

Past Simple Vs. Past Continuous

Past Simple

Use

One action after another

I finished homework, went to the gym, and play badminton with my friends.

Past habit

He went to the zoo very frequently last year.

Short past finished action

I went to gym yesterday.

Forms

Positive

Regular: V. + ed

Like - liked

Irregular

Go - went

Question

Wh- + did + subject + V.

Why did Lucy go there?

Negative

Subject = didn't + 1st form of the verb

verb

Past Continuous

Use

Interrupted action in the past

I was studying when she called.

Parallel actions

I was studying while my brother was watching Tv.

Long past finished action

I was running along the river.

Form

Was/were + present participle

Positive

I was dancing.

Negative

I was not dancing.

Question

Was I dancing?