1) Read the sentences. Circle the correct option.

1- Last Saturday night **I set** / **was setting** the table when my friends **arrived / were arriving.**

2- While we **watched /were watching** a movie the doorbell **rang / was ringing.**

3- The phone **rang / was ringing** while my sister **had / was having** a bath.

4- Jason and I **played / were playing** on the computer when his Dad **came / was coming** to pick him up.

5- Jimmy and Susie **fixed / were fixing** their bikes when Grandpa **brought / was bringing** new ones!

Complete the sentences using either the Past Simple or the Past Continuous.

1- When my grandparents came to visit, I	a thief got into the shop
2- While Dad was cleaning the kitchen,	mom was washing the car in the garage.
3- While I was doing the dishes,	the cat jumped over the clean cups.
4- When it started to rain, the children	was still sleeping.
5-When Jane and Tom were in the bookshop,	Were playing rugby outside.