

Python loops are used to iterate over a sequence of elements such as lists, tuples, dictionaries, or strings.

The two main types of loops in Python are the for loop and the while loop.

- The for loop is used to iterate over a sequence (such as a list or string).

Example:

```
for item in [1, 2, 3]:  
    print(item)
```

- The while loop repeats a block of code as long as a condition is true.

Example:

```
i = 0  
while i < 3:  
    print(i)  
    i += 1
```

Loops can be combined with control statements like break, continue, and pass.