1. A while loop can run indefinitely, in contrast a for loop can only run in a certain range (an iterable sequence like list or range).

2. A break statement will exit out of the loop as soon as it is run into. A continue statement skips the current iteration of the loop (For example:

For I in range(0,10):

If i % 2 == 0:

Continue

Print(i)

The example above will not print i if i equals 2,4,6,8, and it will print i with all of the other values.) and will still run until the loop finishes.

3. A loop else clause is executed when the loop is exiting. If a break statement exits the loop, then the else clause won’t be executed.

4. A while loop used to manually keep track of the index (For example: while i < len(x): print(x[i]) can be used as a counter loop. A for loop that utilizes range() can also be used for the same purpose.

5. A for loop can be used to repeat things a number of times, step across and modify a sequence of object, to skip items with step.