(present) **push** (past) **pushed** (past participle) **pushed**

Present tense/Base form *Please help him push that stone uphill.*

Simple past *No, I pushed it uphill yesterday.*

Past participle (add a helping verb) *He should have pushed a smaller stone.*

A helping verb is not needed when a past participle is used as an adjective.

Present participle (pushing) *I don't know why he is pushing a stone.*

3rd person, present singular (pushes) *Anyone who pushes a stone should rethink life.*

Infinitive (to push) *I am not going to push a stone; I have a verb worksheet to do.*