Level: B2: Upper Intermediate

Skill: Grammar

Past Simple & Past Continuous

★ Past Simple

Use: to talk about situations that occurred in the past and finished in the past.

Example: Yesterday, I played tennis.

Structure: Pronoun (I, you, she, he, it, we, they) + verb in the past.

Auxiliaries: **DID / DIDN'T**

✳ *Auxiliaries: palabras que ayudan a crear preguntas o oraciones en negativo.*

⚠ **YOU / WE / THEY / I / HE / SHE / IT**
+
VERB (IN THE PAST)

Example: We **WATCHED** TV at 7.
We **didn't watch** TV at 7.
Did you watch TV at 7?

⚠ **TO BE** in the past:

- IS / AM ----- **WAS**
- ARE ------- **WERE**

✏ **Regular and irregular verbs in the past**

➡ **Regular verbs,** we add -D / ED
Example: watch - watched

➡ **Irregular verbs**, they change their form
Example: go - went

⭕ List of irregular verb in English LINK

★ Past Continuous

Use: to show that something continued for some time in the past.

Example: Yesterday, I was playing tennis.

Structure: Pronoun (I, you, she, he, it, we, they) + TO BE in the past form + verb -ing

Auxiliaries: **WAS / WASN'T**
WERE / WEREN'T

⚠ **YOU / WE / THEY / I + WERE / WEREN'T + VERB -ing**

Example: We **were watching** TV at 7.
We **weren't watching** TV at 7.
Were you **watching** TV at 7?

⚠ **HE / SHE / IT / I + WAS / WASN'T + VERB -ing**

Example: She **was watching** TV at 7.
He **wasn't watching** TV at 7.
Was she **watching** TV at 7?

⛔ We do **NOT** normally use the past continuous with **STATIVE VERBS.**
We use the past simple instead:

➡ *Example: When I got home, I really **needed** (NOT ~~was needing~~) a shower*

⭕ List of stative & dynamic verbs in English
LINK

We use the past simple to talk about events, states or habits at definite times in the past. The past continuous emphasises the action or event in progress around a time in the past.

The past continuous always use the verb TO BE in the past form and the verb with -ing

The past simple uses the verb in the past form (regular form or irregular form)

LIVEWORKSHEETS

Level: B2: Upper Intermediate

Skill: Grammar

Past Simple & Past Continuous

Choose the correct option

1. When I **came was coming** to the party, my friends **were were being** there.
2. Kate **watched was watching** TV when she **heard was hearing** a noise.
3. That morning **woke up was waking up** and **cooked was cooking** breakfast.
4. While I **was waiting waited** the subway **arrived was arriving.**
5. He **listened was listening** a podcast while he **ate was eating** lunch.

Write the correct tense.

1. While my mother ..... **(work)** in the garden, I ..... **(play)** FIFA.
2. I ..... **(break)** the vase when I .....**(clean)** the table.
3. He ..... **(sweep)** the floor, when the postman ..... **(come)**
4. He ..... **(buy)** a ticket and ..... **(go)** to the cinema.
5. They ..... **(have)** supper when they ..... **(hear)** the news.

Complete the rest of the story about Nicholas White's lift experience. Use the past simple or past continuous form of the verbs in bracket.

When the voice came over the lift's intercom at 4p.m. on Sunday, White ..... (lie) on the floor, half asleep. He was extremely cold as he ..... (not wear) a jacket. When he heard the voice he ..... (jump) to his feet. Finally, he was free! Almost. First the guard ..... (ask) him lots of security questions, "Where do you work? Which is your office?" The 'interview' lasted a very long time. Then, slowly, the door ..... (open). So, what ..... he ..... (do) first? He took the lift up to the 43rd floor to get his jacket from his office. On his desk an angry note from a colleague ..... (wait) for him. It said, 'Why ..... you ..... (go) home? We had so much work to do!' Of course, she ..... (feel) very guilty when she found out the truth!



LIVEWORKSHEETS