

I Walked Or I Took A Walk?

Noun vs. Verb

WALK noun a journey on foot, usually for pleasure or exercise

- “My wife and I always go for a **walk** after dinner if the weather is nice.”

WALK verb to move or go somewhere by putting one foot in front of the other on the ground, but without running

- “I **walk** 6 kilometers to school every day.”

If ‘walk’ is used as a **noun** it will come after an *article*.

“I took a **walk** in the park.” - took is the verb in this sentence

If ‘walk’ is a verb, it comes after the subject of a sentence.

“I walked in the park.” – No article = verb (‘I’ is the subject of this sentence.)



Verb conjugations

The verb WALK

TO WALK (infinitive) “I like TO WALK early in the morning. It’s cool and quiet.”

WALK (present simple) “I don’t WALK to school in the winter. It’s too cold.”

WALKS (present simple third-person singular) “Philip WALKS to his Judo classes. It helps him warm-up before training.”

WALKED (past simple) “The bus was late so I WALKED to the train station last night after work.”

WALKING (continuous) “I saw Dennis WALKING in the park this morning.”

Walk is a regular verb. This means the past tense and the past participle both end with _ed.

WALKED (past participle) “My Dad has WALKED 10 kilometers every day for the past 4 years. Even in the rain and snow.” [Has WALKED is perfect tense grammar]



The verb TAKE

TO TAKE (infinitive) “After we check in I want TO TAKE a walk around the hotel.”

TAKE (simple present) “I TAKE a walk around my neighborhood after breakfast.”

TAKES (present simple third-person singular) “Celia TAKES a walk in the park on Sundays.”

TOOK (past simple) “It was a beautiful day so my wife and I TOOK a walk before lunch.”

TAKING (continuous) “Kevin is not here now, he is TAKING a walk. May I take a message?”

TAKE is an irregular verb.

TAKEN (past participle) “Since I moved to Tokyo I have TAKEN a walk in the park near my house almost every day.” [Have taken is perfect tense grammar]



The verb phrase GO FOR

TO GO (infinitive) “I’ve been stuck in the house all day. I need TO GO FOR a walk and get some fresh air.”

GO (present simple) “Let’s GO FOR a walk.”

GOES (present simple third-person singular) “Steve’s shoes have holes in them because he GOES FOR a walk every morning.”

WENT (past simple) “During my vacation in Hawaii I WENT FOR a walk on the beach every day.”

GOING (continuous) A: “Where is Bill?”

B: “He said he was GOING FOR a walk so I guess he is still out.”

*NOTE – This use of GOING is actually a form of the future tense. We use verb ~ing to show a future planned activity.

GOING for a walk is not used in the continuous tense, TAKE is more common.

Bill is GOING FOR a walk now. (Not so natural)

Bill is TAKING a walk now. (OK)

GO is an irregular verb.

GONE (past participle) A: “Where is Bill?”

B: “He has GONE FOR a walk I think.” [Has GONE FOR is perfect tense grammar]

