

Lesson A GRAMMAR AND VOCABULARY

Match the words with their meanings.

1. challenge	a. improvement
2. progress	b. things you need for a particular purpose
3. mental	c. very surprising and wonderful
4. physical	d. related to your body
5. skill	e. related to thinking and your mind
6. adventure	f. succeed in making something happen
7. equipment	g. something unusual and exciting to do
8. goal	h. something that is new and difficult to do
9. amazing	i. activity that needs special knowledge and practice
10. achieve	j. something you hope to do after some time and effort

Write sentences about two events using the simple past and past continuous.

1. I | take a bath | I | hear the doorbell.

I was taking a bath when I heard the doorbell.

2. while | we | play tennis | it | start raining

3. I | see an accident | while | I | wait for the bus

4. she | walk to school | when | she | meet her friend

5. our boss | talk on the phone | when | we | go into his office

6. my brother | come home | while | I | watch a movie



▲ Javier



▲ Mimi

Write sentences about the people to the right using the simple past and past continuous tenses.

1. _____

2. _____

Lesson B GRAMMAR AND VOCABULARY

 Think about your biggest achievement, and fill in Column 1. Then think about a friend or family member with an important achievement, and fill in Column 2.

	Column 1: You	Column 2: Name
1. What was the achievement?		
2. What were the steps in achieving this goal?		
3. What was the most difficult part of the achievement?		

 Look at the achievements in exercise A and answer the questions.

1. Which achievement was more important? Why? _____

2. How do you feel about your achievement now? _____

3. Did your achievement change your life? Explain your answer. _____
