

Grammar	Vocabulary	Reading / Listening	Speaking / Writing
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## 1 Hello!

**1A** Hello and goodbye **p6**  
**1B** Introductions **p8**  
**1C** Personal information **p10**

**Be: I, you, he, she, it**

Days

Saying hello and  
goodbye

Personal information

Countries  
**Pronunciation:**  
Word stress  
The alphabet  
Numbers 1 – 20

Introductions

## 2 Conversations

**2A** Who are they? **p12**  
**2B** All about you **p14**  
**2C** Everyday conversations **p16**

**Be: all forms**

Nationalities

Conversations

Everyday phrases  
A personal profile

**Pronunciation:**  
Word stress  
Intonation in questions  
Jobs  
Numbers 21 – 100  
Activities

**Video:** All about me **p18**

## 3 Things

**3A** My things **p20**  
**3B** Shopping **p22**  
**3C** Out and about **p24**

Singular and plural  
nouns;  
*a / an / some*

My things  
Clothes  
Colours

Shopping

Prices  
In a café  
A form  
Capital letters

**Pronunciation:**  
*This, that, these, those*

## 4 People and places

**4A** Family and friends **p26**  
**4B** My home and my things **p28**  
**4C** A night out **p30**

Possessives  
Adjectives  
*Have, has*

Family  
Adjectives for people  
Adjectives for places  
and things

A blog  
**Pronunciation:** 's  
My brother and sister  
What's new?

Talking about time  
Someone in my family  
Adverbs

**Video:** Family tree **p32**

## 5 My life

**5A** Activities **p34**  
**5B** Chatting **p36**  
**5C** Talking about yourself **p38**

Present Simple: positive  
and negative

Sport and free time  
Common verbs and  
nouns

Activities  
Conversations

Making small talk  
Wh- questions

*I, you, we, they*

A blog  
And / because

## 6 Routines

**6A** My Routine **p40**  
**6B** When do you ... ? **p42**  
**6C** In a hotel **p44**

Adverbs of frequency  
**Pronunciation:** /s/ and  
/z/; Missing sounds

Verbs for daily routines  
Prepositions

Mark's Mondays  
How famous people  
start the day

Checking in to a hotel  
Asking about facilities

*Present Simple: he,  
she, it*

Questions and answers

Filling in a form  
Dates, postcodes and  
phone numbers

**Video:** Two different routines **p46**

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## 7 Free time

7A What do you like doing?  
7B My favourites  
7C Travel

<i>Like / love / hate + -ing</i> Word order in questions	Free time activities Travel	My friends #metime An interview	At the train station A description of a day Time sequencers
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## 8 Eat, play, shop

8A The food I like  
8B Yes, I can!  
8C Making requests

<i>Some and any</i> <i>Can and can't</i>	Food Pronunciation: sounds and spelling Adverbs	What food do you like? Famous people and food My daughter – the art student Questions and answers	Shopping A text message Making requests and giving answers
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Video: Food around the world p60

## 9 Out and about

9A What are they doing?  
9B Now and usually  
9C Meeting up

Present Continuous Present Continuous and Present Simple	Verb + noun collocations Holidays and activities Pronunciation: word stress	A phone call home A break from normal life	Meeting friends Social media posts
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## 10 Places

10A Holiday rentals  
10B Where were you?  
10C A new place

<i>There is / There are</i> <i>Was / were</i>	Rooms Places in a town Prepositions	Describing a holiday rental Where were you last night?	Asking for and giving directions An email Describing your home and where it is
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Video: Hotels and holidays p74

## 11 Last week

11A Last weekend  
11B My best experience  
11C What was it like?

<i>Past Simple: Common irregular verbs</i> <i>Past simple: Regular</i> <i>Pronunciation: Past Simple endings</i>	Phrases with <i>do, go, get and have</i> Adjectives to describe experiences	What did you do on Sunday? My experiences abroad My best experiences	Giving opinions Pronunciation: showing feelings A restaurant review Describing your experiences
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## 12 Plans and experiences

12A Future plans  
12B Weekends  
12C Goodbye and thank you

<i>Be going to</i> Pronunciation: weak form of 'to' Tense review	Phrases with <i>do, get, go and move</i> Adjectives to describe feelings	A radio advert What next? Living for the weekend	Starting and ending a conversation Messages Looking back and looking forward
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Video: What did you do? p88