



## Role model

- Tenth Grade
- Unit Three
- Name: -----
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## Grammar ( Past perfect simple and continuous)

### Affirmative

( I / He / She / It / We / You / They) had ('d) + V 3

### Negative

( I / He / She / It / We / You / They) had not (hadn't)+ V 3.

### Questions

Had( I / he / she / it / we / you / they) + V 3?

### Short answers

Yes, I / he / she / it / we / you / they had.

No, I / he / she / it / we / you / they hadn't.

### Spelling:

talk → talked

move → moved

travel → travelled

tidy → tidied

play → played

### Function:

We use the past perfect simple to talk about an action or situation that finished before another action, situation or time in the past.

EX: I had read the actor's autobiography before I saw the documentary about his life.

EX: By the time Louisa was 25, she had become a successful scientist.

### Note:

Some common time expressions that are often used with the past perfect simple are: before, after, when, already, for, for a long time, for ages, just, never, once, since 2009 / July, yet, etc.

## Past perfect continuous

### Affirmative

(I / He / She / It / We / You / They) had ('d) been+ V-ing

### Negative

(I / He / She / It / We / You / They) had not (hadn't) been + V-ing.

### Questions

Had (I / he / she / it / we / you / they) been + V-ing?

### Short answers

Yes, I / he / she / it / we / you / they had.

No, I / he / she / it / we / you / they hadn't.

### Spelling:

take → taking

study → studying

swim → swimming

### Function:

- To talk about actions that started in the past and were still in progress when something happened.

EX: The paparazzi had been waiting on the street for hours before the singer left her hotel.

- For actions that were in progress in the past and had an effect on a later action.

EX: Gemma's feet were sore because she had been wearing high heels all day.

### Note:

Some common time expressions that are often used with the past perfect continuous are:

all day / night / week, for years / a long time / ages, since. We can use How long ...? with the past perfect continuous in questions.

Viewers had been watching the TV show for ages before it was canceled.

## Note :

We use

Past perfect / past perfect continuous ----- **BEFORE** ----- V 2

V 2 ----- **AFTER** ----- Past perfect / past perfect continuous

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### **A Choose the correct answer.**

1. I heard a knock at the front door so I (went / was going) to answer it.
2. At this time yesterday, I (wrote / was writing) an essay.
3. The football season (began / was beginning) a month ago.
4. She (had graduated / graduated) from school in 2001.
5. We entered the house quietly because everyone (was sleeping / had slept).
6. By the time we (got / had got) to the cinema, the film had already started.
7. The children (were playing / played) in the garden while their parents were watching them.
8. They (had left / left) many hours before we arrived.

### **B Complete the sentences with the correct form of the verbs in brackets. Use the Past Simple, Past Continuous or Past Perfect Simple.**

1. They ..... (get) to the airport as the plane was landing.
2. She wore the shoes she ..... (buy) the previous day.
3. I fell as I ..... (run) for the bus.
4. What ..... she ..... (say) when he asked her to marry him?
5. When I was a student, I ..... (not have) much money.
6. Why ..... she still ..... (work) at one o'clock in the morning?
7. I was happy to see her, because we ..... (not see) each other for years.
8. By the time we got to the shop, a long queue ..... already .....  
(form) outside.

**C Choose the sentence which is closer in meaning to the original.**

1. I had already seen the film but I decided to watch it again last night.

a. I watched the film last night for the first time.

b. Last night wasn't the first time that I had seen the film.

2. The boys were playing football while it was raining.

a. The boys were playing football until it started to rain.

b. The boys played football in the rain.

3. I was writing an e-mail when our computer broke down.

a. Our computer broke down before I wrote an e-mail.

b. I had started writing an e-mail and then our computer broke down.

4. My aunt bought me a lovely gift after she had spent the summer holiday with us.

a. When the summer holiday was over, my aunt bought me a lovely gift.

b. While my aunt was spending the summer holiday with us, she bought us a lovely gift.

## Reading comprehension SB p 31

A.

1. What challenges did Mira Rai face during her childhood?
2. Why did Mira have to leave school at the age of 12?
3. How did Mira's early life prepare her for long-distance running?
4. Describe the moment that gave Mira her first big opportunity in professional running.
5. What made Mira's participation in the Kathmandu race remarkable?
6. How did the race organizers support Mira after noticing her talent?
7. What does the phrase "trail-racing phenomenon" suggest about Mira's reputation?
8. How did Mira support the two young runners during their international race?
9. What was the outcome of Sunmaya Budha's participation in the race abroad?
10. Why does Mira believe she has been lucky?
11. How does Lizzy Hawker describe Mira's influence on young women?
12. What makes Mira a role model for girls in Nepal?
13. What is the significance of the documentary "Mira" being shown in schools?
14. How do children react to Mira's medals in the documentary?
15. What does Mira hope to achieve for young women in Nepal?
16. Explain the meaning of "break the mould" in the context of Mira's story.
17. How does the author portray Mira's personality and values?
18. What role does community support play in Mira's journey?
19. What message does Mira's story send about perseverance and opportunity?
20. How does Mira's story challenge traditional expectations for women in her village?

- B.
1. "She grew up in a remote village..." – Who does "she" refer to?
  2. "She had no idea what the future would bring." – What does "she" refer to?
  3. "He called for donations..." – Who is "he"?
  4. "It was the longest distance she had ever run." – What does "it" refer to?
  5. "She went there with the two runners..." – What does "there" refer to?
  6. "They attempted the 50-kilometre race." – Who does "they" refer to?
  7. "She looked after them..." – Who are "them"?
  8. "She has been lucky..." – What does "she" refer to?
  9. "It was their first trip abroad." – What does "it" refer to?
  10. "She will keep on fighting..." – Who is "she"?

**C. Identify the part of speech of the bolded word in each sentence.**

1. Mira **excelled** at running.
2. She had to **leave** school at twelve.
3. She had no idea what the **future** would bring.
4. She ran in the **Nepalese** capital of Kathmandu.
5. She had no **special** equipment.
6. She managed it in around nine hours, which **included** a break.
7. She is a trail-racing **phenomenon**.
8. She wants them to **believe** in their potential.
9. She will keep on fighting for **women's** rights.
10. She had been **wearing** high heels all day.

## Reading WB P16

Answer in complete sentences.

1. Where was Kirsten Bruhn born and what sport did she practice as a child?
2. What life event dramatically changed Kirsten's future?
3. What injuries did Kirsten suffer from the motorcycle accident?
4. How did Kirsten feel when she first realized the impact of her accident?
5. What physical progress did she make after her operations?
6. Where did Kirsten find comfort and freedom of movement after her accident?
7. How did Kirsten's emotional strength influence her recovery?
8. What was the purpose of her personalized training program?
9. What event in 1997 helped Kirsten return to competitive swimming?
10. What achievements did Kirsten earn after returning to swimming?
11. What other professional roles did Kirsten take on besides being an athlete?
12. How did her employer support her athletic career?
13. What creative hobbies did Kirsten pursue outside of swimming?
14. Why did Kirsten enjoy painting and designing jewelry?
15. What is Kirsten's personal motto?
16. How does Kirsten inspire others through her story?
17. What role does Kirsten play in public events?
18. What does Kirsten plan to do after retiring from competition?
19. How does the author describe Kirsten's personality?
20. What message does Kirsten's journey send about resilience and determination?



## Section 2: Pronouns & Referents

Identify the pronoun and explain what it refers to.

- 1) "She was born in north Germany..." – Who does "she" refer to?
- 2) "They had been riding up a sharp mountain..." – Who does "they" refer to?
- 3) "She was flown back to hospital..." – Who is "she"?
- 4) "It went off the road." – What does "it" refer to?
- 5) "They found she had broken her spine..." – Who are "they"?
- 6) "She did eventually learn to walk..." – Who is "she"?
- 7) "She felt comfortable and was able to move..." – Who is "she"?
- 8) "It was a period of great personal success..." – What does "it" refer to?
- 9) "She saw this creative activity..." – What does "this" refer to?
- 10) "She also inspires people..." – Who is "she"?

## Section 3: Parts of Speech

Identify the part of speech of the **bolded word** in each sentence.

1. Kirsten had already **competed** in several events.
2. She was flown back to **hospital** in Germany.
3. Her movement was **restricted** and limited.
4. She came up with a **personalized** training program.
5. She worked as a swimming **trainer**.
6. She was lucky to have an **employer** who supported her.
7. She designed **jewelry** and painted with oils.
8. Her motto is "Live your **dreams**."
9. She **shares** her story at public events.
10. She will become a swimming trainer when she **retires**.

Key answer (Grammar)

A

1. went 5. was sleeping
2. was writing 6. got
3. began 7. were playing
4. graduated 8. had left

B

2. 1. got
2. had bought
3. was running
4. did ... say
5. didn't have
6. was ... working
7. hadn't seen
8. had ... formed

C

3. 1. b                      3. b
2. b                        4. a

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Key answer (SB p31)

A.

- 1) Mira Rai faced poverty, hard physical labor, and lack of access to education during her childhood.
- 2) She left school at 12 because her family could no longer afford the costs.
- 3) Her daily routine of carrying heavy sacks and running to school helped build her endurance.
- 4) While running in Kathmandu, two male runners invited her to join a 50-kilometre race.
- 5) She ran the race without proper equipment or training and still completed it in nine hours.
- 6) One organizer noticed her talent and raised donations to support her professional career.
- 7) It means she is widely recognized and admired in the trail-running community.

- 8) She accompanied two young runners abroad and cared for them during their race.
- 9) Sunmaya Budha, one of the teenagers, finished second in the international race.
- 10) She feels lucky because others from her village worked hard but never got similar opportunities.
- 11) Lizzy Hawker describes Mira as an inspiration and a role model for young Nepali girls.
- 12) Mira's success despite her humble background shows girls that they can achieve great things.
- 13) The documentary spreads Mira's story and motivates students across Nepal.
- 14) Children smile and play with her medals, showing admiration and joy.
- 15) Mira wants more girls to believe in themselves and participate in sports.
- 16) It means she changed traditional expectations and opened new paths for women.
- 17) Mira is portrayed as determined, humble, and committed to helping others.
- 18) Support from the running community helped Mira pursue her dreams.
- 19) Her story shows that perseverance and talent can lead to success despite obstacles.
- 20) Mira's achievements prove that women from rural areas can break barriers and succeed globally.

B:

1. "She" refers to Mira Rai.
2. "She" refers to Mira Rai.
3. "He" refers to the race organizer who noticed Mira's talent.
4. "It" refers to the 50-kilometre race.
5. "There" refers to the foreign country where the race took place.
6. "They" refers to the two young runners Mira supported.
7. "Them" refers to the two young runners.

8. "She" refers to Mira Rai.
9. "It" refers to the international trip for the race.
10. "She" refers to Mira Rai.

C:

- 1) excelled – verb
- 2) leave – verb
- 3) future – noun
- 4) Nepalese – adjective
- 5) special – adjective
- 6) included – verb
- 7) phenomenon – noun
- 8) believe – verb
- 9) women's – adjective (possessive)
- 10) wearing – verb (present participle)

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#### Key answers WB P 16

1. Kirsten Bruhn was born in north Germany and started swimming as a child.
2. A motorcycle accident in Greece changed her life dramatically.
3. She broke her spine and required several operations over months.
4. She felt devastated and thought about all the things she would miss, especially swimming.
5. She learned to walk a little with support, but her movement remained limited.
6. She felt most comfortable and free in the water.
7. Her emotional strength helped her see swimming as a form of expression rather than competition.
8. It helped her rebuild strength in her legs and adapt to her physical limitations.
9. A sports competition for people with disabilities in 1997 encouraged her to return to swimming.
10. She won world and European championship gold medals.
11. She worked as a swimming trainer and a health insurance specialist.

12. Her employer allowed her time off to continue her sporting activities.
13. She designed T-shirts and jewelry and created oil paintings.
14. It gave her a break from swimming and allowed her to express herself creatively.
15. Her motto is "Do not dream your life, live your dreams."
16. She inspires others by sharing her story and showing resilience.
17. She speaks at public events and encourages people to think about health insurance.
18. She plans to become a swimming trainer after retiring from competition.
19. She is described as energetic, fun, and determined.
20. Her story shows that determination and emotional strength can overcome adversity.

## Section 2: Pronouns & Referents

- 1) "She" refers to Kirsten Bruhn.
- 2) "They" refers to Kirsten and her friend.
- 3) "She" refers to Kirsten Bruhn.
- 4) "It" refers to the motorcycle.
- 5) "They" refers to the hospital staff/doctors.
- 6) "She" refers to Kirsten Bruhn.
- 7) "She" refers to Kirsten Bruhn.
- 8) "It" refers to the period of success after returning to swimming.
- 9) "This" refers to her creative activities like designing and painting.
- 10) "She" refers to Kirsten Bruhn.

## Section 3: Parts of Speech

1. **competed** – verb
2. **hospital** – noun
3. **restricted** – adjective
4. **personalized** – adjective
5. **trainer** – noun
6. **employer** – noun
7. **jewelry** – noun
8. **dreams** – noun
9. **shares** – verb
10. **retires** – verb