

















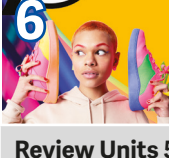














































































Starter p 6–9		Grammar: present simple, present continuous, stative verbs, quantifiers		
UNIT		READING	GRAMMAR	VOCABULARY
<div>1</div> <div></div>	How we live (HOUSE AND HOME) p 10–19	<div> <i>Living in a van</i> <i>Small is beautiful!</i> Understanding reference words <div> Gapped text</div></div>	Past simple and past continuous <div> <i>used to</i> and <i>would</i></div>	Words connected with <i>the house and home</i> Phrasal verbs Word patterns
<div>2</div> <div></div>	Around the world (TRAVEL AND TRANSPORT) p 20–29	<i>The social media effect</i> Skimming <div> 4-option multiple choice</div>	Present perfect simple and continuous <div> Countable and uncountable nouns</div>	Words connected with <i>holidays</i> Word formation: adjectives with <i>un-</i> / <i>im-</i> / <i>il-</i> / <i>ir-</i> / <i>dis-</i> Word patterns
Review Units 1 and 2: Optimise your well-being Take a moment / Revise Grammar and vocabulary /				
<div>3</div> <div></div>	Time out (NEW EXPERIENCES) p 32–41	<div> <i>In my free time</i> <i>Climbing wall opening party!</i> Identifying text type <div> 3-option multiple choice</div></div>	<div> <i>will</i> and <i>be going to</i> Present simple and present continuous for future</div>	Words connected with <i>outdoor activities</i> Phrasal verbs Collocations connected with <i>free time</i>
<div>4</div> <div></div>	Healthy living (HEALTH) p 42–51	<i>Have fun and improve your mental health</i> Scanning <div> Matching</div>	<div> Modals (1): ability, obligation, advice, permission Modals (2): possibility, probability, certainty</div>	Words connected with <i>health and illness</i> Phrasal verbs Collocations with <i>have</i> , <i>take</i> , <i>make</i> and <i>do</i>
Review Units 3 and 4: Optimise your well-being Be active / Revise Grammar and vocabulary /				
<div>5</div> <div></div>	On the menu (FOOD AND DRINK) p 54–63	<div> <i>Eating across Europe</i> <i>Today's special</i> Identifying synonyms <div> 3-option multiple choice</div></div>	<div> Relative clauses Articles</div>	Words connected with <i>food</i> Phrasal verbs Word formation: adjectives / nouns / verbs
<div>6</div> <div></div>	Shopping around (SHOPPING AND SERVICES) p 64–73	<i>At your service!</i> Identifying paraphrasing <div> Matching</div>	<div> Past perfect simple and continuous Comparatives and superlatives</div>	Words connected with <i>shopping</i> Phrasal verbs Idioms for <i>shopping and spending</i>
Review Units 5 and 6: Optimise your well-being The gift of giving / Revise Grammar and vocabulary /				
<div>7</div> <div></div>	Your own style (FASHION) p 76–85	<div> <i>Clothing in Ghana</i> <i>New generation goes retro</i> Understanding implication <div> 4-option multiple choice</div></div>	<div> The passive Question tags</div>	Words connected with <i>clothes and accessories</i> Phrasal verbs Word formation: adjectives / nouns / verbs
<div>8</div> <div></div>	Your best shot (SPORT) p 86–95	<i>Sporting success!</i> Understanding time words and phrases <div> Gapped text</div>	<div> Conditionals (1): zero, first and second conditionals Time clauses</div>	Words connected with <i>people in sport</i> Phrasal verbs Collocations with <i>do</i> , <i>play</i> and <i>go</i>
Review Units 7 and 8: Optimise your well-being Connect with others / Revise Grammar and vocabulary /				
<div>9</div> <div></div>	Let's have fun! (ENTERTAINMENT) p 98–107	<div> <i>Entertainment we enjoy</i> <i>Bored? Here are eight ways to have fun!</i> Understanding attitude and opinion <div> Matching</div></div>	<div> Conditionals (2): third conditional The causative</div>	Words connected with <i>people in the media</i> Phrasal verbs Word patterns
<div>10</div> <div></div>	Learning better (EDUCATION) p 108–117	<i>Time for change?</i> Understanding linking words and phrases <div> Gapped text</div>	<div> Reported speech Reported questions</div>	Words connected with <i>studying</i> Phrasal verbs Idioms for <i>education and learning</i>
Review Units 9 and 10: Optimise your well-being Lifelong learning / Revise Grammar and vocabulary /				
Preview B1+ p 120–123		Grammar: future perfect, modal perfect		
OPTIMISE YOUR EXAMS B1 PRELIMINARY FOR SCHOOLS  ▶ READING p 124–127 ▶ WRITING p 128–129				
Grammar reference p 136–148		Vocabulary reference p 149–157		Writing reference p 158–163 Speaking reference p 164–165

Vocabulary: words connected with *appearance and personality*, word formation: nouns with *-ity / -ness*, collocations with adjectives

LISTENING	SPEAKING	LANGUAGE IN USE	WRITING
Predicting  3-option multiple choice Interview	 Saying where things are  Extended turn Photos	Result clauses  4-option multiple-choice cloze	Using the right style  An article  Learning to Learn: Knowing your strengths and weakness
Listening for attitude and opinion  3-option multiple choice Dialogues	 Making suggestions  Discussion Pictures	Particles in phrasal verbs  Open cloze	Choosing positive and negative points  A review  Learning to Learn: Setting goals
Action plan Exam skills p 30–31			
Listening for the main idea  3-option multiple choice Dialogues	 Expressing opinions  General conversation	Connectors of contrast  Key word transformation	Giving your opinion  An article  Learning to Learn: Saving time
Understanding the situation  3-option multiple choice Interview	 Talking about habits  Questions	Words formed from verbs  Word formation	Using narrative tenses  A story  Learning to Learn: Participating in class
Action plan Exam skills p 52–53			
Recognising similar meanings  Gap fill	 Describing situations and actions  Extended turn Photos	Collocations  Open cloze	Making suggestions  An email  Learning to Learn: Learning new vocabulary
Understanding context and relationships  3-option multiple choice Pictures	 Asking questions  General conversation	Nouns connected with people  Word formation	Using direct speech  A story  Learning to Learn: Taking notes while listening
Action plan Exam skills p 74–75			
Knowing what type of information to listen for  Gap fill	 Discussing alternatives  Discussion Pictures	-ing and infinitives  Key word transformation	Writing descriptions  A story  Learning to Learn: Improving your reading skills
Identifying incorrect options  3-option multiple choice Dialogues	 Talking about other people  Questions	Verbs with similar meanings  4-option multiple-choice cloze	Expressing preferences  An email  Learning to Learn: Evaluating yourself / classmates
Action plan Exam skills p 96–97			
Note-taking  Gap fill	 Listening and responding  General conversation	wish and if only  Open cloze	Describing how to do something  An article  Learning to Learn: Using a dictionary
Understanding implication  3-option multiple choice Pictures	 Expressing uncertainty  Extended turn Photos	Nouns with similar meanings  4-option multiple-choice cloze	Understanding notes  An email  Learning to Learn: Revising for exams
Action plan Exam skills p 118–119			

Vocabulary: words connected with *natural habitats*, phrasal verbs, word formation: adjectives, nouns and verbs