














		LANGUAGE			SKILLS	
		GRAMMAR	PRONUNCIATION	VOCABULARY		
<b>1</b>	<b>All about me</b>	<ul style="list-style-type: none"> <li>present simple and adverbs and expressions of frequency</li> <li>present continuous and present simple</li> </ul>	<ul style="list-style-type: none"> <li>final <i>-s/-es</i> sound</li> <li><i>-ng</i> sound</li> </ul>	<ul style="list-style-type: none"> <li>personality adjectives</li> <li>hobbies and socializing</li> <li>useful verbs</li> </ul>	 <b>LISTENING</b> <ul style="list-style-type: none"> <li>a video about our hobbies and how we socialise</li> <li>listening for the main idea</li> <li>contractions</li> </ul>	<b>WRITING</b> <ul style="list-style-type: none"> <li>making notes</li> <li>expressing reasons and results (<i>so, because, that's why</i>)</li> </ul> <p><b>PERSONAL BEST</b></p> <ul style="list-style-type: none"> <li>a blog post about personal objects</li> </ul>
<b>2</b>	<b>Stories and pictures</b>	<ul style="list-style-type: none"> <li>past simple and time expressions</li> <li>question forms</li> </ul>	<ul style="list-style-type: none"> <li><i>-ed</i> endings</li> <li>question intonation</li> </ul>	<ul style="list-style-type: none"> <li><i>-ed/-ing</i> adjectives</li> <li>life stages</li> </ul>	<b>READING</b> <ul style="list-style-type: none"> <li>a text about Andrew Jackson's parties at the White House</li> <li>approaching a text</li> <li>sequencers (<i>then, after, later</i>)</li> </ul>	 <b>SPEAKING</b> <ul style="list-style-type: none"> <li>showing interest</li> <li>telling a personal story</li> </ul> <p><b>PERSONAL BEST</b></p> <ul style="list-style-type: none"> <li>talking about a personal story</li> </ul>
<b>1 and 2</b>	<b>REVIEW and PRACTICE</b>	p20				
<b>3</b>	<b>Keep on travelling</b>	<ul style="list-style-type: none"> <li>comparatives, superlatives, (<i>not as ... as</i>)</li> <li>past continuous and past simple</li> </ul>	<ul style="list-style-type: none"> <li>sentence stress</li> <li><i>was/were</i></li> </ul>	<ul style="list-style-type: none"> <li>useful adjectives</li> <li>holiday activities</li> </ul>	 <b>LISTENING</b> <ul style="list-style-type: none"> <li>a video about the popularity of staycations</li> <li>identifying key points</li> <li>sentence stress</li> </ul>	<b>WRITING</b> <ul style="list-style-type: none"> <li>writing a narrative</li> <li>adverbs of manner</li> </ul> <p><b>PERSONAL BEST</b></p> <ul style="list-style-type: none"> <li>a story about a travel problem</li> </ul>
<b>4</b>	<b>The working world</b>	<ul style="list-style-type: none"> <li><i>will, may and might</i> for predictions</li> <li><i>be going to</i> and present continuous for plans and arrangements</li> </ul>	<ul style="list-style-type: none"> <li><i>want/won't</i></li> <li><i>going to</i> and <i>want to</i></li> </ul>	<ul style="list-style-type: none"> <li>jobs</li> <li>phrases about work</li> </ul>	<b>READING</b> <ul style="list-style-type: none"> <li>a text about how boredom can improve creativity</li> <li>skimming a text</li> <li>pronoun referencing</li> </ul>	 <b>SPEAKING</b> <ul style="list-style-type: none"> <li>dealing with difficulties</li> <li>telephone language</li> </ul> <p><b>PERSONAL BEST</b></p> <ul style="list-style-type: none"> <li>making an arrangement by phone</li> </ul>
<b>3 and 4</b>	<b>REVIEW and PRACTICE</b>	p38				
<b>5</b>	<b>Mind and body</b>	<ul style="list-style-type: none"> <li><i>should/shouldn't</i> for advice and suggestions</li> <li>first conditional</li> </ul>	<ul style="list-style-type: none"> <li><i>should/shouldn't</i></li> <li><i>'ll</i> contraction</li> </ul>	<ul style="list-style-type: none"> <li>health and medicine</li> <li>verb collocations (<i>do, make, have and take</i>)</li> <li>emotions and feelings</li> </ul>	 <b>LISTENING</b> <ul style="list-style-type: none"> <li>a video about how we react to stress</li> <li>listening in detail</li> <li>linking consonants and vowels</li> </ul>	<b>WRITING</b> <ul style="list-style-type: none"> <li>writing an informal email</li> <li>modifiers</li> </ul> <p><b>PERSONAL BEST</b></p> <ul style="list-style-type: none"> <li>an informal email to a friend asking for advice</li> </ul>
<b>6</b>	<b>Risks and experiences</b>	<ul style="list-style-type: none"> <li>present perfect with <i>ever</i> and <i>never</i></li> <li>second conditional</li> </ul>	<ul style="list-style-type: none"> <li>irregular past participles</li> <li>sentence stress</li> </ul>	<ul style="list-style-type: none"> <li>phrasal verbs</li> <li>the natural world</li> </ul>	<b>READING</b> <ul style="list-style-type: none"> <li>an article about Aron Ralston's survival story</li> <li>guessing the meaning of words from context</li> <li>linkers to add extra information (<i>too, and, also, as well</i>)</li> </ul>	 <b>SPEAKING</b> <ul style="list-style-type: none"> <li>taking turns</li> <li>agreeing and disagreeing</li> </ul> <p><b>PERSONAL BEST</b></p> <ul style="list-style-type: none"> <li>having a discussion in a group</li> </ul>
<b>5 and 6</b>	<b>REVIEW and PRACTICE</b>	p56				

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