Using Past and Progressive Tenses

The Past Tense

The past tense describes a single completed action.

E.g. We played football. They ran across the road. He found some money.

The Past Progressive

The past progressive tense describes an action that was in progress in the past. It is formed by using the past tense of the verb 'to be' and the –ing version of the verb in question.

E.g. We were playing football. They were running across the road. He was sleeping.

The Present Tense

The present tense is used to share facts or describe something that is true at this point in time.

E.g. I like cheese. I walk to school. I have blue eyes. I play with my friend at breaktime.

The Present Progressive

The present progressive tense is used to describe an action that is currently in progress.

E.g. I am cleaning my shoes. They are choosing a sofa. He is building a model.

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