

# Using Past and Progressive Tenses

## The Past Tense

**The past tense describes a single completed action.**

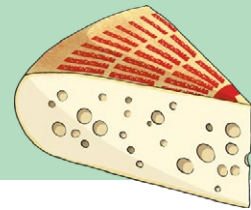
e.g. we played football.  
They ran across the road.  
He found money.



## 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 have blue eyes.  
I play with my friend at morning tea.



## 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.



## 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.  
He is choosing a sofa.  
They are building a model.

