

Activity Type

Grammar, Reading and Writing Exercises: identifying, gap-fill, writing a short paragraph

Focus

Past simple affirmative and negative sentences, regular and irregular past simple verb forms

Aim

To practice forming past simple affirmative and negative sentences using common regular and irregular verbs.

Preparation

Make one copy of the worksheet for each student.

Level

Elementary (A1-A2)

Time

25 minutes

Introduction

In this past simple worksheet, students read a text about Mark the Runner and practice forming past simple affirmative and negative sentences using common regular and irregular verbs.

Procedure

Give each student a copy of the worksheet.

First, students read about Mark's day and underline all the verbs in the text. In negative sentences, students underline both words, for example, doesn't have.

Exercise A - Answer key

gets (up), has, goes, eats, rides, takes, starts, doesn't have, finishes, is, gets, cooks, watches, doesn't go, goes (out), sleeps

Students then change the verbs from the text into the past simple to complete sentences about what Mark did and didn't do yesterday.

Exercise B - Answer key

1. got / had
2. went
3. ate
4. rode
5. took
6. started
7. didn't have
8. finished
9. got
10. cooked
11. watched
12. didn't go
13. went
14. slept

Next, students write a short paragraph about someone they know and what they did yesterday using the past simple.

Finally, students read their paragraphs to the class.

A. Read about Mark's day and underline all the verbs (action words). In negative sentences (don't/doesn't), underline both words, e.g. doesn't have.

Mark gets up at 6 o'clock and has a shower. Then, he goes for a run in the park. After that, he eats a big breakfast and rides his bike to work. The ride takes him 30 minutes. He starts work at 8:30 a.m. He doesn't have lunch. He finishes work at 5 o'clock. He is tired when he gets home. He cooks dinner in the evening and then watches TV. He doesn't go out at night. He goes to bed at 10:30 p.m. He sleeps well.

B. Change the verbs from the text to the past simple and complete the sentences about what Mark did or didn't do yesterday. Write one word in each space. Use short forms (didn't).

1. Mark up at 6 o'clock and a shower.
2. He for a run in the park.
3. He a big breakfast.
4. He his bike to work.
5. The ride him 30 minutes.
6. He work at 8:30 a.m.
7. He lunch.
8. He work at 5 o'clock.
9. He was tired when he home.
10. He dinner.
11. He TV.
12. He out last night.
13. He to bed at 10:30 p.m.
14. He well last night.



C. Now, write 4–6 sentences about someone you know and what they did yesterday using the past simple. Example: Yesterday, my dad got up at 6 o'clock. He had...

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