

I walk the dog. Present simple (always true, a habit)

I am walking the dog. Present continuous or present progressive (it is what I doing at the moment)

I walked the dog yesterday. Past simple/Perfect (Yesterday is a finished time therefore we use past simple)

I was walking the dog when I dropped my mobile phone in the river Past continuous (I was doing one activity in the past when a second activity happened)

I have walked the dog twice, but he still wants to go out. Present perfect (An activity in the past that has an impact in the present).

I have been walking the dog for 2 hours. Present perfect continuous (The activity started in the past and has continued into the present – it is still ongoing)

I had walked for 2 hours before I stopped for lunch. Past perfect (There are 2 actions in the past, had walked is further in the past than stopping for lunch)

I had been walking for 2 hours, when the dog died. Past perfect continuous (The second action – the dog dying – happened at a point during the first action)