	Tenses		
aspect	Present	Past	
simple	I play rugby (s 3 pers. sing.)	I played rugby (2 col.)	
Be + ing	I am playing	I was playing	
<i>Have+ pp</i> (3 col.)	I have played	I had played	
Have + (pp + be) + ing Have + been + ing	I have been playing	I had been playing	

Be - present	Be - past	Have - present	Have - past
I am	I was	I have	I had
you are	you were	you have	you had
he / she / it is	he / she / it was	he / she / it has	he / she / it had
we are	we were	we have	we had
you are	you were	you have	you had
they are	they were	they have	they had