



Worksheet ^{1#}

Name :

Subject:

Past Simple and past continuous

Class:

Grade 7

Date:

27/10/2025

Objectives:

Students will be able to identify, understand, and correctly use the Past Simple tense and the expression "Used To" to describe completed past actions, past habits, and past states. They will demonstrate their understanding through sentence formation, error correction, and contextual application in both written and spoken exercises.

Grammar Worksheet – Past Simple & "Used To" :

Understanding the Past Simple Tense

The past simple tense is used to describe actions or events that happened at a specific time in the past and are now finished.

Type	Formula	Example
Affirmative	Subject + Verb (past form) + Object	She visited Paris last summer.
Negative	Subject + did not (didn't) + Verb (base form)	She didn't visit Paris last summer.
Question	Did + Subject + Verb (base form)?	Did she visit Paris last summer?

Signal Words: yesterday, last night/week/year, in 2009, two days ago, when I was a child.

Examples:

- 1.I watched a movie yesterday.
- 2.They didn't play football last weekend.
3. Did you see the new film?

Part 2: Understanding 'Used To'

We use 'used to' to describe habits or repeated actions in the past that no longer happen, or states that were true in the past but are not true now.

Type	Formula	Example
Affirmative	Subject + used to + base verb	I used to play with dolls.
Negative	Subject + didn't use to + base verb	I didn't use to like vegetables.
Question	Did + Subject + use to + base verb?	Did you use to live in Amman?

Examples:

- 1.He used to live in London.
- 2.They used to go swimming every weekend.
- 3.Did she use to play the piano?
- 4.I didn't use to enjoy studying grammar, but now I do!

Part 3: Comparing and contrasting Past Simple and 'Used To'

Usage	Past Simple	Used To
For actions that happened once or at a specific time	Yes	No
For repeated actions or habits in the past	Yes	Yes
For past states or situations	Yes	Yes
Still true now	No	No

Example:

I went to the beach last Friday (Past Simple).

I used to go to the beach every summer (Used To: Past Habit).

Part 4: Practice Exercises

A. Fill in the blanks with the correct form (Past Simple or Used To):

1. When I was a child, I _____(go) to bed early.

2. My grandparents _____(live) in a small village.
3. She _____(not / like) coffee, but now she loves it.
4. _____you _____(play) football when you were ten?
5. We _____(visit) Spain in 2019.
6. He _____(be) shy, but now he's very confident.
7. They _____(travel) to Egypt last winter.
8. My brother _____(collect) stamps when he was young.

Find the mistakes and correct it in each sentence:

9. I use to swim every summer.
-

10. Did you used to eat vegetables when you were young?
-

11. She didn't used to likes horror movies.
-

12. We go to the cinema last weekend.
-

13. He didn't went to school yesterday.
-

B. Transform the sentences:

1. I played football every weekend when I was younger. → (use 'used to')
-

2. My father used to smoke. → (use Past Simple)
-

3. She lived in Dubai five years ago. → (use 'used to')
-

4. They didn't use to eat junk food. → (use Past Simple)
-

Part 5: Challenging Quiz – Test Your Grammar Skills!

1. I (A. use to go / B. used to go / C. was used to go) camping every summer.
2. (A. Did you used to / B. Did you use to / C. Do you used to) play the guitar?
3. My friends (A. didn't use to / B. didn't used to / C. not use to) watch TV a lot.
4. We (A. went / B. go / C. was going) to the museum last Saturday.
5. She (A. use to have / B. used to has / C. used to have) long hair, but she cut it.
6. _____you _____(A. did / B. do / C. have) your homework last night?
7. People (A. used to believe / B. use to believed / C. use believe) the Earth was flat.

