



# 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 <b>was reading</b> a book.
Negative	Subject + was/were not + verb(-ing)	He <b>wasn't watching</b> TV.
Question	Was/Were + subject + verb(-ing)	<b>Were they playing</b> 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 <b>played</b> soccer.
Negative	Subject + did not (didn't) + base verb	They <b>didn't eat</b> pizza.
Question	Did + subject + base verb	<b>Did you see</b> 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 <sup>1</sup>**watched/was watching** TV when suddenly the power <sup>2</sup>**went/was going** out. While <sup>3</sup>**searched/was searching** for a flashlight, my phone <sup>4</sup>**rang/was ringing**. It was my neighbor, who <sup>5</sup>**asked/was asking** if I needed help. As <sup>6</sup>**explained/was explaining** the situation, she <sup>7</sup>**offered/was offering** to bring over some candles.



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

