**Simple Past**

The Simple past describes a completed action in a time before now and things that happen one after another in the past.

Its form: [verb + ed] for regular verbs, and for irregular verbs you have to learn them by heart.

There are many uses for this tense:

Use 1: Completed action in the past.

▪ I went to my piano lesson yesterday.

Use 2: A series of completed actions in the past.

▪ I went to my piano lesson, then I had dinner with my new classmates, then I walked home.

Use 3: Habits in the past or duration in the past.

▪ I learned English for two years.

▪ I visited my friend in England every year when I was younger.

▪ I used to go swimming three times a week when I was a child.

TIP: We often use ago with sentences in the past tense:

▪ I bought my first guitar a long time ago.

**Past continuous**

The past continuous tense, also known as the past progressive tense, describes ongoing actions in the past, such as I was writing my research paper all night. It uses the same construction as the present continuous tense except with the past tense of the verb to be.

Its form: [was/were + present participle]

There are many uses for this tense:

Use 1: Interrupted action in the Past

▪ I was doing my English homework when you called.

Use 2: Action continuing at a specific time (était en train de)

▪ Last night at six o’ clock I was doing my English homework.

Use 3: Parallel actions

▪ I was watching Desperate Housewives while he was doing his homework.