







| | | LANGUAGE | | | SKILLS | |
|----------------|------------------------------|---|---|---|---|---|
| | | GRAMMAR | PRONUNCIATION | VOCABULARY | | |
| 1 | All about me | <ul style="list-style-type: none"> simple present and adverbs and expressions of frequency present continuous and simple present | <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 | <ul style="list-style-type: none"> LISTENING <ul style="list-style-type: none"> a video about our hobbies and how we socialize listening for the main idea contractions | <ul style="list-style-type: none"> WRITING <ul style="list-style-type: none"> making notes expressing reasons and results (<i>so, because, that's why</i>) PERSONAL BEST <ul style="list-style-type: none"> a blog post about personal objects |
| 2 | Stories and pictures | <ul style="list-style-type: none"> simple past 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 | <ul style="list-style-type: none"> READING <ul style="list-style-type: none"> a text about Andrew Jackson's parties at the White House approaching a text sequencers (<i>after, later, then</i>) | <ul style="list-style-type: none"> SPEAKING <ul style="list-style-type: none"> showing interest telling a personal story PERSONAL BEST <ul style="list-style-type: none"> talking about a personal story |
| 1 and 2 | REVIEW and PRACTICE | p20 | | | | |
| 3 | Keep on traveling | <ul style="list-style-type: none"> comparatives, superlatives, (<i>not</i>) <i>as ... as</i> past continuous and simple past | <ul style="list-style-type: none"> sentence stress <i>was/were</i> | <ul style="list-style-type: none"> useful adjectives vacation activities | <ul style="list-style-type: none"> LISTENING <ul style="list-style-type: none"> a video about the popularity of staycations identifying key points sentence stress | <ul style="list-style-type: none"> WRITING <ul style="list-style-type: none"> writing a narrative adverbs of manner PERSONAL BEST <ul style="list-style-type: none"> a story about a travel problem |
| 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 | <ul style="list-style-type: none"> READING <ul style="list-style-type: none"> a text about how boredom can improve creativity skimming a text pronoun referencing | <ul style="list-style-type: none"> SPEAKING <ul style="list-style-type: none"> dealing with difficulties telephone language PERSONAL BEST <ul style="list-style-type: none"> making arrangements by phone |
| 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 | <ul style="list-style-type: none"> LISTENING <ul style="list-style-type: none"> a video about how we react to stress listening in detail linking consonants and vowels | <ul style="list-style-type: none"> WRITING <ul style="list-style-type: none"> writing an informal e-mail modifiers PERSONAL BEST <ul style="list-style-type: none"> an informal e-mail to a friend asking for advice |
| 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 | <ul style="list-style-type: none"> 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>and, also, as well, and too</i>) | <ul style="list-style-type: none"> SPEAKING <ul style="list-style-type: none"> taking turns agreeing and disagreeing PERSONAL BEST <ul style="list-style-type: none"> having a group discussion |
| 5 and 6 | REVIEW and PRACTICE | p56 | | | | |

| | | LANGUAGE | | | SKILLS | |
|------------------|---|---|---|---|---|---|
| | | GRAMMAR | PRONUNCIATION | VOCABULARY | | |
| 7 | City living | <ul style="list-style-type: none"> present perfect with <i>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 transportation |  LISTENING <ul style="list-style-type: none"> a video about 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</i>, <i>too many</i>, <i>too much</i>, and <i>(not) enough</i> <i>have to</i>, <i>not have to</i>, and <i>can't</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 offered by a Gelateria in Bologna scanning for specific information linkers to contrast information (<i>although</i>, <i>but</i>, <i>however</i>) |  SPEAKING <ul style="list-style-type: none"> sounding polite making and responding to invitations PERSONAL BEST <ul style="list-style-type: none"> making plans to go out with a friend |
| 8A | Sweet, but dangerous | p66 | | | | |
| 8B | Ice cream university | p68 | | | | |
| 8C | You have to 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: simple present and past | <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 centers identifying attitude and opinion filler expressions | WRITING <ul style="list-style-type: none"> writing a formal e-mail noun forms of verbs PERSONAL BEST <ul style="list-style-type: none"> an e-mail 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 | Sports 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 inquiries 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</i>, <i>the</i>, no article) | <ul style="list-style-type: none"> sentence stress <i>the</i> | <ul style="list-style-type: none"> household items 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 exchange | p100 | | | | |
| 12 | People and relationships | <ul style="list-style-type: none"> defining relative clauses uses of the <i>-ing</i> form and the infinitive | <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 saying thanks PERSONAL BEST <ul style="list-style-type: none"> thanking someone for a favor |
| 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 | | | | |