

## Injuries and Past Simple

 Warm up:

- Have you ever broken a bone?
- Did you have a lot of injuries when you were a kid?
- Do you think you are a very careful person, or are you more of a risk-taker?
- What is a sport or activity that is very dangerous? Would you ever try it?



 1. Match the words in the box to the pictures below

bruise	stitches	broken bone	band-aid
swollen ankle	scar	graze	cast

*cast*



*band-aid*



*graze*



*scar*



*bruise*



*stitches*



*Broken bone*



*Swollen ankle*

### Past Simple

The past simple tense is used to describe something in the past that is finished.

Most verbs are regular, which means we simply add "ed" to make the past tense.

Eg. *The doctor looked at my bruise.*

Some verbs are irregular, which means the past tense is different.

Eg. *I went to the hospital.*

Negative past simple sentences are formed with *didn't* (did not) + *base verb*.

Eg. *I didn't go to the hospital.*

Negative past simple sentences are also often formed with *couldn't* (could not) + *base verb*.

Eg. *I couldn't walk for a week after my accident.*

Past simple for the verb "be" is different. For *I, he, she,* and *it,* we say *was* or *wasn't* (was not).

Eg. *I was in the hospital for 3 days after my accident.*

For *you, we,* and *they,* we say *were* or *weren't* (were not).

Eg. *You were lucky you didn't need stitches!*

## 2. Read the injury stories below and put the verbs in the brackets in past simple.

*John:* I **played** (play) football when I was younger, and once I **was** (be) at a football match when I **tried** (try) to do a bicycle kick. That's basically a kick where you jump in the air and kick the ball over your head. Anyway, I **jumped** (jump) in the air, completely **missed** (miss) the ball, and **fell** (fall) on my head. I **felt** (feel) so embarrassed and I **couldn't** (can/negative) play for months afterwards because of the injury to my neck. It **took** (take) so long to heal.



? *Have you ever had an injury that was embarrassing like this?*

*Chrissy:* Last summer me and some friends **went** (go) to Thailand for a holiday, and we decided (decide) to rent some motorbikes to go on a trip. I don't know how to ride a motorbike, but my friend **told** (tell) me that if I can ride a bicycle then I can ride a motorbike. I **knew** (know) it **was** (be) a bad idea, but I **didn't want** (want/negative) to be the boring one, so I **said** (say) yes. On the very first corner I **went** (go) too fast and fell (fall) off. I **had** (have) a lot of grazes and cuts, and I **needed** (need) a lot of band-aids, but luckily I **didn't break** (break/negative) any bones. I'll never ride a motorbike again.

? *What advice would you give to someone who wants to ride a motorbike in Asia but doesn't know how to ride one?*

Torsten: Believe it or not my worst injury **happened**(happen) just by picking up my son. He **was** (be) 3 years old and I **picked** him **up** (pick up), and I **felt** (feel) a very strange feeling in my back. At first I **didn't think** (think/negative) it was anything serious, but over the next few days it **got** (get) harder and harder to stand up and walk around, I was moving like an old man! Eventually I **went** (go) to the doctor and she **did** (do) an X-ray on me and **told** (tell) me I **damaged** (damage) my spine! I couldn't (can/negative) believe I **hurt** (hurt) my back so badly in such a stupid way! I **had to** (have to) do months of special exercises for my spine, and I still have to be careful.



? *Have you ever had an injury like this that just happened while you were doing something normal?*

Ada: A few years ago I **broke**(break) 2 toes while I was bowling with friends. I **didn't want**(want/negative) to wear the bowling shoes they **gave** (give) us because they're ugly and uncomfortable, and they look like clown shoes! I never really **understood** (understand) why they make you wear those shoes, but I **found out** (find out) why when I **dropped** (drop) the ball on my foot. I **tried** (try) to continue playing, but it **hurt** (hurt) so much I **had to** (have to) go to the hospital. I **didn't need** (need/negative) a cast, but the doctor **said** (say) I **couldn't** (can/negative) walk for a week, and after that I **needed** (need) crutches for a month.



? *Why do you think you have to wear special shoes when you go bowling?*



3. Think of an injury you or someone you know had, and write the story below. Try to go into a lot of detail. Use the past simple like the stories in the exercise above.

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### Past Simple Questions

There are two types of questions, open questions and closed questions. Open questions use words like *what*, *who*, *why*, and *how*. In past simple questions with the verb *be* are formed with *was* or *were*.

Eg. "Was she angry at the doctor?" (closed question) and "How many people were hurt?" (open question).

However, questions with other verbs are formed with *did* or *didn't*.

Eg. "Did you fall off your bike?" (closed question) and "How did you get that scar?" (open question).

Note that the verb after *did* is in the base form, not in the past.

Questions can also sometimes be formed with "could" instead of "did." *Could* focuses on ability, but *did* is used to ask if something happened or not.

Eg. "Could you walk after the accident?" (closed question) and "How could he ride a bike with a broken leg?" (Open question)



4. Pairwork: tell your partner your story from exercise 3. Listen to their story and write at least four past simple questions you have about their story. Listen to and answer the questions they have about your story.

- 1) .....
- 2) .....
- 3) .....
- 4) .....

### Two Truths and a Lie Game

Step 1: Write down 3 statements about your past (they can be about injuries or accidents, but they don't have to be). Two should be true, and one should be a lie.

- 1) .....
- 2) .....
- 3) .....

Step 2: Listen to your classmates' statements and ask as many questions as you can about what they say.

Step 3: Say which statements you believe, and which you think are lies, and why.

The student who tricks the most people into believing their lie wins!





5. Listen to the audio of Burt talking about his injury and answer the questions.

- a) Why did Burt get injured so often as a teenager? *He played a lot of sports and was also a typical teenage boy who did dangerous things.*
- b) How many bones did Burt break when he was a teenager? *9*
- c) What do you think Burt means when he says “knock on wood”? *It means “I hope this doesn’t happen, good luck.”*
- d) How did Burt’s best friend George injure himself? *Skateboarding down a big hill*
- e) What were George’s injuries? *Swollen ankle, lots of grazes, a big cut on his arm*
- f) Where is George’s scar? *On his arm*
- g) How did Burt break his leg, and why didn’t he feel embarrassed about it? *He fell down stairs while using George’s crutches, he didn’t feel embarrassed because it hurt so much.*
- h) What did Burt get at the hospital? *A cast and crutches.*
- i) Why did Burt have to use crutches for longer than George? *Because his leg was broken but George just had a swollen ankle.*



### Audio Transcript

*When I was a teenager I got injured all the time, mostly because I played a lot of sports but also because I was a typical teenage boy, I did a lot of dangerous and very dumb things. My parents got angry at me all the time because I had so many accidents and broke so many bones. I broke 9 different bones in high school, but I haven't broken a bone since I was 17, knock on wood. The story of my stupidest injury actually involves two really stupid injuries. When I was 15 my best friend George decided to skateboard down the biggest hill in town. I thought he was crazy, but George said he could do it. He started off ok, but as he went down the hill he got faster and faster until finally he fell off the board and went sliding down the street. It's a good thing he was wearing a helmet, because he hit his head several times. He had cuts and grazes all over his arms, and one of his legs was so badly hurt he thought it might be broken. He went to the hospital and they told him his leg wasn't broken, but his ankle was so swollen he had to use crutches for a week. Also, he got 5 stitches for a really bad cut on his arm, which he still has a scar from to this day. Anyway, the next day when George came to school with his crutches me and my friends all thought it was really funny, so we took turns using his crutches. I decided it was a good idea to go down a set of stairs with his crutches... it was not a good idea. I slipped at the top of the stairs and fell all the way down, and at the very bottom I landed on my leg and heard a horrible crack. I knew immediately that I broke my leg. I had broken other bones before, but this hurt so much worse, and I also had bruises all over my body from falling down the stairs. It hurt so much that I didn't feel embarrassed about falling down the stairs, even though I fell in front of a large group of girls from the year above me. My teacher Ms Brown took one look at my leg and knew I had to go to the hospital. She drove me there and the doctor gave me an X-ray and put my leg in a cast, which I hated because it was so itchy! When the doctor heard how I broke my leg he thought it was pretty funny, but my mum didn't. Anyway, the next day I came to school with my own crutches, so me and George had matching crutches for a while. We even called ourselves the crutch crew! Still, I had to use them for a lot longer than he did because my leg was broken, he just had a swollen ankle.*