G1 Past tenses

There are three tenses in English that refer to the past: present perfect, past tense and past perfect. Each of them has a simple and a progressive form.

Present perfect	
I have already washed the dishes.	→ This stresses the result of an activity. Often with: already, (not) yet, so far, ever, never.
You've been sleeping for hours.	→ This indicates that an activity began in the past and has continued until now. Often with: <i>for</i> , <i>since</i> .

Past	
We read 'The Hate U Give' at school last year.	→ This indicates that the event is over. Often with: last, ago, yesterday, in 2010, etc.
While we were watching TV, it started raining.	→ This describes an activity that was in progress in the past. Often with: <i>while</i> .

Past perfect	
After we had finished eating, I started doing the dishes.	→ This describes an activity that happened before another activity in the past. Often with: after, when.
I had only been watching TV for a few minutes, when my mother came home.	→ This describes an activity that was in progress before another activity in the past. Often with: for, since.