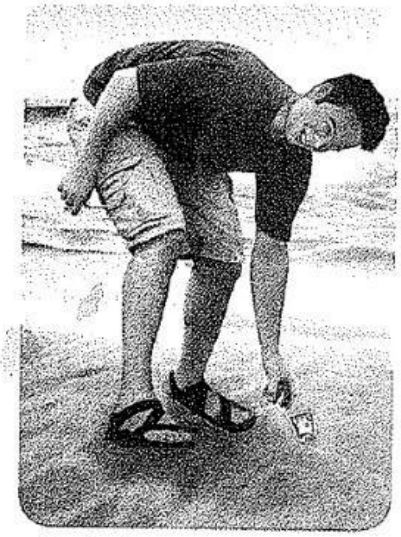
Lesson A GRAMMAR AND VOCABULARY

A 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

B 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

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

1. ___
2. ___

LIVEWORKSHEETS

Lesson B GRAMMAR AND VOCABULARY

A 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?		

B 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. _____

_____

LIVEWORKSHEETS