

6 Complete the sentences with the Past Simple form of the verbs in the box.

[break drink fall go have say run take]

- 1 We **went** swimming yesterday afternoon.
- 2 We **took** part in a Zumba competition.
- 3 'I have to train really hard,' **said** the champion.
- 4 Sarah **had** a lot of homework, so she stayed home to do it.
- 5 Jake **ran** 100 metres in forty seconds.
- 6 I **drank** a lot of water during the tennis match.
- 7 The man **fell** off his bike and **hurt** his leg.

7 Read the second part of the story about Minamiura. Complete it with the Past Simple form of the verbs in brackets.

Two of his friends ¹**walked** (walk) twelve miles to a Pakistani army base to get help and they ²**flew** (fly) to Trango Towers. They ³**saw** (see) Minamiura, but winds ⁴**stopped** (stop) the helicopter from landing. The two friends ⁵**planned** (plan) a daring rescue – they ⁶**went** (go) to Trango Glacier and ⁷**looked** (look) for Boysen's fourteen-year-old ropes to help them climb the glacier.

Minamiura ⁸**spent** (spend) six days without food and water before his friends ⁹**reached** (reach) him and ¹⁰**brought** (bring) him down the mountain. They ¹¹**arrived** (arrive) back on 18 September, forty-nine days after Minamiura ¹²**started** (start) his adventure on Trango Towers.