**OPTIMISE STARS B1 syllabus 120 hours**

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

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