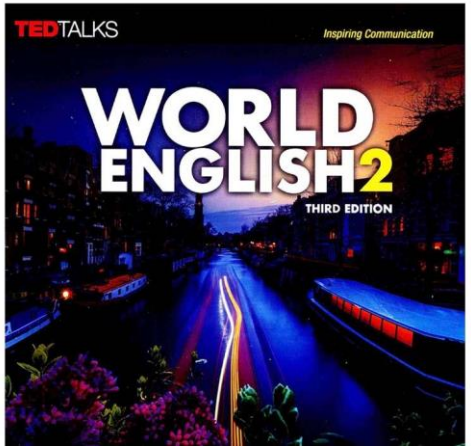
Facing New Challenges

Unit 5 | Session 1

Past continuous + when / while



Today's plan

Listen to a talk about a nature conservationist

Use the past continuous with when / while

Talk about a challenge in your life

Lesson timeline (60 min)

Review	15 min
Lead-in	4 min
Key words	6 min
Listening	12 min
Grammar	15 min
Speaking	5 min
Wrap-up	3 min

Review from last time

15 min



Homework check

5 min

Compare answers with a partner. Choose your 2 hardest answers to ask the class.



Quick quiz

5 min

Teacher asks questions from the last lesson. Answer in pairs, then check as a class.



Fix the mistake

5 min

Find and correct the mistakes in the grammar sentences on the board.

Can you face a new challenge?

4 min

After I got sciatica, my doctor told me to lose weight.

I started to lose weight and, honestly, it was my **new challenge**.

These days, I am working toward my goal.

What is a challenge? Is it easy or difficult?





What challenges do you see?









Which challenge is physical? Which is mental? Which would you try?

Look at the sentences

2 min

Were you **working** on your presentation?
She **was looking** for a kind of crocodile.

Are these actions finished or in progress at that time?

Which words show the verb form?

Are they about now or the past?

Meaning: what was happening?

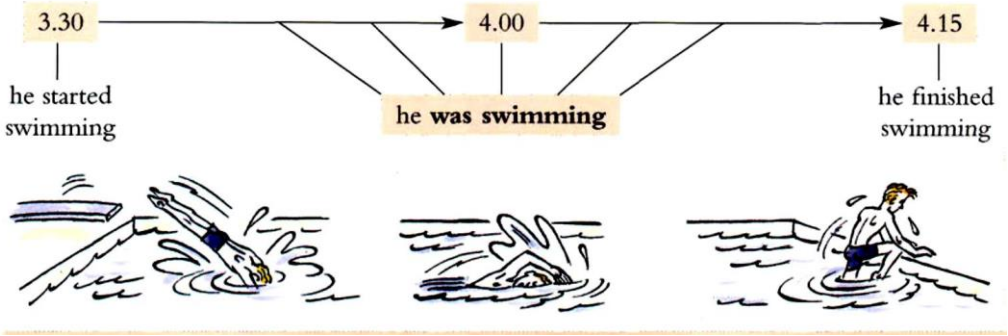
3 min



It is 6 o'clock now.
Paul **is** at home.
He **is watching** television.

At 4 o'clock he **wasn't** at home.
He **was** at the sports club.

He **was swimming** in the pool.
He **wasn't watching** television.



Now (6 o'clock)
Paul **is watching** TV.

At 4 o'clock
He **was swimming** at the sports club.
He **wasn't watching** TV.

Form: past continuous

3 min

positive

I he she it	**was**	**doing** **watching** **playing** **swimming** **living** etc.
we you they	**were**	

negative

I he she it	**was not (wasn't)**	**doing** **watching** **playing** **swimming** **living** etc.
we you they	**were not (weren't)**	

question

was	I he she it	**doing?** **watching?** **playing?** **swimming?** **living?** etc.
were	we you they	

\+ **I was watching TV.**

\- **We weren't playing.**

? **Were you swimming?**

When and while

3 min



Jack was reading a book. | The phone rang. | He stopped reading. | He answered the phone.

What **happened**? The phone **rang**. *(past simple)*
What **was** Jack **doing** when the phone rang? } *(past continuous)*
He **was reading** a book.

Jack was reading a book **when** the phone **rang**.

while + past continuous (long action)
when + past simple (short action)

Practice: complete the sentences

4 min

1 At 8 p.m. yesterday, I _____ (watch) TV.

2 She _____ (not sleep) when I called.

3 _____ you _____ (play) football at 5 o'clock?

4 While we _____ (walk) home, it started to rain.

5 I _____ (cook) when the lights went out.

6 What _____ he _____ (do) when you saw him?

Key words for listening

6 min



extinct

no longer alive anywhere in the world

endangered

in danger of becoming extinct

species

a kind of animal or plant



conservation

protecting nature



ecologist

a scientist who studies nature



sap

the liquid inside a tree

Who is Jenny Daltry?

4 min



Listen. Where did she work?
Which species did she help?











Listen again: true or false?

8 min

1 Scientists thought the Siamese crocodile was extinct.

2 Daltry found 20-30 crocodiles in Cambodia.

3 The Cambodian government decided to protect three million acres of forest.

4 The Antiguan Racer is a kind of lizard.

5 People burn lansan tree sap on special occasions.

6 The new way of getting sap hurts the trees.





Correct the false sentences!

What were you doing when...?

5 min

What were you doing ...the lesson started?

What were you doing ...your phone rang this morning?

What were you doing ...it started to rain yesterday?

What were you doing ...you decided to learn English?

Then tell your partner about your last challenge. When was it? What was happening?





Wrap-up and homework

3 min



Exit ticket

Write one sentence: What were you doing at 8 p.m. last night?



Homework

Write 5 sentences about your last challenge. Use was / were + -ing with when and while.



Next time

Meet Subaru Takahashi, who sailed alone across the Pacific Ocean!