

HELLO!

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Past Simple

vs

Past Continuous

Past Tenses

Finished actions

A series of events in the past

Progress in the past

Two simultaneous actions in the past

Past Simple

- I **lived** in New York 2 years.
He **met** us at the station.
- He **shut** the window, **switched off** the light and **went** upstairs

Past Continuous

- I **was writing** a letter to my friend *from 5 to 6 on Sunday.*
- They **were playing** football *at 5 yesterday.*
- Mother **was cooking** dinner while I **was doing** my English homework.

Past Tenses

Past Simple

I lived in New York 2 years.



Finished action

Series of actions in
the past

Now I live in London.

Past Tenses

Past Simple

He shut up the window,



Past

Finished action

Series of actions in the past



switched off the light

and went downstairs.



Past Tenses

Past Continuous

Mum was cooking,

while I was doing
my homework.

Past



Finished action

Two simultaneous
actions in the past

Past Tenses

Past Simple



Past Continuous

While the action was in progress something happened in the middle and interrupted it.

Progress in the past

Interrupted action

when suddenly

Past

I was cycling in the evening



a man stepped on my way.



Formation

Past Simple

I	worked	go - went
You	cooked	come - came
He	walked	make - made
She	opened	run - ran
It	cleaned	write - wrote
We	tried	buy - bought
You	shouted	teach - taught
They	washed	eat - ate

Past Continuous

You	were working.
We	
They	
I	was working.
He	
She	
It	

Formation

Past Simple

I
You
He
She
It
We
They

didn't work.

Past Continuous

You
We
They

weren't working.

I
He
She
It

wasn't working.

Formation

Past Simple

Did

I
you
he
she
it
we
they

work?

Past Continuous

Were

you
we
they

working?

Was

I
he
she
it

working?

GRAMMAR

Past simple and continuous

1 Read the examples. Which verb is in the past continuous? How do we form the past continuous?

1 Immediately I **heard** the noise of a loud motorbike.

2 She **was waiting** at the side of the road.

2 Choose the correct words to complete the rules.

a We use the **past simple** / *continuous* to talk about a complete action at a past time.

b We use the *past simple* / **continuous** to talk about actions in progress at a past time.

3 Choose the correct form of the verbs.

- 1 I couldn't call you. The thief *stole* / *was stealing* my phone!
- 2 I saw someone in front of your house yesterday. She *tried* / *was trying* to open your car door.
- 3 What *did the burglars take* / *were the burglars taking*?
- 4 I phoned you last night *but* there was no answer. What *did you do* / *were you doing*?
- 5 We weren't at home last night. We *travelled* / *were travelling* back from a relative's house.

4 Read the examples from the stories. Then complete the rules with *past simple* or *past continuous*.

- 1** We **were crossing** the road, when I **got out** my phone.
- 2** While the officers **were checking** the bikes, they **noticed** that several of them didn't have bells.
- 3** When we **arrived**, my brother and I **got changed** straight away and jumped in.

We often use the past continuous and the past simple together.

- a** The _____ talks about a past action in progress.
- b** The _____ talks about a complete shorter action that interrupted the action in progress.
- c** If one action happens after the other, we use the _____ for both actions.

Past continuous
Simple past
Simple past

5 Correct the mistake in each sentence.



1 I read a book when a woman screamed.

2 We are talking when a policeman asked name.

3 We went to my house and we were watch

4 When I walked near the river, I saw a dog water.

5 While we're waiting for the bus, I heard a cry.

6 He was quite tall and wears a loose-fitting tracksuit.

1. I was reading

2. We were talking

3. Watched TV

4. While I was walking

5. We were waiting

6. wore

- 6 Complete the story with the past simple or past continuous form of the verbs.

Couple find 'Goldilocks' burglar

When Martin Holtby and Pat Dyson got home from their holiday recently, they ¹ (notice) something strange immediately. Their unopened letters were on the table. There was some food shopping in the kitchen. While Martin ² (look) around the house, he ³ (find) more strange things. A man's clothes ⁴ (hang) in the bathroom. Their bath was full of hot water. ⁵ a burglar (live) in their house?

When Martin ⁶ (go) into the bedroom, he found the answer. A man ⁷ (sleep) in their bed! The couple quickly called the police and when they ⁸ (arrive), they took him away.

The man was fined £200. He didn't steal anything while he ⁹ (stay) in the house. He wasn't actually a burglar. He thought the house was empty and he ¹⁰ (need) somewhere to sleep!

HOMework

**PHONES
SALE**



**PHONES
SALE**



VOCABULARY

ourselves, yourselves, themselves and each other

1 Match the sentences to the photos.

EP



- 1 They're looking at **themselves**.
- 2 They're looking at **each other**.

I	MYSELF
YOU	YOURSELF
HE	HIMSELF
SHE	HERSELF
IT	ITSELF
WE	OURSELVES
YOU	YOURSELVES
THEY	THEMSELVES

2 Choose the correct words.

- EP** 1 Jack bought **itself** / **himself** a new phone.
2 I cut **myself** / **itself** while I was washing up.
3 Did you teach **myself** / **yourself** the guitar?
4 Did you and Sara hurt **herself** / **yourselves**?
5 Sam and I made **myself** / **ourselves** a snack.
6 Thanks for the party! Everyone really enjoyed **ourselves** / **themselves**.

3 Complete the sentences with the correct pronoun from Exercise 2 or *each other*.

- 1 They walked past _____ without saying a word.
- 2 Josie introduced _____ to everyone.
- 3 Tom and I often argue with _____.
- 4 I need to buy a present for Tom. We always give _____ presents on our birthdays.
- 5 Did you all enjoy _____ last weekend?

4 **»** Work with a partner. Turn to page 121.

1.EACH OTHER
2.HERSELF
3.EACH OTHER
4.EACH OTHER
5.YOURSELVES