PAST SIMPLE MEANING



Completed events in the past

Single actions which started and finished before the time of speaking. Sometimes a specific time is mentioned.



Sometimes the specific time of the action is implied from the context of the conversation.



Repeated or regular events in the past

We can use adverbs of frequency to talk about repeated events in the past as well as the present. We also use expressions like A LOT and ALL THE TIME.

When I was at school I did two hours of homework every day.

I played tennis a lot when I was younger.