

Beginner

Simple Past Tense



Completed action in the past.

Use the Simple Past to express the idea that an action started and finished at a specific time in the past. Sometimes the speaker may not actually mention the specific time, but they do have one specific time in mind.

Examples: I **saw** a movie yesterday.

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swim.

He **arrived** from the airport at 8:00, **checked** into the hotel at 9:00 and **met** the others at 10:00.

Single Duration

The Simple Past can be used with a duration which starts and stops in the past. A duration is a long action often used with expressions like "for two years," "for five minutes," "all day" or "all year."

Examples: I **lived** in Brazil for two years.

Shauna **studied** Japanese for five years.

They **sat** at the beach all day.

We **talked** on the phone for thirty minutes.

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Habit in the past

The Simple Past can also be used to describe a habit which stopped in the past. It can have the same meaning as "used to". To make it clear that we are talking about a habit we often use expressions such as "always," "often," "usually," "never," "...when I was a child" or "...when I was younger" in the sentence.

Examples: I **studied** French when I was a child.
He **played** the violin.
She **worked** at the movie theatre after school.

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