**OPTIMISE STARS B1 syllabus 120 hours**

**(content from SB + WB + MEE Platform App + TRC)**

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| **Starter** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 1**SB pg. 6-7, 150 | * appearance and personality
* word formation: -*ity/-ness*
 |  |  | * an article
* True/False
 |  |  |  |
| **Lesson 2**SB pg. 8-9, 136, 150 | * collocations with adjectives
 | * Present Simple
* Present Continuous
* stative verbs
* quantifiers
 |  | * fact files
 |  |  |  |
| **UNIT 1** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 3**SB pg. 10-11WB pg. 4-5 |  |  |  | * an article
* gapped text
* understanding reference words
 |  |  |  |
| **Lesson 4**SB pg. 12, 137WB pg. 6MEE Platform App |  | * Past Simple and Past Continuous
 |  |  |  |  |  |
| **Lesson 5**SB pg. 13, 150-151WB pg. 6MEE Platform App | * words connected with *the house* and *home*
* phrasal verbs
 |  |  |  |  |  |  |
| **Lesson 6**SB pg. 14WB pg. 8 |  |  |  |  | * interview
* 3-option multiple choice
* predicting
 |  |  |
| **Lesson 7**SP pg. 15, 137WB pg. 7MEE Platform App |  | * *used to*
* *would*
 |  |  |  |  |  |
| **Lesson 8**SB pg. 16, 164WB pg. 8 |  |  |  |  |  | * extended turn
* photos
* saying where things are
 |  |
| **Lesson 9**SB pg. 17, 138WB pg. 9MEE Platform App |  |  | * 4-option multiple choice cloze
* result clauses
 |  |  |  |  |
| **Lesson 10**SB pg. 18-19, 159WB pg. 10 |  |  |  |  |  |  | * an article
* using the right style
 |
| **Lesson 11**TRC Grammar Communication WorksheetWB pg. 11 | * unit 1
 | * unit 1
 |  |  |  |  |  |
| **Lesson 12**TRC Grammar & Vocabulary Worksheets | * unit 1 (standard / higher)
 | * unit 1 (standard / higher)
 |  |  |  |  |  |
| **Lesson 13**Assessment unit 1 test |  |  |  |  |  |  |  |
| **UNIT 2** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 14**SB pg. 20-21WB pg. 12-13 |  |  |  | * an article
* 4-option multiple choice
* skimming
 |  |  |  |
| **Lesson 15**SB pg. 22, 138-139WB pg. 14MEE Platform App |  | * Present Perfect Simple
* Present Perfect Continuous
 |  |  |  |  |  |
| **Lesson 16**SB pg. 23, 151-152WB pg. 14MEE Platform App | * words connected with *holidays*
* word formation: adjectives with *un-/im-/il-/ir-/dis-*
 |  |  |  |  |  |  |
| **Lesson 17**SB pg. 24WB pg. 16 |  |  |  |  | * 3-option multiple choice
* dialogues
* listening for attitude and opinion
 |  |  |
| **Lesson 18**SB pg. 25, 139WB pg. 15MEE Platform App |  | * countable and uncountable nouns
 |  |  |  |  |  |
| **Lesson 19**SB pg. 26, 164WB pg. 16 |  |  |  |  |  | * discussion
* pictures
* making suggestions
 |  |
| **Lesson 20**SB pg. 27, 151WB pg. 17 |  |  | * open cloze
* particles in phrasal verbs
 |  |  |  |  |
| **Lesson 21**SB pg. 28-29, 160WB pg. 18 |  |  |  |  |  |  | * a review
* choosing positive and negative points
 |
| **Lesson 22**SB pg. 30-31WB pg. 19 | * review units 1-2
 | * review unit s1-2
 |  |  |  |  |  |
| **Lesson 23**TRC Grammar & Vocabulary Worksheets | * unit 2 (standard/ higher)
 | * unit 2 (standard/ higher)
 |  |  |  |  |  |
| **Lesson 24**Assessment Unit 2 test |  |  |  |  |  |  |  |
| **UNIT 3** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 25**SB pg. 32-33, WB pg. 20-21 |  |  |  | * notices
* short messages
* 3-option multiple choice
* identifying text type
 |  |  |  |
| **Lesson 26**SB pg. 34, 139WB pg. 22MEE Platform App |  | * *will*
* *be going to*
 |  |  |  |  |  |
| **Lesson 27**SB pg. 35, 152WB pg. 22MEE Platform App | * words connected with *outdoor activities*
* collocations with *free time*
* phrasal verbs
 |  |  |  |  |  |  |
| **Lesson 28**SB pg. 36WB pg. 24 |  |  |  |  | * dialogues
* 3-option multiple choice
* listening for the main idea
 |  |  |
| **Lesson 29**SB pg. 37, 140WB pg. 23MEE Platform App |  | * Present Simple and Present Continuous for the future
 |  |  |  |  |  |
| **Lesson 30**SB pg. 38, 164WB pg. 24 |  |  |  |  |  | * general conversation
* expressing opinions
 |  |
| **Lesson 31**SB pg. 39, 140WB pg. 25 |  |  | * key word transformation
* connecters of contrast
 |  |  |  |  |
| **Lesson 32**SB pg. 40-41, 159WB pg. 26 |  |  |  |  |  |  | * an article
* giving your opinion
 |
| **Lesson 33**TRC Grammar Communication WorksheetWB pg. 27 | * unit 3
 | * units 2-3
 |  |  |  |  |  |
| **Lesson 34**TRC Worksheets Grammar & Vocabulary | * unit 3 (standard/ higher)
 | * unit 3 (standard/ higher)
 |  |  |  |  |  |
| **Lesson 35**AssessmentUnit 3 test |  |  |  |  |  |  |  |
| **UNIT 4** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 36**SB pg. 42-43WB pg. 28-29 |  |  |  | * a web page
* matching
* scanning
 |  |  |  |
| **Lesson 37**SB pg. 44WB pg. 30MEE Platform App |  | * modals: ability, obligation, advice, permission
 |  |  |  |  |  |
| **Lesson 38**SB pg. 45, 152-153WB pg. 30MEE Platform App | * words connected with h*ealth* and *illness*
* phrasal verbs
* collocations with *have, take, make* and *do*
 |  |  |  |  |  |  |
| **Lesson 39**SB pg. 46WB pg. 32 |  |  |  |  | * interview
* 3-option multiple choice
* understanding the situation
 |  |  |
| **Lesson 40**SB pg. 47WB pg. 31MEE Platform App |  | * modals: possibility, probability, certainty
 |  |  |  |  |  |
| **Lesson 41**SB pg. 48, 164WB pg. 32 |  |  |  |  |  | * questions
* talking about habits
 |  |
| **Lesson 42**SB pg. 49, 153WB pg. 33 |  |  | * word formation: words formed from verbs
 |  |  |  |  |
| **Lesson 43**SB pg. 50-51, 161WB pg. 34 |  |  |  |  |  |  | * a story
* using narrative tenses
 |
| **Lesson 44**SB pg. 52-53WB pg. 35 | * review units 3-4
 | * review units 3-4
 |  |  |  |  |  |
| **Lesson 45**TRC Worksheets Grammar & Vocabulary | * unit 4 (standard / higher)
 | * unit 4 (standard / higher)
 |  |  |  |  |  |
| **Lesson 46**AssessmentUnit 4 test |  |  |  |  |  |  |  |
| **UNIT 5** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 47**SB pg. 54-55WB pg. 36-37 |  |  |  | * notices
* short messages
* 3-option multiple choice
* identifying synonyms
 |  |  |  |
| **Lesson 48**SB pg. 56, 141WB pg. 38MEE Platform App |  | * relative clauses
 |  |  |  |  |  |
| **Lesson 49**SB pg. 57, 153-154WB pg. 38MEE Platform App | * words connected with *food*
* word formation: adjectives / nouns / verbs *have*
* phrasal verbs
 |  |  |  |  |  |  |
| **Lesson 50**SB pg. 58WB pg. 40 |  |  |  |  | * gap fill
* recognising similar meanings
 |  |  |
| **Lesson 51**SB pg. 59, 142WB pg. 39MEE Platform App |  | * articles
 |  |  |  |  |  |
| **Lesson 52**SB pg. 60, 164WB pg. 40 |  |  |  |  |  | * photos
* extended turn
* describing situations and actions
 |  |
| **Lesson 53**SB pg. 61, 154WB pg. 41 |  |  | * open cloze
* collocations
 |  |  |  |  |
| **Lesson 54**SB pg. 62-63, 162WB pg. 42 |  |  |  |  |  |  | * an email
* making suggestions
 |
| **Lesson 55**TRC WorksheetGrammar CommunicationWB pg. 43 | * unit 5
 | * units 4-5
 |  |  |  |  |  |
| **Lesson 56**TRC WorksheetsGrammar & Vocabulary | * unit 5 (standard / higher)
 | * unit 5 (standard / higher)
 |  |  |  |  |  |
| **Lesson 57**Assessmentunit 5 test OR**Mid-Year Test** |  |  |  |  |  |  |  |
| **UNIT 6** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 58**SB pg. 64-65WB pg. 44-45 |  |  |  | * short texts
* matching
* identifying paraphrasing
 |  |  |  |
| **Lesson 59**SB pg. 66, 142WB pg. 46MEE Platform App |  | * Past Perfect Simple
* Past Perfect Continuous
 |  |  |  |  |  |
| **Lesson 60**SB pg. 67, 154WB pg. 46MEE Platform App | * words connected with *shopping*
* idioms for *shopping* and *spending*
* phrasal verbs
 |  |  |  |  |  |  |
| **Lesson 61**SB pg. 68WB pg. 48 |  |  |  |  | * pictures
* 3-option multiple choice
* understanding context and relationships
 |  |  |
| **Lesson 62**SB pg. 69, 143WB pg. 47MEE Platform App |  | * comparatives
* superlatives
 |  |  |  |  |  |
| **Lesson 63**SB pg. 70, 165WB pg. 48 |  |  |  |  |  | * general conversation
* asking questions
 |  |
| **Lesson 64**SB pg. 71, 155WB pg. 49 |  |  | * word formation
* nouns connected with people
 |  |  |  |  |
| **Lesson 65**SB pg. 72-73, 161WB pg. 50  |  |  |  |  |  |  | * a story
* using direct speech
 |
| **Lesson 66**SB pg. 74-75WB pg. 51 | * review units 5-6
 | * review units 5-6
 |  |  |  |  |  |
| **Lesson 67**TRC WorksheetsGrammar & Vocabulary | * unit 6 (standard / higher)
 | * unit 6 (standard / higher)
 |  |  |  |  |  |
| **Lesson 68**Assessmentunit 6 test |  |  |  |  |  |  |  |
| **UNIT 7** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 69**SB pg. 76-77WB pg. 52-53 |  |  |  | * an article
* 4-option multiple choice
* understanding implication
 |  |  |  |
| **Lesson 70**SB pg. 78, 143WB pg. 54MEE Platform App |  | * the Passive
 |  |  |  |  |  |
| **Lesson 71**SB pg. 79, 155WB pg. 54MEE Platform App | * words connected with *clothes* and *accessories*
* word formation: adjectives / nouns / verbs
* phrasal verbs
 |  |  |  |  |  |  |
| **Lesson 72**SB pg. 80WB pg. 56 |  |  |  |  | * gap fill
* knowing what type of information to listen for
 |  |  |
| **Lesson 73**SB pg. 81, 144WB pg. 55MEE Platform App | * question tags
 |  |  |  |  |  |  |
| **Lesson 74**SB pg. 82, 165WB pg. 56 |  |  |  |  |  | * pictures
* discussion
* discussing alternatives
 |  |
| **Lesson 75**SB pg. 83, 144WB pg. 57 |  |  | * key word transformation
* *-ing* and infinitive
 |  |  |  |  |
| **Lesson 76**SB pg. 84-85, 161WB pg. 58 |  |  |  |  |  |  | * a story
* writing descriptions
 |
| **Lesson 77**TRC WorksheetGrammar CommunicationWB pg. 59 | * review unit 7
 | * review units 6-7
 |  |  |  |  |  |
| **Lesson 78**TRC WorksheetsGrammar & Vocabulary | * unit 7 (standard / higher)
 | * unit 7 (standard / higher)
 |  |  |  |  |  |
| **Lesson 79**Assessment unit 7 test |  |  |  |  |  |  |  |
| **UNIT 8** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 80**SB pg. 86-87WB pg. 60-61 |  |  |  | * a blog
* gapped text
* understanding time words and phrases
 |  |  |  |
| **Lesson 81**SB pg. 88, 145WB pg. 62MEE Platform App |  | * conditionals: zero, first, second
 |  |  |  |  |  |
| **Lesson 82**SB pg. 89, 155-156WB pg. 62MEE Platform App | * words connected with *people in sport*
* collocations with *do, play* and *go*
* phrasal verbs
 |  |  |  |  |  |  |
| **Lesson 83**SB pg. 90WB pg. 64 |  |  |  |  | * dialogues
* 3-option multiple choice
* Identifying incorrect options
 |  |  |
| **Lesson 84**SB pg. 91, 145WB pg. 63MEE Platform App |  | * time clauses
 |  |  |  |  |  |
| **Lesson 85**SB pg. 92, 165WB pg. 64 |  |  |  |  |  | * questions
* talking about other people
 |  |
| **Lesson 86**SB pg. 93WB pg. 65 |  |  | * 4-option multiple choice cloze
* verbs with similar meanings
 |  |  |  |  |
| **Lesson 87**SB pg. 94-95WB pg. 66 |  |  |  |  |  |  | * an email
* expressing preferences
 |
| **Lesson 88**SB pg. 96-97WB pg. 67 | * review units 7-8
 | * review units 7-8
 |  |  |  |  |  |
| **Lesson 89**TRC Worksheets Grammar & Vocabulary | * unit 8 (standard / higher)
 | * unit 8 (standard / higher)
 |  |  |  |  |  |
| **Lesson 90**AssessmentUnit 8 test |  |  |  |  |  |  |  |
| **UNIT 9** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 91**SB pg. 98-99WB pg. 68-69 |  |  |  | * short texts
* matching
* understanding attitude and opinion
 |  |  |  |
| **Lesson 92**SB pg. 100, 146WB pg. 70MEE Platform App |  | * conditionals: third
 |  |  |  |  |  |
| **Lesson 93**SB pg. 101, 156WB pg. 70MEE Platform App | * words connected with *people in the media*
* word patterns
* phrasal verbs
 |  |  |  |  |  |  |
| **Lesson 94**SB pg. 102WB pg. 72 |  |  |  |  | * gap fill
* note-taking
 |  |  |
| **Lesson 95**SB pg. 103, 146WB pg. 71MEE Platform App |  | * the causative
 |  |  |  |  |  |
| **Lesson 96**SB pg. 104, 165WB pg. 72 |  |  |  |  |  | * general conversation
* listening and responding
 |  |
| **Lesson 97**SB pg. 105, 147WB pg. 73 |  |  | * open cloze
* *wish*
* *if only*
 |  |  |  |  |
| **Lesson 98**SB pg. 106-107, 159WB pg. 74 |  |  |  |  |  |  | * an article
* describing how to do something
 |
| **Lesson 99**TRC WorksheetsGrammar & Vocabulary | * unit 9 (standard / higher)
 | * unit 9 (standard / higher)
 |  |  |  |  |  |
| **Lesson 100**TRC Grammar Communication WorksheetWB pg. 75 | * review unit 9
 | * review unit 8-9
 |  |  |  |  |  |
| **Lesson 101**AssessmentUnit 9 test |  |  |  |  |  |  |  |
| **UNIT 10** | **TOPICS & VOCABULARY** | **GRAMMAR** | **LANGUAGE IN USE** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 102**SB pg. 108-109WB pg. 76-77 |  |  |  | * an article
* gapped text
* understanding linking words and phrases
 |  |  |  |
| **Lesson 103**SB pg. 110, 147WB pg. 78MEE Platform App |  | * Reported Speech
 |  |  |  |  |  |
| **Lesson 104**SB pg. 111, 157WB pg. 78MEE Platform App | * words connected with *studying*
* idioms for *education* and *learning*
* phrasal verbs
 |  |  |  |  |  |  |
| **Lesson 105**SB pg. 112WB pg. 80 |  |  |  |  | * pictures
* 3-option multiple choice
* understanding implication
 |  |  |
| **Lesson 106**SB pg. 113, 148WB pg. 79MEE Platform App |  | * Reported questions
 |  |  |  |  |  |
| **Lesson 107**SB pg. 114, 165WB pg. 80 |  |  |  |  |  | * photos
* extended turn
* expressing uncertainty
 |  |
| **Lesson 108**SB pg. 115WB pg. 81 |  |  | * 4-option multiple choice cloze
* nouns with similar meanings
 |  |  |  |  |
| **Lesson 109**SB pg. 116-117, 162WB pg. 82 |  |  |  |  |  |  | * an email
* understanding notes
 |
| **Lesson 110**SB pg. 118-119 | * review units 9-10
 | * review units 9-10
 |  |  |  |  |  |
| **Lesson 111**TRC WorksheetsGrammar & Vocabulary | * unit 10 (standard / higher)
 | * unit 10 (standard / higher)
 |  |  |  |  |  |
| **Lesson 112**TRC Grammar Communication WorksheetWB pg. 83 | * review unit 10
 | * review unit 10
 |  |  |  |  |  |
| **Lesson 113**Assessmentunit 10 test OR**End-of-Year test** |  |  |  |  |  |  |  |
| **Lesson 114-116**SB pg. 124-135 |  |  |  | * Optimise your exams
 | * Optimise your exams
 | * Optimise your exams
 | * Optimise your exams
 |
| **Lesson 117-118**WB pg. 84-103 |  |  |  | * Practice test
 | * Practice test
 | * Practice test
 | * Practice test
 |
| **Lesson 119-120**SB pg. 120-123, 148, 157 | * words connected with natural habitat
* phrasal verbs
* word formation: adjectives, nouns and verbs
 | * Future Perfect
* modal perfect
 |  | * a quiz
 |  |  |  |