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| **Past Simple** | **Past Continuous** |
| Scientists discovered Arkaim in 1987.    action completed in the past  They 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 past  My mum **was cooking** while **I was cleaning** the bathroom.  two actions in progress at the same time  The sun **was shining** and the wind **was blowing** when...  background information in a story  Lisa **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. |