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LESSON	GRAMMAR/FUNCTION	VOCABULARY	PRONUNCIATION		READING	LISTENING/VIDEO	SPEAKING	WRITING
LEAD-IN p6								
1 me and you B B C VLOGS Who are you?								
1A Hi! p8	Present simple: <i>I, you, we, they</i>	Jobs and studies	Weak forms and linking: <i>do you</i>			Understand people introducing other people	Introduce and talk about yourself	Write a personal profile; use capital letters
1B Same but different p10	Present simple: <i>he, she, it</i>	Common verb phrases FUTURE SKILLS Self-management	Third person -s		Read an article about twin brothers who are very different		Talk about a friend or a family member	
1C Let’s meet. p12	How to ... make suggestions	Adjectives for feelings; time phrases FUTURE SKILLS Self-management	Intonation to show interest		Understand text messages between friends		Make suggestions MEDIATION SKILLS Make a free-time plan together	
1D Family and friends p14	Possessive ‘s, s’	Family				B B C Street Interviews about people and their families	Talk about people in your life	Describe five people in your life
UNIT 1 REVIEW p16								
2 lifestyle B B C VLOGS What food do you like and dislike?								
2A Can’t live without it p18	Countable and uncountable nouns; <i>a, an, some, any</i> FUTURE SKILLS Self-management	Food and drink	The weak /ə/ sound: <i>a, an, some</i>			Understand people talking about food	Talk about food shopping and eating habits	Write an online comment; use linking words: <i>and, but, or</i>
2B Your lifestyle and you p20	Adverbs and phrases of frequency	Everyday activities	Linking		Read and do a lifestyle quiz		Discuss what is important in your life	
2C Eating out p22	How to ... order a meal in a restaurant	Restaurant words	Polite intonation FUTURE SKILLS Communication		Read an article about online photos of food		Order a meal in a restaurant	MEDIATION SKILLS Help someone understand a pizza menu
2D The Indian Relay p24	<i>like, hate, love + -ing</i>					B B C Programme <i>Mountain: Life at the Extreme</i>	Talk about a special event	Describe an event
UNIT 2 REVIEW p26								
3 home B B C VLOGS Do you ever have visitors staying in your home?								
3A Come in. p28	<i>this, that, these, those; here, there</i>	Rooms and furniture	/ɪ/ and /i:/			Understand someone talking about their apartment		Write a description of a home for a website; use commas
3B Too much stuff p30	<i>have got</i>	Common adjectives (1) FUTURE SKILLS Self-management	Sentence stress		Read about how to ‘say goodbye’ to clutter		Talk about and describe objects in your home	
3C What can I bring? p32	How to ... make invitations and offers	Social phrases	Rhythm in phrases		Read and do a questionnaire about how to be a good guest		Accept invitations FUTURE SKILLS Social responsibility	MEDIATION SKILLS Give advice to a friend about your country
3D Your neighbourhood p34	<i>there is, there are</i>					B B C Street Interviews about where people live	Talk about your local area	Write an email about your local area
UNIT 3 REVIEW p36								
4 this world B B C VLOGS Do you enjoy quizzes?								
4A What a decade! p38	Past simple of <i>be</i> : <i>was, were</i>	Time phrases (1) and dates	Weak and strong sounds: <i>was, were</i>			Listen to a podcast about events in the 2010s	Talk about a time in your life	Write about a special time; use time phrases
4B Life in numbers p40	<i>how much, how many; how + adjective</i>	Amounts; numbers	Intonation to check understanding		Read an article with fun facts about numbers		Ask and answer questions about world number facts FUTURE SKILLS Communication	
4C Where can I get ...? p42	How to ... get help in shops	Shops and shopping FUTURE SKILLS Self-management	Linking		Understand text messages between friends		Get help in a shoe shop MEDIATION SKILLS Buy something for a friend	
4D Sakura time p44	<i>should, shouldn’t</i> ; imperatives	Weather and seasons				B B C Programme <i>Springwatch in Japan</i>	Talk about a good time to visit	Write an email about the best time to visit
UNIT 4 REVIEW p46								

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LESSON	GRAMMAR/FUNCTION	VOCABULARY	PRONUNCIATION		READING	LISTENING/VIDEO	SPEAKING	WRITING
5 the past B B C VLOGS When you were a child, what was your favourite thing/place/food/music? Why?								
5A Then and now p48	Past simple: regular verbs	Time phrases (2)	-ed ending of regular verbs		Read an article about big life changes		Discuss your life ‘then and now’	
5B What went wrong? p50	Past simple: irregular verbs; wh- questions	Life events	Irregular verbs			Understand people talking about events that went wrong	Describe an important life event	Write a mini-bio; use linking words: <i>after that, then, next</i>
5C Sorry I’m late. p52	How to ... apologise and make excuses	Excuses; saying the time	Intonation for apologising		Read a short article about excuses in the digital age		Apologise and make excuses FUTURE SKILLS Social responsibility MEDIATION SKILLS Help a friend to tell a story	
5D My weekend was ... p54	Adjectives and modifiers					B B C Street Interviews about what people did at the weekend	Talk about last weekend	Write about a recent activity
UNIT 5 REVIEW p56								
6 out and about B B C VLOGS Where do you spend time when you are in town?								
6A Meet me in town. p58	Present continuous	Clothes and appearance	Weak form of <i>are</i>			Understand someone describing a person	Describe people and what they are doing in a picture	Write a description of a group photo
6B My way p60	Comparative adjectives	Common adjectives (2); transport collocations	Sentence stress		Read an article about unusual ways to get to work		Discuss journeys by different forms of transport	
6C Getting around p62	How to ... give directions	Places	Stress to correct information		Read a leaflet about Dublin		Give and follow directions FUTURE SKILLS Communication	MEDIATION SKILLS Help a group make a plan
6D Cities: nature’s new wild p64	Prepositions and adverbs of movement					B B C Programme <i>Cities: Nature’s New Wild</i>	Talk about an experience	Write about an experience
UNIT 6 REVIEW p66								
7 work B B C VLOGS What job would you most like to do?								
7A Odd jobs p68	Articles: <i>a, an, the</i> , zero FUTURE SKILLS Self-management	Skills and qualities	Weak forms: <i>a, an, the</i>		Read an article about interesting jobs		Talk about jobs that fit people in your class	
7B An extra day p70	Present simple and present continuous	Phrasal verbs	Connected speech, the /t/ sound			Listen to a podcast about volunteer work	Discuss and choose volunteer jobs FUTURE SKILLS Collaboration	Write a blog post; use example language
7C I’m calling to check ... p72	How to ... phone for information	Phoning	Friendly intonation			Understand an automated message	Phone to ask for or give information	MEDIATION SKILLS Give someone the information they need
7D Would you like to ...? p74	Verbs and <i>to</i> infinitive					B B C Street Interviews about people’s skills	Do a survey	Write a summary of a survey
UNIT 7 REVIEW p76								
8 travellers B B C VLOGS What place in the world would you most like to visit?								
8A Trip advice p78	Superlative adjectives	Describing places	-t in superlatives		Read a discussion forum about travel		Talk about a good city to visit and the best things to do there	
8B Surprise travel p80	<i>be going to</i>	Travel activities	Weak form of <i>to</i>			Understand a podcast about surprise travel	Interview someone and suggest a trip for them	Write a description of a trip; use linking words: <i>so, because</i>
8C At a hotel p82	How to ... make requests and offers in a hotel FUTURE SKILLS Social responsibility	Hotel language; hotel rooms	The contraction ‘ll		Read an article about hotel guests’ questions		Make requests and offers in a hotel MEDIATION SKILLS Discuss a short story	
8D Arctic Academy p84	Adverbs of manner					B B C Programme <i>Arctic Academy</i>	Talk about a difficult trip	Write about a trip
UNIT 8 REVIEW p86								
WRITING BANK p88 GRAMMAR BANK p96 VOCABULARY BANK p130 COMMUNICATION BANK p146 MEDIATION BANK p154 AUDIOSCRIPTS p162 VIDEOSCRIPTS p173 VERB TABLE p176								