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 _____ part in a Zumba competition.
3 'I have to train really hard,' _____ the champion.
4 Sarah _____ a lot of homework, so she stayed home to do it.
5 Jake _____ 100 metres in forty seconds.
6 I _____ a lot of water during the tennis match.
7 The man _____ off his bike and _____ 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]_____ (fly) to Trango Towers. They [3]_____ (see) Minamiura, but winds [4]_____ (stop) the helicopter from landing. The two friends [5]_____ (plan) a daring rescue – they [6]_____ (go) to Trango Glacier and [7]_____ (look) for Boysen's fourteen-year-old ropes to help them climb the glacier.
Minamiura [8]_____ (spend) six days without food and water before his friends [9]_____ (reach) him and [10]_____ (bring) him down the mountain. They [11]_____ (arrive) back on 18 September, forty-nine days after Minamiura [12]_____ (start) his adventure on Trango Towers.

LIVEWORKSHEETS