Narrative Tenses

**Simple Past**

(verb) + (ed) or irregular

Use the past simple for completed actions in the past which tell the main event in a story.

I picked up the phone and ordered a pizza.
When I saw the boy coming towards me, I said hello.
She took a deep breath, tried to calm down and then spoke.

**Past Continuous**

(was / were) + (present participle)

Use the past continuous

a) to set the general scene of a story

The music was playing softly, and the guests were arriving one by one.
The wind was blowing gently and the birds were singing the best songs ever.
He was moving very fast, looking around and giving orders to the other police officers around.

b) to talk about actions in progress at or around a particular poing in a story, often interrupted by another (shorter) action or event (usually in the past simple).
He **was talking** loudly when the waiter brought his food. Everybody **was working** in the office when the electricity went off. She **was making** jokes and **telling** anecdotes when the teacher asked her a difficult question.

Use the **past perfect** to talk about actions or situations that were completed before another action in the story. The actions are often mentioned out of time sequence, and the past perfect makes the order clear.

When I **got** to the restaurant, all my friends **had eaten** and some of them **had left**. Before I called him, I **had prepared** a farewell speech. She went to bed and took a good night sleep after she **had finished** all the housework.

Use the **past perfect continuous** to talk about longer actions or situations which started before and continued up to a point in the story.

She **had been studying** for hours when she found out the exam was cancelled. They **had been talking** about the details of the party for a couple of hours, so when I asked them whether they wanted a break, they all agreed.
Now you can check the sites below and do related activities.

http://web2.uvcs.uvic.ca/elc/studyzone/410/grammar/pastpf.htm
A short explanation of the use of Past Perfect and two practice parts about it.

http://web2.uvcs.uvic.ca/elc/studyzone/410/grammar/pastpf.htm
A short explanation and 10 sentences with time expressions in which past perfect is used.

http://www.usingenglish.com/quizzes/140.html
A 10-questions quiz: Simple Past or Past Perfect.

http://english-zone.com/verbs/pstperf1.html
another one.

http://www.englishpage.com/verbpage/pastperfect.html
A collection of exercises on past perfect, simple past and past perfect continuous

http://www.englishstudy.com/tenses/past_perfect
At the end of the page, there are exercises that you might like.

some fill-in-the blanks activities

http://web2.uvcs.uvic.ca/elc/studyzone/410/grammar/ppvpast1.htm

http://www.usingenglish.com/quizzes/228.html
52 questions to do.

http://perso.wanadoo.es/autoenglish/gr.pastperf.i.htm