

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

Form

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