Past Tense

1. **Simple Past:** Used for completed actions in the past, past habits and series of past actions.
    - **Structure:**
        - Affirmative: **Subject + Verb (Past form) + Object**
        - Negative: **Subject + did not + Verb (base form) + Object**
        - Question: **Did + Subject + Verb (base form) + Object?**
    - **Examples:**
      She **worked** in a bank. *(Affirmative)*
      She **did not work** in a bank. *(Negative)*
      Did she work in a bank? *(Question)*
    - **Signal words:** *yesterday, last week, in 2020, ago.*
2. **Past Continuous:** Used for actions that were happening at a specific time in the past, two past actions happening at the same time, and longer past action interrupted by a shorter one.
    - **Structure:**
        - **Affirmative: Subject + was/were + Verb (-ing) + Object**
        - **Negative: Subject + was/were + not + Verb (-ing) + Object**
        - **Question: Was/Were + Subject + Verb (-ing) + Object?**
    - **Examples:**
      She **was working** on a project. *(Affirmative)*
      She **was not working** on a project. *(Negative)*
      Was she working on a project? *(Question)*
    - **Signal words:** *while, when, as.*
3. **Past Perfect:** Used for actions that happened before another past event and expressing cause and effect in the past.
    - **Structure:**
        - **Affirmative: Subject + had + Past Participle (V3) + Object**
        - **Negative: Subject + had not + Past Participle (V3) + Object**
        - **Question: Had + Subject + Past Participle (V3) + Object?**
    - **Examples:**
      She **had finished** her homework before dinner. *(Affirmative)*
      She **had not finished** her homework before dinner. *(Negative)*
      Had she finished her homework before dinner? *(Question)*
    - **Signal words:** *before, after, already, by the time.*
4. **Past Perfect Continuous:** Used for actions that were happening over a period of time in the past and cause of something in the past.
    - **Structure:**
        - **Affirmative: Subject + had been + Verb (-ing) + Object**
        - **Negative: Subject + had not been + Verb (-ing) + Object**
        - **Question: Had + Subject + been + Verb (-ing) + Object?**
    - **Examples:**
      She **had been studying** for two hours before the exam. *(Affirmative)*
      She **had not been studying** for two hours before the exam. *(Negative)*
      Had she been studying for two hours before the exam? *(Question)*
    - **Signal words:** *for, since, before.*

Let's look at examples:

	Affirmative Examples	Negative Examples	Question Examples
Simple past tense	**I visited** Paris last year.	**I did not visit** Paris last year.	Did I **visit** Paris last year?
past continuous tense	He was studying for his exams all evening.	He was not studying for his exams all evening.	Was he studying for his exams all evening?
past perfect tense	**I had finished** my work before the meeting started.	**I had not finished** my work before the meeting started.	Had I **finished** my work before the meeting started?
past perfect continuous tense	**He had been exercising** regularly before his injury.	**He had not been exercising** regularly before his injury.	Had he **been exercising** regularly before his injury?