





























Starter p 6–9		Grammar: countable and uncountable nouns, articles, quantifiers		
UNIT		READING	GRAMMAR	VOCABULARY
1	Forever learning (EDUCATION AND LEARNING) p 10–19	Building a windmill <i>Believe in yourself</i> Scanning Multiple matching	Tenses (1): present / past simple, <i>used to</i> , <i>would</i> , <i>be / get used to</i> Tenses (2): present perfect simple, past perfect simple	Words connected with <i>studying and learning</i> Phrasal verbs Word patterns: words + prepositions
2	Inventive minds (SCIENCE AND TECHNOLOGY) p 20–29	<i>The hidden genius of modern technology</i> Deducing meaning from context Multiple choice	Tenses (3): continuous tenses Comparatives and superlatives	Words connected with <i>manufacturing and tools</i> Phrasal verbs Collocations with <i>top</i> and <i>high</i>
Review Units 1 and 2: Optimise your well-being Discover your study style / Revise Grammar and vocabulary /				
3	Fighting crime (CRIMES AND SOCIAL PROBLEMS) p 32–41	Witnessing a crime <i>The police and artificial intelligence</i> Understanding text logic (1) Gapped text	Tenses (4): The future Conditionals (1): zero and first conditionals	Words connected with <i>law and order</i> Phrasal verbs Collocations with <i>crime</i>
4	Game on (SPORT AND GAMES) p 42–51	<i>Board games make a comeback</i> Understanding implication Multiple choice	Modals (1): ability, permission, advice / criticism, obligation Modals (2): degrees of certainty	Words connected with <i>sports</i> Phrasal verbs Word patterns: words + prepositions
Review Units 3 and 4: Optimise your well-being Pause and recharge / Revise Grammar and vocabulary /				
5	Your next move (WORK AND CAREERS) p 54–63	Working at sea <i>Cracking the code to your dream job</i> Understanding references Gapped text	Verb patterns (1): verb + infinitive / -ing Verb patterns (2): infinitives of purpose	Words connected with <i>the world of work</i> Phrasal verbs Collocations with <i>go</i> and <i>get</i>
6	A blank canvas (ART AND THE ARTS) p 64–73	<i>Traditional crafting meets Instagram</i> Understanding attitude and opinion Multiple matching	Pronouns Result clauses, connectors of contrast	Words connected with <i>the arts</i> Phrasal verbs Collocations from the art world
Review Units 5 and 6: Optimise your well-being Define your goals / Revise Grammar and vocabulary /				
7	The natural world (NATURE AND THE ENVIRONMENT) p 76–85	Wild views <i>Unplug with Vitamin N!</i> Understanding purpose Multiple choice	Conditionals (2): second, third and mixed conditionals Unreal past and past wishes	Words connected with <i>environmental issues</i> Phrasal verbs Word patterns: words + prepositions
8	The next chapter (LITERATURE AND CULTURE) p 86–95	<i>Extract from Agnes Grey</i> Understanding linking words / phrases Gapped text	The passive The causative, direct and indirect objects	Words connected with <i>literature</i> Phrasal verbs Collocations with <i>say</i> , <i>speak</i> and <i>tell</i>
Review Units 7 and 8: Optimise your well-being Help your classmates / Revise Grammar and vocabulary /				
9	Money talks (MONEY AND CONSUMERISM) p 98–107	Alternative shopping <i>Sustainable choices, Powerful impact</i> Identifying synonyms Multiple matching	Relative clauses Participle clauses	Words connected with <i>spending money</i> Phrasal verbs Collocations with <i>do</i> , <i>get</i> , <i>go</i> and <i>make</i>
10	Spread your wings (TRAVEL AND TOURISM) p 108–117	<i>Travel trends</i> Understanding text logic (2) Gapped text	Reported speech Indirect questions	Words connected with <i>travelling</i> Phrasal verbs Word patterns: words + prepositions
Review Units 9 and 10: Optimise your well-being Recognise your emotions / Revise Grammar and vocabulary /				
Preview p 120–123		Grammar: inversions, cleft sentences		
OPTIMISE YOUR EXAMS B2 FIRST FOR SCHOOLS				
▶ READING p 124–126 ▶ LISTENING p 127–129				
Grammar reference p 138–150		Vocabulary reference p 151–158		Writing reference p 159–164
				Speaking reference p 165–166















Vocabulary: words connected with *TV and cinema*, phrasal verbs, collocations with *do, have, make* and *take*

LISTENING	SPEAKING	USE OF ENGLISH	WRITING
Listening for agreement and disagreement  Multiple choice extracts	 Agreeing and disagreeing  Collaborative task	 Word formation  Key word transformation	Expressing and justifying opinion  An essay  Learning to Learn: Developing self-awareness
Listening for attitude and opinion  Multiple matching	 Comparing and contrasting  Photo task	 Word formation  Multiple-choice cloze	Making recommendations  A review  Learning to Learn: Managing your workload















Action plan **Exam skills** p 30–31

Listening for synonyms  Sentence completion	 Expressing and justifying opinions  Discussion	 Word formation  Key word transformation	Giving reasons and examples (1)  A formal letter / email  Learning to Learn: Interpreting information
Listening for relevant information  Multiple choice single extract	 Talking about experiences  Photo task	 Word formation  Open cloze	Formality (1)  A formal letter / email  Learning to Learn: Giving and responding to constructive criticism















Action plan **Exam skills** p 52–53

Predicting missing information  Sentence completion	 Making suggestions  Collaborative task	 Word formation  Multiple-choice cloze	Making suggestions  An informal letter / email  Learning to Learn: Developing presentation skills
Listening for purpose  Multiple choice extracts	 Expressing preference and giving reasons  Photo task	 Word formation  Key word transformation	Creating a good narrative  A story  Learning to Learn: Improving your writing skills

Action plan **Exam skills** p 74–75

Predicting and anticipating  Multiple matching	 Qualifying your opinion  Discussion	 Word formation  Open cloze	Giving reasons and examples (2)  An article  Learning to Learn: Doing projects
Recognising difference in meaning  Sentence completion	 Speculating and expressing uncertainty  Interview	 Word formation  Multiple-choice cloze	Using descriptive language  A story  Learning to Learn: Using online sources responsibly

Action plan **Exam skills** p 96–97

Understanding responses to questions  Multiple choice single extract	 Reaching a decision  Collaborative task	 Word formation  Open cloze	Introducing and concluding  An essay  Learning to Learn: Understanding different writing styles
Avoiding unnecessary detail  Sentence completion	 Talking about hopes and ambitions  Interview	 Word formation  Key word transformation	Formality (2)  An informal letter / email  Learning to Learn: Planning your future

Action plan **Exam skills** p 118–119

Vocabulary: easily confused words, phrasal verbs, idioms with *keep* and *lose*

► **SPEAKING** /  **SPEAKING TEST VIDEO** p 130–133 ► **USE OF ENGLISH** p 134–135 ► **WRITING** p 136–137