

PAST TENSE

SIMPLE PAST TENSE

The Past Tense indicates an action completed in the past or which occurred before now.

EX:

I watched television.

You watched television.

He watched television.

She watched television.

We watched television.

They watched television.

PAST PROGRESSIVE TENSE

The past progressive tense indicates an action which had been completed continuously in the past (at one point).

EX:

I was watching television.

You were watching television.

He was watching television.

She was watching television.

We were watching television.

They were watching television.

PAST PERFECT TENSE

The past perfect tense indicates an action which was completed before another action in the past. The use of the helping verb HAD is found alongside the regular verb.

EX:

I had watched television.

You had watched television.

He had watched television.

She had watched television.

We had watched television.

They had watched television.

PAST PERFECT PROGRESSIVE TENSE

The past perfect progressive tense indicates an action which happened continually in the past but had ceased in the past. The use of the helping verbs HAD and BEEN is found alongside the regular verb.

EX:

I had been watching television.

You had been watching television.

He had been watching television.

She had been watching television.

We had been watching television.

They had been watching television.