Past Continuous and Simple Past

Decide which tense you need: past continuous or the simple past.

We use the past continuous to talk about events and habits that were happening at a certain time in the past. We also use it when two things are happening at the same time in the past. For example: We were watching TV when my friend came round.

We use the past simple to talk about events, states or habits at specific times in the past that happen after one another and are completed. For example: Yesterday I went to school.

How to form the past continuous: Use the simple past of "to be": "was" for I and he/she/it and "were" for you, we and they and then add "-ing" to the verb.
How to form the simple past: For regular verbs add "-ed" to the verb. Be careful with irregular verbs! Learn them by heart!

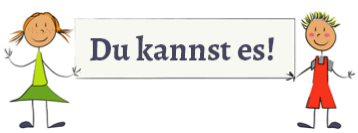
Dad was _____ lunch when I arrived with my friends.
- ○ cooking
- ○ cook
- ○ cooked

Last Monday school _____ early and I got home in time for my favourite TV series.
- ○ finish
- ○ finishing
- ○ finished

He was always _____ late to school.
- ○ arrives
- ○ arriving
- ○ arrive

I was listening to music when Mum _____ me to help her.
- ○ ask
- ○ asked
- ○ asking

The sun was shining, and the birds were _____ as Anna sat down in the park.
- ○ sing
- ○ singing
- ○ sang



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I _____ for the test all evening.
- studying
- study
- was studying

They were dancing when the music suddenly _____
- stop
- stopped
- stopping

He _____ a pie and cake for the picnic.
- brought
- bring
- bringing

Mum met Dad when they _____ still at school.
- were
- are
- was

_____ you read the whole book last night?
- Did
- Doing
- Do

He _____ to watch TV all evening.
Insert the correct form of "use"

Julia was _____ for the exam all night.
Insert the right form for "study"

Yesterday at three o'clock I _____ watching TV.

When I _____ the doorbell I went to open the door.
Insert the right form of "hear"

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