CHERISHED MOMENTS

- Students will use the past tense of “to be“ to talk about past events.
- Students will describe past habits “used to” to talk about childhood.
- Students will express future goals using infinitives.

LIVEWORKSHEETS

Lesson A

Where were your born?

A. VOCABULARY

Getting to Know You

Sarah Jones

Hometown:

New York City, New York, U.S.A.

Employer:

Metropolitan Medical Center

Interests: I enjoy watching films, playing computer games, socializing, and culinary activities.

Email:

sarah.jones@cambridge.edu

Alex Smith

Hometown:

Sydney, Australia

Employer:

Harbour Recreation Center

Interests: I am passionate about skiing, swimming, and camping— essentially anything outdoors. I am currently learning how to skateboard.

Email:

alex.smith@cup.org

1. Read the captions above and talk about each person.

a) What do you know about them?

b) Do they like outdoor activities?

2 Write a short paragraph about themselves in the chat, including their hometown, job (or field of study), and interests.

Example: "I am from Quito, Ecuador. I am a student at Central University. I enjoy reading books, hiking, and cooking…"

LIVEWORKSHEETS

3. Read the following conversation and practice with a partner

Receptionist: Good morning, Brownton swimming pool.

Tyrone: Hello, I'd like some information about the water polo club.

Receptionist: Yes, of course. We have an under 14s club, an under 16s club an under 18s club and an adult's club. How old are you?

Tyrone: I'm 18.

Receptionist: OK, so you want the under 18s club.

Tyrone: Yes.

Receptionist: Just a moment ... yes, we have two places in the under 18s club.

Tyrone: When do they train?

Receptionist: Let's see, the under 18s train two evenings a week, On Mondays...! No, sorry! On Tuesdays and Thursdays from 6:30 – 8:00pm. . And matches are on Saturday mornings.

Tyrone: When does the training start?

Receptionist: Training starts next week, on September 2nd.

Tyrone: OK. And how much are the classes?

Receptionist: Classes are free for under 18s.

Tyrone: Great! What do I have to do to join?

Receptionist: You have to come to the swimming pool and complete a form. You need to bring a photograph too.

Tyrone: OK.

Receptionist: Can I take your name?

Tyrone: Yes, it's Tyrone Williams.

Receptionist: OK, thanks. Tyrone.

Tyrone: Thanks. Bye.

LIVEWORKSHEETS

4. Do this exercise while you read. Circle True or False for these sentences.

a.-There are four different age groups that play water polo.	True / false
b.-Tyrone wants to join the under 14s club.	True / false
c.-The under 16s water polo team train three times a week.	True / false
d.-The under 16s train on Monday and Thursday.	True / false
e.-Water polo matches are played on Saturdays.	True / false
f.-You have to pay to join the water polo classes for under 18s.	True / false
g.-You need to bring a photo to register at the swimming pool.	True / false
h.-Training for the water polo team starts this week.	True / false

5. Put the words in the correct group.

Badminton	Table tennis	Basketball	Water polo	Football
Diving	sailing		Rugby	Golf

Water Sport	Indoor Sport	Outdoor Sport

B. READING

Gym, and how to become a member

You don't want just a gym membership. You want a membership that means something. And that means you need support, expert help and a community.

Best Body Fitness isn't just a gym: it's a full-service fitness membership made for you.

Here's how it works:

STEP ONE: Your assessment

LIVEWORKSHEETS

We begin with an assessment session. This is a chance for you to see what we do at Best Body. Our assessment plans are no-cost and no-risk. We'll also make a training plan specifically for you.

STEP TWO: Your training

When you decide to become a Best Body member, we show you what to do, how to do it and why you are doing it. After a few sessions with an expert private trainer, you will feel comfortable working out on your own. But don't worry, we'll always be nearby if you have questions.

STEP THREE: Your membership

Membership works on a month-to-month basis. There are no sign-up fees and no cancellation fees. Start and stop whenever you want. And the best part? Our fees are the most competitive in the whole downtown area.

STEP FOUR: Your community

At Best Body Fitness, we see everyone as part of a big team. And when you work with a team, you can do great things. Join any of our specialized classes, led by expert instructors. Come to our nutrition classes. Participate in our regular social events. Everything is included in your fee.

Finally, we wanted to share with you some reasons why our members say that they have chosen us over any other fitness center in the city.

It's so EASY

Easy to start, stop, cancel or refund a membership.

Easy to access – we're open 24/7, we never close.

Easy to do exercise – we have lots of equipment, no long wait.

Easy results – our trainers and equipment give you success, fast.

Easy to find – in the center of town, near public transport and with parking.

It's WONDERFUL

Wonderful members

Wonderful trainers and staff

Wonderful equipment

LIVEWORKSHEETS

Wonderful energy

Wonderful location

2. Answer the following statements according to the reading.

1.- The first visit to the club is free	True / false
2.- Everybody gets the same training plan	True / false
3.-At this gym, you always do exercise with an expert trainer	True / false
4.-If you stop your membership, you don't have to pay anything	True / false
5.- This gym says it's the best value for money	True / false
6.-Nutritions classes cost a little bit extra	True / false
7.- The gym is open at 4 o'clock in the morning	True / false
8.- The gym is outside of town	True / false

Grammar: Past tense of verb ''To be''

Structure: Subject + was / were + (complement)

I was at the park yesterday.

We were at the concert last night.

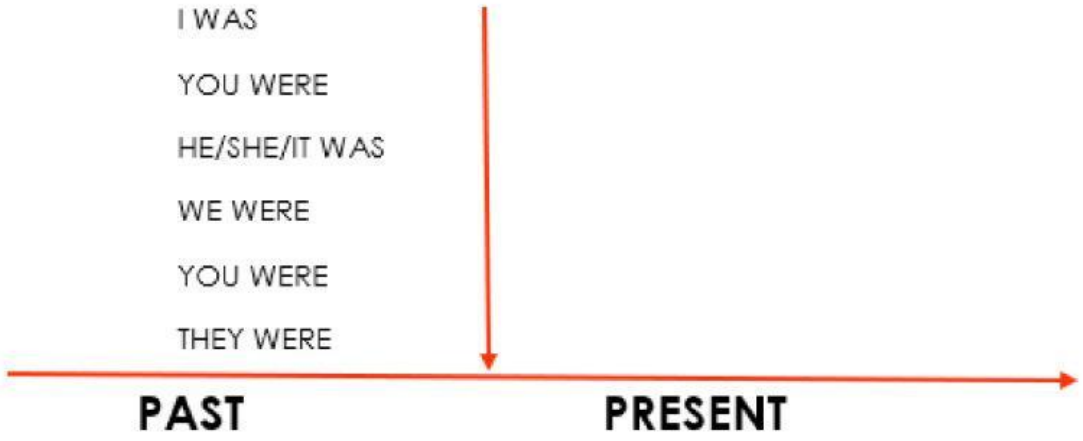
The past tense of "be" is "was" and "were." Here are the forms:

LIVEWORKSHEETS

Subject	Was - were
*I	Was
*YOU	Were
*HE/SHE/IT	Was
*WE	Were
*YOU	Were
*THEY	Were

The Past of "Be" - Use

The past tense of the verb "be" is "was" and "were." These forms are used to describe actions, states, or conditions that occurred or were true at a specific time in the past.



Which statement is true?

We use the Past Tense of Be…

A. … is used to describe actions that will happen in the future.

B. … is used to describe states, locations, or conditions that existed at a specific time in the past.

C. …is used only for describing actions in the present.

LIVEWORKSHEETS

Affirmative Sentences - Subject + was/were + (complement)

Subject	To Be	Examples
I	was	I was tired this morning.
You	were	You were very good.
He	was	He was the best in his class.
She	was	She was late for work.
It	was	It was a sunny day.
We	were	We were at home.
You	were	You were on holiday.
They	were	They were happy with their results.

Examples

- I was happy.
- You were late.
- He/She/It was at the party.
- We were tired.
- They were Friends.

1. Complete the sentences using the past tense of "be" (was/were):

a) Yesterday, I _____very tired after work.

b) She_____at the library this morning.

c) They _____not at home when I called.

d) We _____happy to see you at the party.

e) He _____the best player on the team last year.

LIVEWORKSHEETS

To Be - Negative Sentences

The negative of To Be can be made by adding not after the verb (was or were).

Subject	To Be	Examples
I	was not	I **was not** tired this morning.
You	were not	You **were not** crazy.
He	was not	He **was not** married.
She	was not	She **was not** famous.
It	was not	It **was not** hot yesterday.
We	were not	We **were not** invited.
You	were not	You **were not** at the party.
They	were not	They **were not** friends.

To Be - Negative Contractions

We can make negative contractions of the verb To Be in the Past tense by joining the verb (was or were) and n't (e.g. were not = weren't). We don't make a contraction of the subject and the verb (e.g. I was).

I **was not** tired this morning.	I **wasn't** tired this morning.
You **were not** crazy.	You **weren't** crazy.
He **was not** married.	He **wasn't** married.
She **was not** famous.	She **wasn't** famous.
It **was not** hot yesterday.	It **wasn't** hot yesterday.
We **were not** invited.	We **weren't** invited
You **were not** at the party.	You **weren't** at the party.
They **were not** friends.	They **weren't** friends.

Exercises

1. Rewrite the sentences to make them negative.

a) They were at home when I called.

_____

LIVEWORKSHEETS

b) We were happy to see you at the party.

_____

c) He was the best player on the team last year.

_____

d) You were late for the meeting.

_____

e) The weather was perfect for the picnic.

_____

To Be - Questions

To create questions with To Be, you put the Verb before the Subject.

Affirmative	Questions
I was at the party last night.	Was I at the party last night?
You were the tallest boy in class.	Were you the tallest boy in class?
He was in the park with Tom.	Was he in the park with Tom?
She was a teacher.	Was she a teacher?
We were best friends at college.	Were we best friends at college?
They were at home last night.	Were they at home last night?

LIVEWORKSHEETS

2. Make a question with the words.

a) yesterday / at the park / I / was /

_____

b) were / you / last night / where /

_____

c) she / happy / was / with the results /

_____

d) was / the weather / how / on your trip /

_____

e) your friends / at the party / were /

_____

D.LISTENING

1. Listen to the audio and answer the question

2 Which activities do the speakers say they are going to do? (Choose 6 options)

a. snowboarding

b. dirt boarding

c. canyoning

d. bungee jumping

e. go up the Eiffel Tower

f. visit Notre Dame cathedral

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g. visit the old parts of the city

h. go round the Louvre

i. go to the Musée D'Orsay

j. visit Montmartre and look at the views

E. SPEAKING

1. Answer and ask the following questions to a partner.

a) What activities do you like to do on weekends?

b) What activities can you do in group?

c) What activities can you do by yourself?

d) Where do you usually spend time for outdoor activity?

e) Is it important to practice outdoor/indoor activities? Why?

F. WRITING

1. Write a composition about what activities you can do in your area. Include details such as time, places, people, etc.…Follow the example.

In my free time, I like to practice soccer on the streets with my friends. This is an outdoor activities and I like it because …

G. WRAP-UP

1. Answer the following questions

a) When do we use the past tense of the verb "to be"?

b) What is the past tense of the verb "be" for the pronoun "I"?

c) What is the past tense of the verb "be" for the pronouns "he/she/it"?

d) Make an affirmative sentence in the past tense using the verb "to be" for the pronoun "we".

LIVEWORKSHEETS

Lesson B

When I was a child...

A. WARM UP

1. What activities can you do in these places?

1._____

2._____

3._____

4._____

B. VOCABULARY

1. Name the following free time activities.

1_____

2_____

3_____

a) What activities can you do alone?

b) **In** which one **of these** do you need more equipment?

c) Name other activities you can do in different places.

C. READING

Ana and Luis

1. Practice the following conversation with a partner. Then, switch roles.

Ana: I'm glad we decided to come to the park today. Did you use to come here often when you were a kid?

Luis: Yes, I used to come here every weekend. I played basketball with my friends. What about you?

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Ana: I used to come here with my family for picnics. We had a favorite spot under that big oak tree. Did you use to play any other sports?

Luis: I used to play soccer too, but basketball was my favorite. Did you use to play any sports?

Ana: Yes, I used to swim a lot. We had a community pool nearby. Do you still play basketball?

Luis: No, I don't play as much anymore. But I used to be really good. How about swimming? Do you still swim?

Ana: Not as much as I used to, but I still enjoy it when I can. Maybe we should play a game of basketball sometime for old times' sake.

Luis: That sounds like a great idea! It would be fun to relive those memories.

2 Answer the following questions about the conversation.

a) When did he go to the park?

b) Who did he go with?

c) What sports did they practice?

d) Where did she swim?

D.GRAMMAR

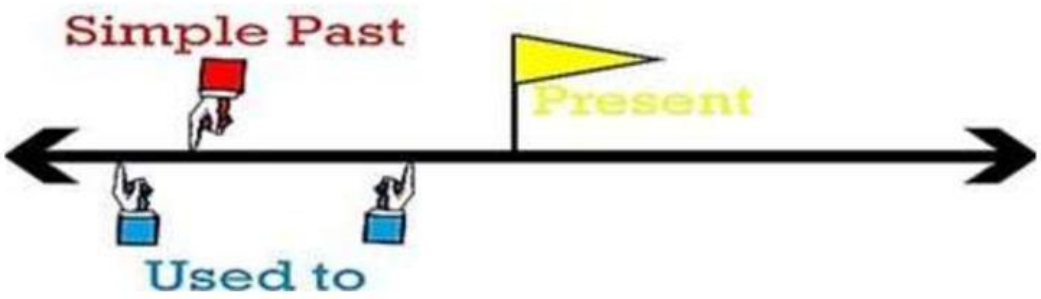
Used to

Past habits

We use used to talk about past habits or things that happened repeatedly in the past but don't happen anymore.

- I **used to** play chess every day, but now I don't play very often.
- When the economy was better, we **used to** eat out every week.

LIVEWORKSHEETS



Past states

We use used to with non-action verbs (be, have, etc.) for past states: things that were true in the past but are not true anymore.

- She **used to** be very shy when she was a child.
- I **used to** like her music, but now I hate it.

Didn't use to, did you use to?

We use did/didn't + use to for negatives and questions.

- He didn't **use to** travel a lot.
- Did he **use to** live here? Yes, he did.

1. Match the tense with the correct use.

1) We use "used to"…	a) to describe actions or states that were habitual or regular in the past but are no longer true
2) We use "didn't use to"...	b) to describe actions or states that were not habitual or regular in the past.
3) We use "Did you use to?".	c)to ask questions about past habits or states that are no longer true.

LIVEWORKSHEETS