

# PAST PROGRESSIVE VS. SIMPLE PAST

## Differences and similarities in the simple past and the past progressive

### Use

Simple Past	Past Progressive
<ul style="list-style-type: none"><li>• Action finished in the past (single or repeated)</li><li>• Series of completed actions in the past</li></ul>	<ul style="list-style-type: none"><li>• Action was in progress at a special time in the past</li><li>• Two actions were happening at the same time (the actions do not influence each other)</li></ul>

### Form

Simple Past	Past Progressive
<ul style="list-style-type: none"><li>• Regular verbs: infinitive + -ed</li><li>• Irregular verbs: 2nd column of the table of the irregular verbs</li></ul>	(was or were) + infinitive + -ing

### Affirmative sentences

Simple Past	Past Progressive
I played football.	He was playing football.
You played football.	You were playing football.
He played football.	He was playing football.

## Negative sentences

Simple Past	Past Progressive
I did not play football.	He was not playing football.
You did not play football.	You were not playing football.
He did not play football.	He was not playing football.

## Questions

Simple Past	Past Progressive
Did I play football?	Was I playing football?
Did you play football?	Were you playing football?
Did he play football?	Was he playing football?

### Reference:

Englisch Hilfen (s.f.). Simple Past - Past Progressive - contrasted.  
Retrieved from: [https://www.englisch-hilfen.de/en/grammar/simple\\_past\\_progressive\\_contrasted.htm](https://www.englisch-hilfen.de/en/grammar/simple_past_progressive_contrasted.htm)