

# Past Simple vs. Past Continuous

## 1-Action Situations:



A) You can see the whole action from some distance (space or time):

PAST SIMPLE: The man threw the ball at his head. / The ball hit the man's face.



B) You can only see a part of the action, but from close by / in detail / slow motion:

PAST CONTINUOUS: The man was throwing the ball at his face. / The ball was hitting the man's face.

## 2-Action Situations:

A) **one action interrupts another that is ongoing:**



The man was looking at us (ongoing action)  
when the ball hit him. (new action that interrupts)

each of the actions below is finished!]



B) **one action AFTER the other:** One man threw the ball, it hit the other man's face and then fell to the ground.

C) **two simultaneous** (at the same time)

**C1: CLOSE-UP actions: She was reading while I was working.**

(description of a situation, ongoing actions, not finished)

**C2: WHOLE action from a distance: She always read while I cooked.**

(habit / repeated action in the past)