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|  **Past Simple**  |  **Past Continuous** |
| Scientists discovered Arkaim in 1987.  action completed in the pastThey burnt the town and left.  Past actions one immediately after the other  The phone rang when    short action interrupted**Time expressions:** yesterday, ago, last...., in 2015**Regular verbs:** I walked. Did I walk? I didn`t walk.**Irregular verbs:** They left the city. Did they leave the city? They didn`t leave the city. | At 6 o`clock last night I was running in the woods. action in progress in the pastMy mum **was cooking** while **I was cleaning** the bathroom. two actions in progress at the same timeThe sun **was shining** and the wind **was blowing** when... background information in a storyLisa **was sleeping**.   by a long action**Time expressions**: while, when, as..., all day/morning....I/He/She/It **was** running. Was she running? She wasn`t running.You/We/They **were** running. Were they running? They weren`t running. |