

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

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

1.
2.




▲ Javier




▲ Mimi

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. _____
