

One day in May, Jack Smith was walking in Northern Oregon. It was a place he liked walking in and he knew it well. He was walking along a path when he saw a black bear, a female with her two babies. One was about a year old, the other was only a few months. Jack stopped to watch the bears. Because Jack walked along the path regularly, the bear knew who he was. It wasn't afraid and it didn't try to attack him. While Jack was watching the bears, something large and heavy hit him from behind. It was a mountain lion! Jack tried to get away from the mountain

lion. Then, while he was fighting it, the mother bear ran towards him. But the bear didn't attack Jack, it attacked the mountain lion. The bear was much bigger than the mountain lion. While the mountain lion was attacking Jack, the bear stood on its two back legs and pulled the mountain lion off Jack's back. The mountain lion ran off into the trees. Then the bear went back onto its four feet and looked at Jack for a moment, before it walked back to look after its babies.

Jack wasn't badly hurt. He was sure the bear recognised him and wanted to save his life.

GRAMMAR Past simple and past continuous

- 1 Look at this sentence from the story and answer the questions.

A He *was walking* along a path when he *saw* a black bear.
B

- Which verb is past simple, and which verb is past continuous?
- Which action, A or B, started first?
- Which action, A or B, interrupted the other?

GRAMMAR REFERENCE AND PRACTICE PAGE 153

- Find three sentences with *while* in the story. Answer questions 2 and 3 in Exercise 1 about them.
- Find all the other examples of the past simple and the past continuous in the story.
- Complete the sentences with one verb in the past simple and one in the past continuous.
 - The boy *was eating* (eat) an ice cream when the monkey *stole* (steal) it.
 - The cats _____ (sleep) outside when the rain _____ (start).
 - While the girl _____ (read) a book, her phone _____ (ring).
 - The teacher _____ (arrive) while Katie and Adam _____ (play) a computer game.
 - Lucy _____ (eat) her lunch when she _____ (hear) the news.
 - The boy _____ (fall off) his board while he _____ (skate) in the park.

- 5 Correct the mistakes with the past simple and past continuous.

- When we looking for the lions at the zoo yesterday, we found the elephants.
- Yesterday while I came back home, I dropped my purse in the road.
- When I waiting for the bus, I saw a monkey in the trees.
- When we walk beside the lake, we heard a noise behind us.
- It is snowing when I went there and very cold.

- 6 In pairs, take turns to say sentences with *when* or *while* and the past simple or past continuous. Use the verbs in the box and animals from the table on page 94.

climb drive eat find open
run sit talk walk write

While the man was driving along the road, a monkey jumped out of a tree.

I saw a family of rabbits when I was walking by the river.



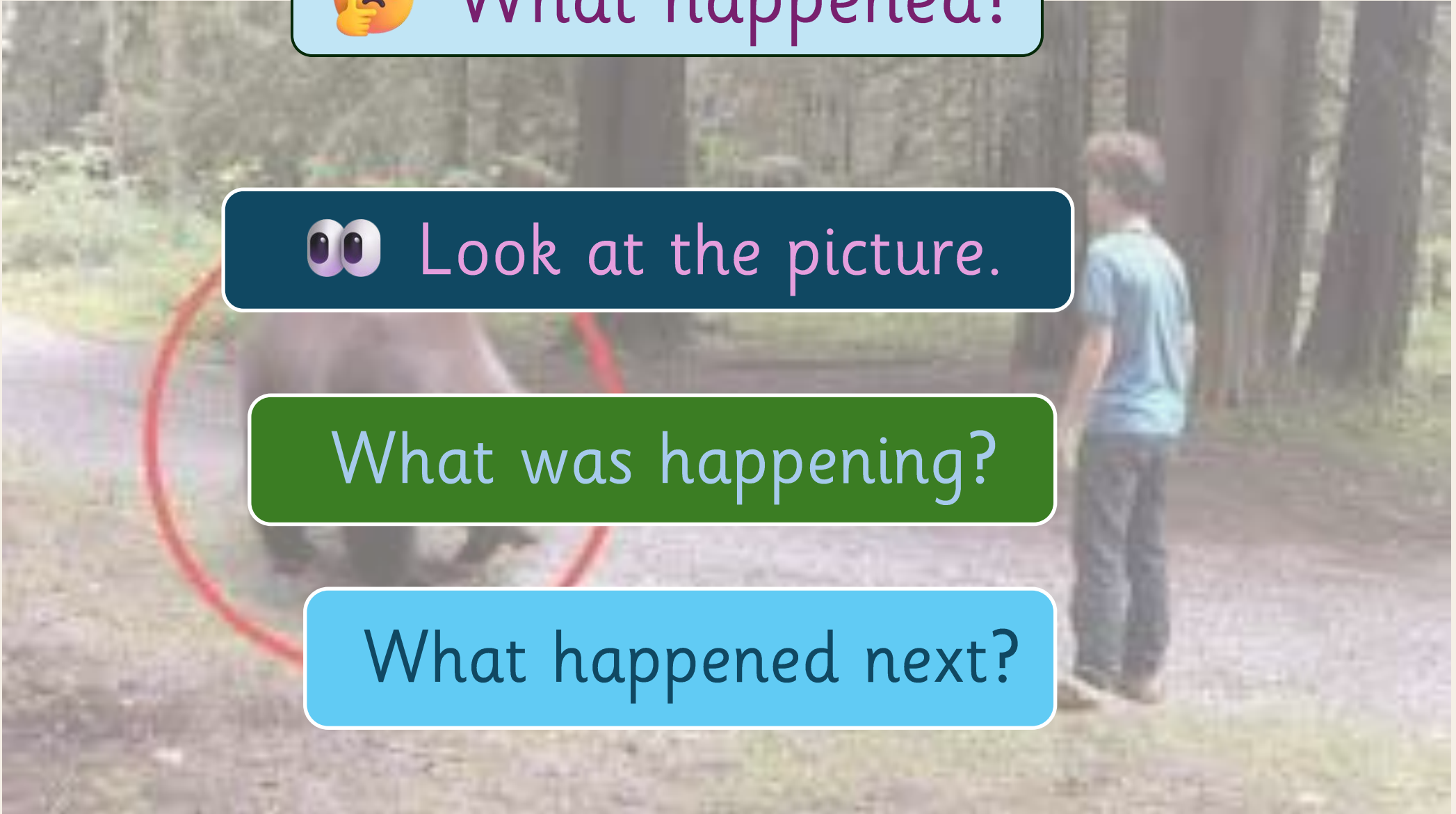
What happened?



Look at the picture.

What was happening?

What happened next?



He **was walking** along a path
when he **saw** a black bear.

He

he

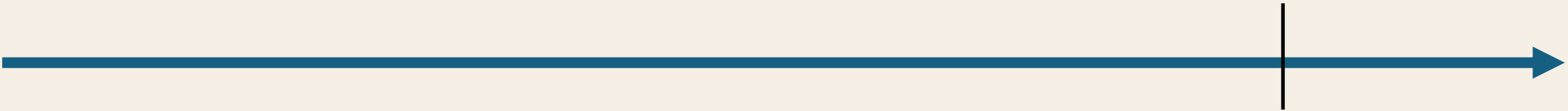
along a path

a black bear.

You are hearing the story today.



today



The story happened in the past.



A horizontal blue arrow points from left to right, representing a timeline. Two vertical black lines mark specific points on the arrow. Above the left marker is a black ribbon with the word 'past' in white. Above the right marker is a blue ribbon with the word 'today' in white.

past

today

The boy **was walking** along a path for two hours.

past

two hours

today

He was walking a long a path.

When did he stop walking?

When he saw the bear.

past

two hours

today

He was walking a long a path.



Action A:

He was walking along a path for two hours. (Past continuous).

Action B:

He saw a bear. (Past simple).

Which action started first?

Action A

Did he continue walking after seeing the bear.

No, he didn't.

When he saw the bear.

past

two hours

today

He was walking a long a path.



He **was walking** along a path
when he **saw** a black bear.

He

was
walking

along a path

when

he

saw

a black bear.

She was cooking dinner when the phone rang.

She

was
cooking

dinner

when

The phone

rang.

She was riding her bike when she fell.

She

was riding

her bike

when

she

fell.

gettyimages
Credit: ArtistGND Photography

It **was raining** when the bus
arrived.

It

was
raining

when

The bus

arrived.

Longer action
(was/were + -ing)

was walking

was cooking

was riding

was walking

Interrupting action
(past simple)

saw

rang

fell

arrived

Past Simple vs. Past Continuous

Use:

To talk about an action in **progress** when another action **happened**

Past continuous = longer, ongoing action (was/were + -ing)

Past simple = short, completed action that interrupts.



- 1** Look at this sentence from the story and answer the questions.

A**B**

He *was walking* along a path when he *saw* a black bear.

1 Which verb is past simple, and which verb is past continuous?

Action A is past continuous and action B is past simple.

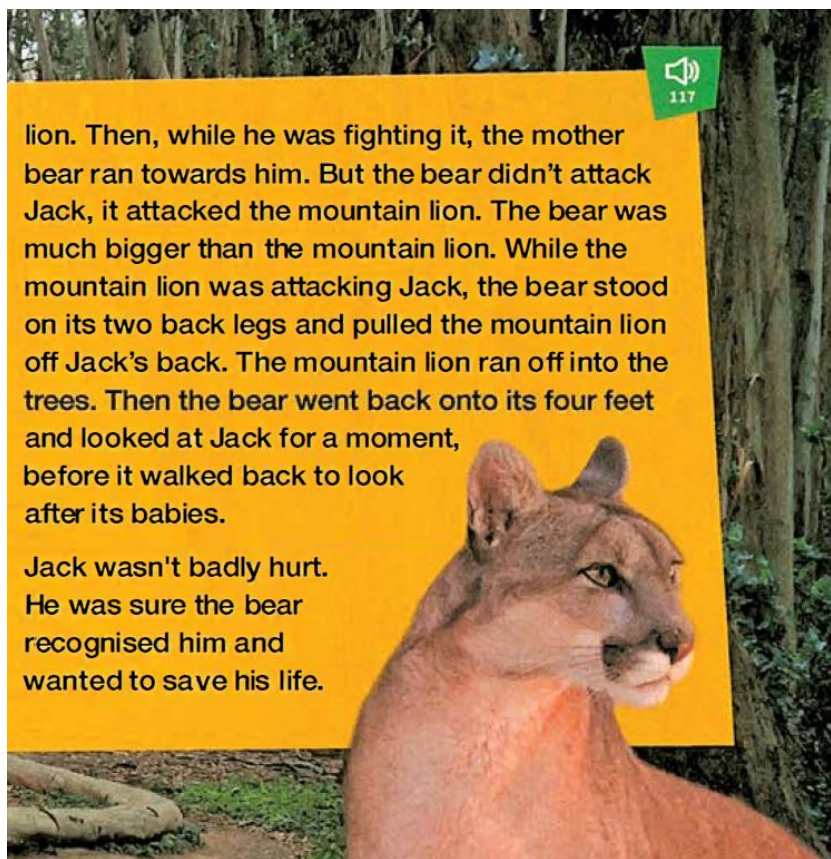
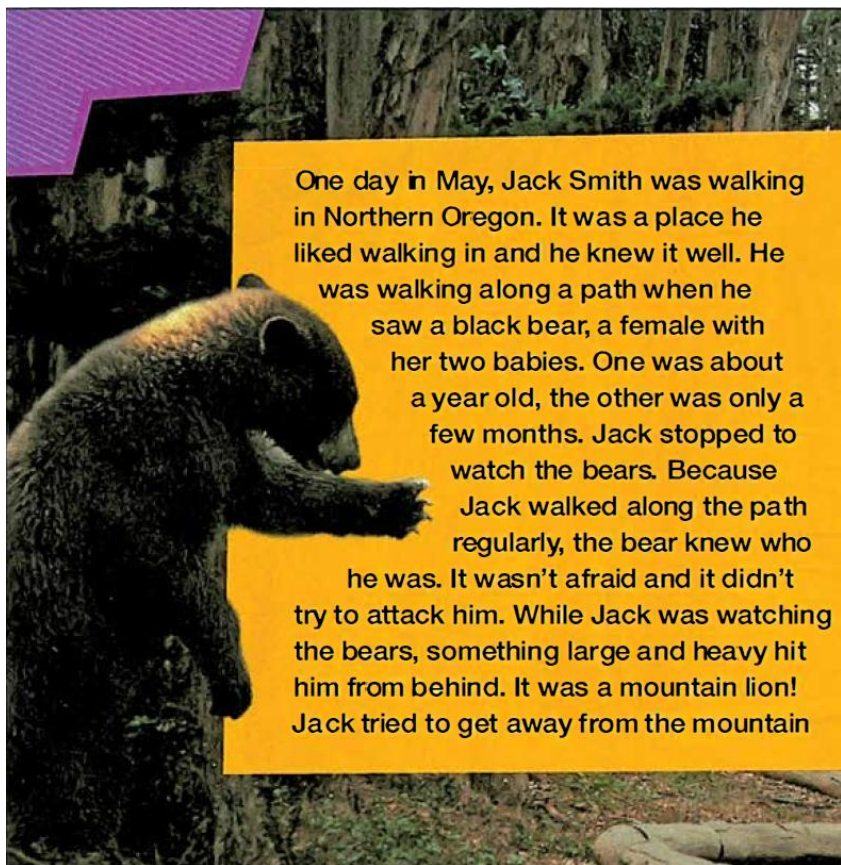
2 Which action, **A** or **B**, started first?

Action A started first.

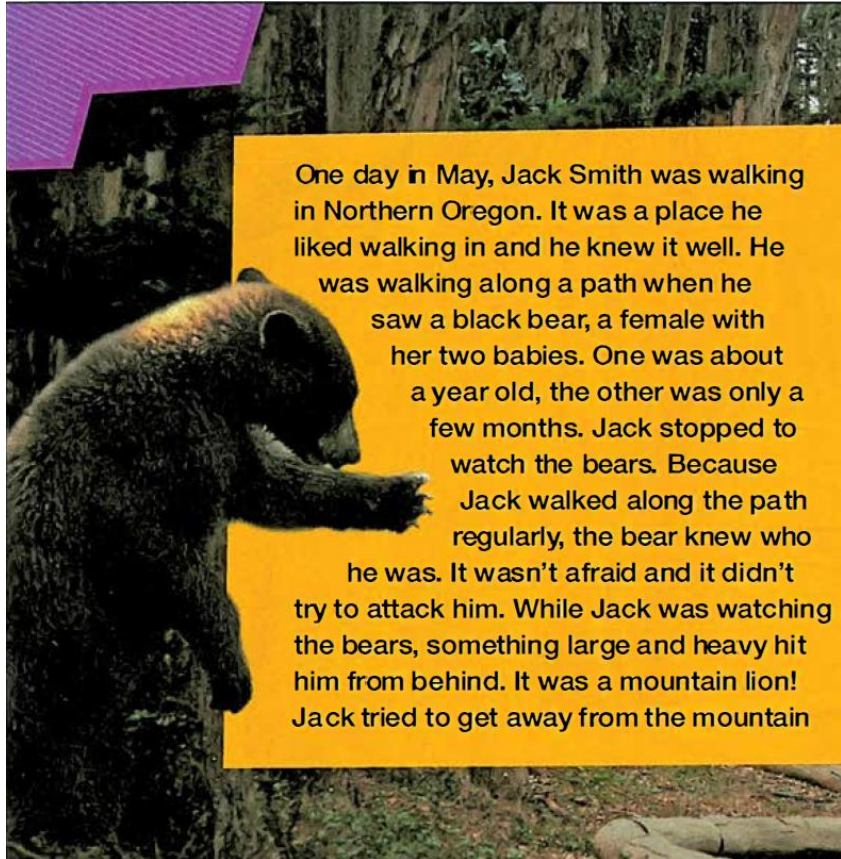
3 Which action, **A** or **B**, interrupted the other?

Action B Interrupted action A.

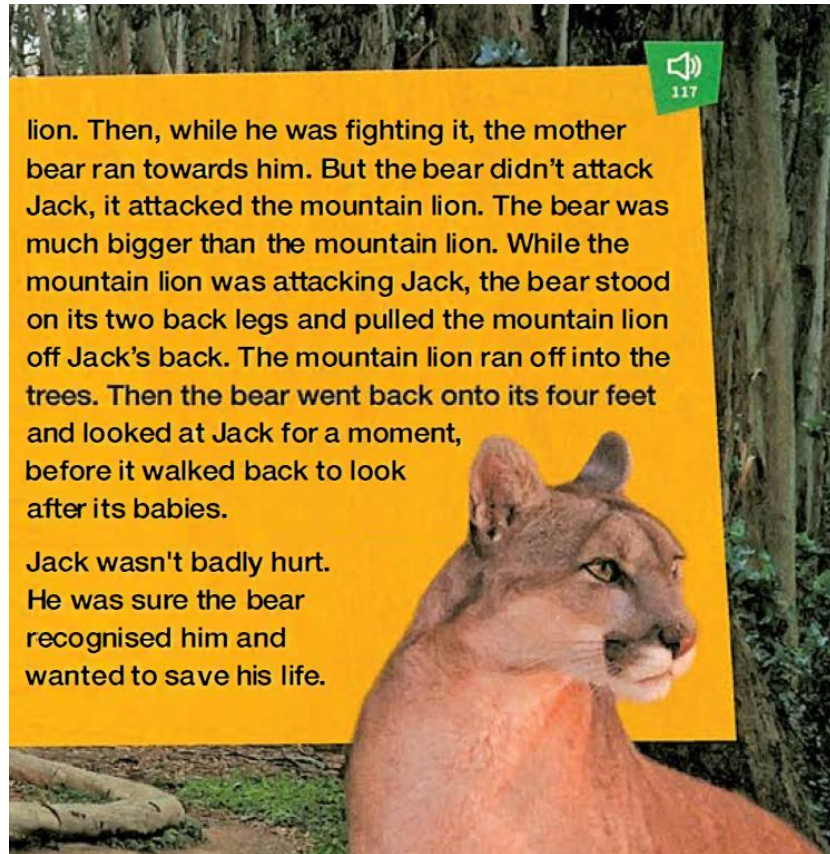
2 Find three sentences with *while* in the story. Answer questions 2 and 3 in Exercise 1 about them.



3 Find all the other examples of the past simple and the past continuous in the story.



One day in May, Jack Smith was walking in Northern Oregon. It was a place he liked walking in and he knew it well. He was walking along a path when he saw a black bear, a female with her two babies. One was about a year old, the other was only a few months. Jack stopped to watch the bears. Because Jack walked along the path regularly, the bear knew who he was. It wasn't afraid and it didn't try to attack him. While Jack was watching the bears, something large and heavy hit him from behind. It was a mountain lion! Jack tried to get away from the mountain



lion. Then, while he was fighting it, the mother bear ran towards him. But the bear didn't attack Jack, it attacked the mountain lion. The bear was much bigger than the mountain lion. While the mountain lion was attacking Jack, the bear stood on its two back legs and pulled the mountain lion off Jack's back. The mountain lion ran off into the trees. Then the bear went back onto its four feet and looked at Jack for a moment, before it walked back to look after its babies.

Jack wasn't badly hurt. He was sure the bear recognised him and wanted to save his life.

4 Complete the sentences with one verb in the past simple and one in the past continuous.

0 The boy was eating (eat) an ice cream when the monkey stole (steal) it.

1 The cats Were sleeping (sleep) outside when the rain started (start).

2 While the girl Was reading (read) a book, her phone rang (ring).

3 The teacher arrived (arrive) while Katie and Adam Were playing (play) a computer game.

4 Lucy Was eating (eat) her lunch when she heard (hear) the news.

5 The boy Fell off (fall off) his board while he Was skating (skate) in the park.

5 Correct the mistakes with the past simple and past continuous.



- 1** When we looking for the lions at the zoo yesterday, we found the elephants.
- 2** Yesterday while I came back home, I dropped my purse in the road.
- 3** When I waiting for the bus, I saw a monkey in the trees.
- 4** When we walk beside the lake, we heard a noise behind us.
- 5** It is snowing when I went there and very cold.

6 In pairs, take turns to say sentences with *when* or *while* and the past simple or past continuous. Use the verbs in the box and animals from the table on page 94.

While the man was driving along the road, a monkey jumped out of a tree.

climb drive eat find open
run sit talk walk write

I saw a family of rabbits when I was walking by the river.

THANK YOU

1 Match the sentence halves.

- The girl was playing basketball
- My parents were waiting for me
- My cousin fell off his bike
- When the teacher came back to the class,
- While the boy was making a sandwich,
- While the man was walking his dog,

- he cut his finger.
- all the students were talking.
- when she fell and hurt her arm.
- he found €20 in the street.
- while he was cycling round the park.
- at the airport when I got off the plane.

2 Complete the sentences with the past simple or past continuous form of the verbs in brackets.

- We _____ (play) tennis when it _____ (start) to rain.
- I _____ (walk) through the park when I _____ (find) a wallet.
- Jo _____ (watch) TV when I _____ (call) her.
- What _____ (you / do) yesterday afternoon at 3 pm?
- I _____ (buy) Mum's birthday present while I _____ (shop) with my friends.
- While we _____ (wait) for the bus, my brother _____ (drive) past.

3 Complete the sentences with *when* or *while*.

- He was snowboarding _____ he fell and broke his leg.
- _____ I was sitting on the bus, I saw my English teacher.
- She learned a lot of English _____ she was living in London.
- _____ I got home I went into the kitchen.

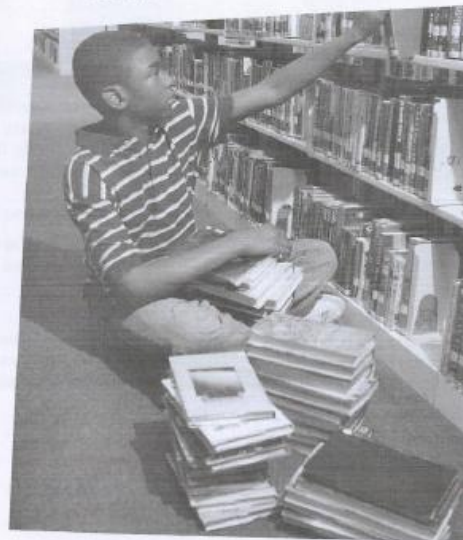
4 Choose the correct verb form to complete the sentences.

- I felt very nervous while I _____ the game.
A watched B was watching
- When I saw them, I _____ in love.
A fell B was falling
- While we _____ around the castle, we saw a very old picture.
A looked B were looking
- Yesterday, while I _____ back home, I remembered I left my sunglasses in your house.
A came B was coming
- When I _____ in the kitchen, I saw a broken window.
A cleaned B was cleaning

1 Complete the sentences with the past simple form of the phrasal verbs in the box.

get on	get off	turn on
turn off	pick up	look after

- Jenny _____ the TV and did her homework.
- Tom _____ the bus and sat near the front.
- Jack _____ the rabbit when Lisa was on holiday.
- Debbie _____ the train and walked home.
- Paula _____ the laptop and wrote an email.
- Amon _____ the book and put it on the shelf.



2 Choose the correct words to complete the sentences.

- When she finished her homework, she turned the computer *on / off* and went to bed.
- Freddy got *off / on* the bus at the wrong bus stop and had to walk a long way.
- Finally, we got *on / off* the plane and found our seats.
- Don't leave those papers on the floor. Pick them *up / out* and put them on the table.
- Can you look *for / after* my pet mouse when I go away on holiday?
- Please turn *off / on* your phone before you go into the cinema.