



PAST CONTINUOUS

We use the Past Continuous Tense to describe an action that was in progress at a specific time in the past.

Sentence Type	Structure	Example
Affirmative	Subject + was/were + verb(-ing)	I was reading a book.
Negative	Subject + was/were not + verb(-ing)	He wasn't watching TV.
Question	Was/Were + subject + verb(-ing)	Were they playing chess?

PAST SIMPLE

We use the Past Simple Tense when talking about completed actions in the past.

Sentence Type	Structure	Example
Affirmative	Subject + past form of the verb	She played soccer.
Negative	Subject + did not (didn't) + base verb	They didn't eat pizza.
Question	Did + subject + base verb	Did you see the cat?



WHEN

- Used to introduce a shorter action (Past Simple) that **interrupts** a longer one (Past Continuous).

Structure:

- Past Continuous + **when** + Past Simple

👉 *I was cooking when the phone rang.*

OR

- When + Past Simple, + Past Continuous

👉 *When she arrived, they were watching TV.*

WHILE

- Emphasizes that **two actions happened at the same time**.

- While + Past Continuous, + Past Continuous

👉 *While I was studying, my brother was playing video games.*

OR

- While + Past Continuous, + Past Simple

👉 *While he was walking, he found a coin.*

AS

- Similar to "while"; shows **two actions happening at the same time**, often smoothly or gradually. Sometimes can also replace "when" but it is not always.

- As + Past Continuous, + Past Continuous

👉 *As the sun was setting, the sky was turning orange.*

OR

- As + Past Continuous, + Past Simple

👉 *As I was leaving, she said goodbye.*

GRAMMAR PRACTICE UNIT 1

A) Complete the sentences with the **past continuous** form of the verbs in the box:

do – look – not watch – rain – sleep – work

- I _____ my homework when the lights went out.
- She _____ out the window at the birds.
- They _____ TV when the guests arrived.
- It _____ all night yesterday.
- We _____ when the earthquake started.
- My dad _____ late at the office.
- You _____ where you were going!
- He _____ the dishes while she was cooking.
- The teacher _____ for the attendance sheet.
- I _____ when you called me last night.

B) Complete the conversation with the **past simple** form of the verbs in brackets.

Alex: Hey! How was your weekend?

Sam: It was great! I (1) _____ (go) to the beach with my family.

Alex: Nice! (2) _____ you _____ (swim) in the ocean?

Sam: Yes, I did! And my brother (3) _____ (build) a huge sandcastle.

Alex: Cool! What about your parents?

Sam: They (4) _____ (relax) under an umbrella and (5) _____ (read) books.

Alex: Sounds perfect. What time (6) _____ you _____ (come) back?

Sam: We (7) _____ (leave) around 6 p.m. and (8) _____ (get) home just before sunset.

Alex: Did you have dinner at home?

Sam: No, we (9) _____ (stop) at a pizza place on the way. The food (10) _____ (be) amazing!

C) Write sentences with the **past simple** and **past continuous** using the words in brackets.

□ she / walk / home / it / start / to rain (when)

→ _____

□ I / study / my friend / arrive (when)

→ _____

□ they / play / football / she / hurt / her leg (while)

→ _____

□ we / drive / to school / we / see / an accident (as)

→ _____

□ he / cook / dinner / the lights / go out (when)

→ _____

□ you / watch / TV / I / come / in (when)

→ _____

□ I / break / my phone / I / run (while)

→ _____

□ they / dance / the music / stop (when)

→ _____

□ she / read / I / enter / the room (as)

→ _____

□ we / have / lunch / the fire alarm / go off (while)

→ _____

D) Choose the correct option.

Last Saturday, I ¹watched/was watching TV when suddenly the power ²went/was going out. While ³searched/was searching for a flashlight, my phone ⁴rang/was ringing. It was my neighbor, who ⁵asked/was asking if I needed help. As ⁶explained/was explaining the situation, she ⁷offered/was offering to bring over some candles.

While I ⁸waited/was waiting for her, I ⁹heard/was hearing a loud noise. When I ¹⁰opened/was opening the door, I saw her standing there with a flashlight and a smile!

