



















		LANGUAGE			SKILLS	
		GRAMMAR	PRONUNCIATION	VOCABULARY		
1	All about me	<ul style="list-style-type: none"> present simple and adverbs and expressions of frequency present continuous and present simple 	<ul style="list-style-type: none"> final <i>-s/-es</i> sound <i>-ng</i> sound 	<ul style="list-style-type: none"> personality adjectives hobbies and socializing useful verbs 	 LISTENING <ul style="list-style-type: none"> a video about our hobbies and how we socialise listening for the main idea contractions 	WRITING <ul style="list-style-type: none"> making notes expressing reasons and results (<i>so, because, that's why</i>) <p>PERSONAL BEST</p> <ul style="list-style-type: none"> a blog post about personal objects
1A	The only friends you need p4					
1B	21st century hobbies p6					
1C	Famous families p8					
1D	Me in three objects p10					
2	Stories and pictures	<ul style="list-style-type: none"> past simple and time expressions question forms 	<ul style="list-style-type: none"> <i>-ed</i> endings question intonation 	<ul style="list-style-type: none"> <i>-ed/-ing</i> adjectives life stages 	READING <ul style="list-style-type: none"> a text about Andrew Jackson's parties at the White House approaching an article sequencers (<i>then, after, later</i>) 	 SPEAKING <ul style="list-style-type: none"> showing interest telling a personal story <p>PERSONAL BEST</p> <ul style="list-style-type: none"> talking about a personal story
2A	That's me in the photo! p12					
2B	Party like it's 1829 p14					
2C	Behind the camera p16					
2D	That reminds me of ... p18					
1 and 2	REVIEW and PRACTICE p20					
3	Keep on travelling	<ul style="list-style-type: none"> comparatives, superlatives, (<i>not</i>) <i>as ... as</i> past continuous and past simple 	<ul style="list-style-type: none"> sentence stress <i>was/were</i> 	<ul style="list-style-type: none"> useful adjectives holiday activities 	 LISTENING <ul style="list-style-type: none"> a video about the popularity of staycations identifying key points sentence stress 	WRITING <ul style="list-style-type: none"> writing a narrative adverbs of manner <p>PERSONAL BEST</p> <ul style="list-style-type: none"> a story about a travel problem
3A	Tourist or traveller? p22					
3B	Staycation or vacation? p24					
3C	A traveller's tale p26					
3D	Travel problems p28					
4	The working world	<ul style="list-style-type: none"> <i>will, may</i> and <i>might</i> for predictions <i>be going to</i> and present continuous for plans and arrangements 	<ul style="list-style-type: none"> <i>want/won't</i> <i>going to</i> and <i>want to</i> 	<ul style="list-style-type: none"> jobs phrases about work 	READING <ul style="list-style-type: none"> a text about how boredom can improve creativity skimming a text pronoun referencing 	 SPEAKING <ul style="list-style-type: none"> dealing with difficulties telephone language <p>PERSONAL BEST</p> <ul style="list-style-type: none"> making an arrangement by phone
4A	The future of work p30					
4B	I'm so bored p32					
4C	The secret boss p34					
4D	Can I leave a message? p36					
3 and 4	REVIEW and PRACTICE p38					
5	Mind and body	<ul style="list-style-type: none"> <i>should/shouldn't</i> for advice and suggestions first conditional 	<ul style="list-style-type: none"> <i>should/shouldn't</i> <i>'ll</i> contraction 	<ul style="list-style-type: none"> health and medicine verb collocations (<i>do, make, have</i> and <i>take</i>) emotions and feelings 	 LISTENING <ul style="list-style-type: none"> a video about how we react to stress listening in detail linking consonants and vowels 	WRITING <ul style="list-style-type: none"> writing an informal email modifiers <p>PERSONAL BEST</p> <ul style="list-style-type: none"> an informal email to a friend asking for advice
5A	Should I see a doctor? p40					
5B	Modern life is stressful p42					
5C	How to be happy p44					
5D	I need your advice p46					
6	Risks and experiences	<ul style="list-style-type: none"> present perfect with <i>ever</i> and <i>never</i> second conditional 	<ul style="list-style-type: none"> irregular past participles sentence stress 	<ul style="list-style-type: none"> phrasal verbs the natural world 	READING <ul style="list-style-type: none"> an article about Aron Ralston's survival story guessing the meaning of words from context linkers to add extra information (<i>too, and, also, as well</i>) 	 SPEAKING <ul style="list-style-type: none"> taking turns agreeing and disagreeing <p>PERSONAL BEST</p> <ul style="list-style-type: none"> having a discussion in a group
6A	Try something new p48					
6B	An amazing story p50					
6C	Into the wild p52					
6D	Would you take the risk? p54					
5 and 6	REVIEW and PRACTICE p56					

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7	City living	<ul style="list-style-type: none"> present perfect with <i>just, yet</i> and <i>already</i> present perfect with <i>for</i> and <i>since</i> 	<ul style="list-style-type: none"> <i>just</i> and <i>yet</i> <i>for</i> and <i>since</i> 	<ul style="list-style-type: none"> city features transport 	 LISTENING <ul style="list-style-type: none"> a video looking at commuting around the world listening for facts and figures final /t/ sound 	WRITING <ul style="list-style-type: none"> writing an essay giving opinions  PERSONAL BEST <ul style="list-style-type: none"> an opinion essay about a problem
7A	Life in the city	p58				
7B	The daily commute	p60				
7C	A life in three cities	p62				
7D	I think it's a great idea	p64				
8	Food for thought	<ul style="list-style-type: none"> <i>too, too many, too much</i> and <i>(not) enough</i> <i>must(n't)</i> and <i>(not) have to</i> 	<ul style="list-style-type: none"> <i>too much sugar</i> sentence stress 	<ul style="list-style-type: none"> food and drink adjectives to describe food 	READING <ul style="list-style-type: none"> an article about a course run by a Gelateria in Bologna scanning for specific information linkers to contrast information (<i>although, but, however</i>) 	 SPEAKING <ul style="list-style-type: none"> sounding polite making and responding to invitations  PERSONAL BEST <ul style="list-style-type: none"> arranging to go out with a friend
8A	Sweet but dangerous	p66				
8B	Ice-cream university	p68				
8C	You must eat your vegetables	p70				
8D	First dates	p72				
7 and 8	REVIEW and PRACTICE	p74				
9	Money and shopping	<ul style="list-style-type: none"> <i>used to</i> the passive (present and past simple) 	<ul style="list-style-type: none"> <i>used to/use to</i> sentence stress 	<ul style="list-style-type: none"> money verbs shopping 	 LISTENING <ul style="list-style-type: none"> a video about the importance of shopping centres identifying attitude and opinion filler expressions 	WRITING <ul style="list-style-type: none"> writing a formal email noun forms of verbs  PERSONAL BEST <ul style="list-style-type: none"> an email complaining about a purchase
9A	He used to be poor	p76				
9B	What a bargain!	p78				
9C	Going, going, gone!	p80				
9D	I'd like a refund	p82				
10	Sport and fitness	<ul style="list-style-type: none"> past perfect reported speech 	<ul style="list-style-type: none"> <i>'d</i> and <i>hadn't</i> weak form of <i>that</i> 	<ul style="list-style-type: none"> sports and competitions parts of the body 	READING <ul style="list-style-type: none"> an article about wheelchair rugby finding information in a text giving examples 	 SPEAKING <ul style="list-style-type: none"> being helpful making enquiries  PERSONAL BEST <ul style="list-style-type: none"> asking for information about a service or product
10A	Winning is everything	p84				
10B	Rock 'n' roll on wheels	p86				
10C	He said it had changed his life	p88				
10D	Could you tell me ...?	p90				
9 and 10	REVIEW and PRACTICE	p92				
11	At home	<ul style="list-style-type: none"> <i>-ing</i>/infinitive verb patterns articles (<i>a/an, the, no</i> article) 	<ul style="list-style-type: none"> sentence stress <i>the</i> 	<ul style="list-style-type: none"> household objects housework words to describe materials and clothes 	 LISTENING <ul style="list-style-type: none"> A video about what we really think of housework understanding and interpreting information omission of words 	WRITING <ul style="list-style-type: none"> making writing interesting adjective order  PERSONAL BEST <ul style="list-style-type: none"> writing an interesting description of a house
11A	Dream home	p94				
11B	The truth about housework	p96				
11C	Technology you can wear	p98				
11D	House swap	p100				
12	People and relationships	<ul style="list-style-type: none"> defining relative clauses uses of the <i>-ing</i> form and the infinitive with <i>to</i> 	<ul style="list-style-type: none"> sentence stress word stress 	<ul style="list-style-type: none"> relationships relationship verbs 	READING <ul style="list-style-type: none"> an infographic showing how much time we spend on different activities interpreting data expressing approximate quantities 	 SPEAKING <ul style="list-style-type: none"> responding modestly giving thanks  PERSONAL BEST <ul style="list-style-type: none"> thanking someone for a favour
12A	Bring your parents to work	p102				
12B	In our lifetime	p104				
12C	Long-distance love	p106				
12D	Thanks a million!	p108				
11 and 12	REVIEW and PRACTICE	p110				