



Past Continuous

vs

Past Simple

# Past Simple Tense

Affirmative

S + V2

I walked

He/She/It walked

We/You/They  
walked

Negative

S+ did not + verb infinitive

I did not run.

She/He/It did not  
run

We/You/They did  
not run

Interrogative

Did + S + verb  
infinitive?

Did I run?

Did he/she/it run?

Did you/we/they  
run?

# Past Continuous Tense

Affirmative

S + was/were + verb  
+ ing

I was eating  
breakfast.

He/She/It was eating  
breakfast.

We/You/They **were**  
**eating** breakfast.

Negative

S+ was/were not + verb +  
ing

I wasn't eating  
breakfast.

She/He/It wasn't  
eating breakfast.

We/You/They  
weren't eating  
breakfast.

Interrogative

Was/Were + S + verb  
+ ing?

Was I eating  
breakfast?

Was he/she/it eating  
breakfast?

Were you/we/they  
eating breakfast?

<b>Simple Past</b>	<b>Past Continuous</b>
TO TALK ABOUT COMPLETED ACTIONS, HABITS AND FACTS IN THE PAST	TO EXPRESS INTERRUPTED ACTIONS
My father called me last night.	I was having dinner when my father called me.
We always went to the South in summer when I was a little girl.	While I was having a shower, someone knocked the door.
I lived in London when I was younger.	

# When and While

WHEN + SHORTER ACTION (PAST SIMPLE TENSE)

- ✓ When I arrived home, my mother was baking cookies.

WHILE + LONGER ACTION (PAST CONTINUOUS TENSE)

- ✓ While I was driving home, I saw a traffic accident.