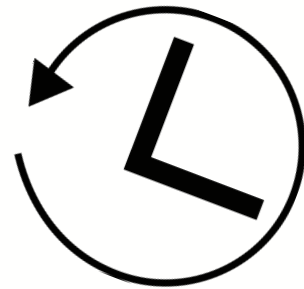


Verb Tenses

Verbs come in three main tenses: past, present, and future. The past is used to describe things that have already happened (e.g. earlier in the day, yesterday, last week, one million years ago). The present tense is used to describe things that are happening right now, or things that are continuous. The future tense describes things that have yet to happen (e.g., later, tomorrow, next week, next year).



Past Tenses

Simple Past (things that happened or existed before now):

- She **won** the gold medal.
- She **ran** the 400 meter dash.

Past Perfect (actions that were completed before some point in the past or happened before something else):

- After **she had** finished the race, she celebrated.
- Before **she knew** it, the race was over.

Past Continuous (continuing action or state that was happening at some point in the past):

- She **was training** every day this summer.
- She **was preparing** for the race last night.

Past Perfect Continuous (an action that started in the past continued up until another time in the past):

- She **had been** warming up for twenty minutes before the race started.
- The athletes **had been** preparing for months before the 2020 Olympics.

Present Tenses:

Simple Present (what is happening right now, or what happens regularly):

- She **runs** every day.

Present Perfect (past actions that are related to or continue into the present):

- She **has been** running since she was a child.

Present Continuous (action or condition is happening now, frequently, and may continue in the future):

- She **runs** every day to prepare for her meets.

Present Perfect Continuous (something started in the past and is continuing at the present time):

- She **has been** competing for ten years now.



Future Tenses

Simple Future (used to talk about things that haven't happened yet):

- This year, Samantha **will run** the 800 meter dash for the first time. It **will be** hard, but she's determined to do it.

Future Perfect (used for actions that will be completed before some other point in the future):

- The race **will have** ended by the time you get out of bed. At nine o'clock she **will have** left.

Future Continuous (indicates that something will occur in the future and continue for an expected length of time):

- She **will be** running the 800 meter dash this Saturday.

Future Perfect Continuous (describes actions that will continue up until a point in the future):

- At four o'clock, she **will have** been waiting for thirty minutes.