**OPTIMISE STARS B1+ syllabus 120 hours**

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

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| **Starter** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 1**SB pg. 6-7, 138 |  | * tense review: Present Simple and Continuous
* stative verbs
 |  | * a magazine article
* multiple choice
 |  |  |  |
| **Lesson 2**SB pg. 8-9, 138, 152 | * collocations with *come, do, make* and *take*
* words connected with *technology*
* word formation: adjectives with *-able / -ible*
 | * *-ing* and infinitives
 |  |  |  |  |  |
| **UNIT 1** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 3**SB pg. 10-11WB pg. 4-5 |  |  |  | * an article
* multiple choice
* identifying synonyms
 |  |  |  |
| **Lesson 4**SB pg. 12, 139WB pg. 6MEE Platform App |  | * tense review: Past Simple and Past Continuous
 |  |  |  |  |  |
| **Lesson 5**SB pg. 13, 152WB pg. 6MEE Platform App | * words connected with *education* and *learning*
* adjectives with *full/-ive*
* phrasal verbs
 |  |  |  |  |  |  |
| **Lesson 6**SB pg. 14WB pg. 8 |  |  |  |  | * sentence completion
* predicting missing information
 |  |  |
| **Lesson 7**SP pg. 15, 139WB pg. 7MEE Platform App |  | * *would*
* *used to*
* *be used to*
 |  |  |  |  |  |
| **Lesson 8**SB pg. 16, 165WB pg. 8 |  |  |  |  |  | * photo task
* comparing
 |  |
| **Lesson 9**SB pg. 17WB pg. 9MEE Platform App |  |  | * open cloze
* verbs
 |  |  |  |  |
| **Lesson 10**SB pg. 18-19, 161WB pg. 10 |  |  |  |  |  |  | * an informal letter/email
* giving advice
 |
| **Lesson 11**TRC Grammar & Vocabulary WorksheetsWB pg. 11 | * unit 1 (standard / higher)
 | * unit 1 (standard / higher)
 |  |  |  |  |  |
| **Lesson 12**Assessment unit 1 test |  |  |  |  |  |  |  |
| **UNIT 2** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 13**SB pg. 20-21WB pg. 12-13 |  |  |  | * an article
* gapped text
* understanding pronoun references
 |  |  |  |
| **Lesson 14**SB pg. 22, 140WB pg. 14MEE Platform App |  | * modals: review
 |  |  |  |  |  |
| **Lesson 15**SB pg. 23, 153WB pg. 14MEE Platform App | * nouns with *-ity / -ness*
* collocations with verbs
* *TV programmes*
 |  |  |  |  |  |  |
| **Lesson 16**SB pg. 24WB pg. 16 |  |  |  |  | * multiple matching
* identifying attitude
 |  |  |
| **Lesson 17**SB pg. 25, 141WB pg. 15MEE Platform App |  | * modals: deduction about the present
 |  |  |  |  |  |
| **Lesson 18**SB pg. 26, 165WB pg. 16 |  |  |  |  |  | * collaborative task
* making suggestions
 |  |
| **Lesson 19**SB pg. 27, 153WB pg. 17 |  |  | * word formation
* nouns
 |  |  |  |  |
| **Lesson 20**SB pg. 28-29, 160WB pg. 18 |  |  |  |  |  |  | * a review
* using good descriptions
 |
| **Lesson 21**SB pg. 30-31WB pg. 19 | * review units 1-2
 | * review units 1-2
 |  |  |  |  |  |
| **Lesson 22**TRC Grammar & Vocabulary Worksheets | * unit 2 (standard/ higher)
 | * unit 2 (standard/ higher)
 |  |  |  |  |  |
| **Lesson 23**Assessment Unit 2 test |  |  |  |  |  |  |  |
| **UNIT 3** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 24**SB pg. 32-33, WB pg. 20-21 |  |  |  | * an online travel guide
* multiple matching
* scanning
 |  |  |  |
| **Lesson 25**SB pg. 34, 141WB pg. 22MEE Platform App |  | * tense review: Present Perfect Simple and Continuous
 |  |  |  |  |  |
| **Lesson 26**SB pg. 35, 153WB pg. 22MEE Platform App | * *places in the city*
* words + prepositions
 |  |  |  |  |  |  |
| **Lesson 27**SB pg. 36WB pg. 24 |  |  |  |  | * single extract
* multiple choice
* understanding responses to questions
 |  |  |
| **Lesson 28**SB pg. 37, 141, 142WB pg. 23MEE Platform App |  | * question review: question tags and question forms
 |  |  |  |  |  |
| **Lesson 29**SB pg. 38, 165WB pg. 24 |  |  |  |  |  | * discussion
* agreeing and disagreeing
 |  |
| **Lesson 30**SB pg. 39, 153WB pg. 25 |  |  | * multiple choice cloze
* collocations
 |  |  |  |  |
| **Lesson 31**SB pg. 40-41, 164WB pg. 26 |  |  |  |  |  |  | * an essay
* giving examples
 |
| **Lesson 32**TRC Grammar Communication WorksheetWB pg. 27 | * unit 3
 | * units 1-3
 |  |  |  |  |  |
| **Lesson 33**TRC Worksheets Grammar & Vocabulary | * unit 3 (standard/ higher)
 | * unit 3 (standard/ higher)
 |  |  |  |  |  |
| **Lesson 34**AssessmentUnit 3 test |  |  |  |  |  |  |  |
| **UNIT 4** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 35**SB pg. 42-43WB pg. 28-29 |  |  |  | * an article
* multiple choice
* deducing meaning from context
 |  |  |  |
| **Lesson 36**SB pg. 44, 142WB pg. 30MEE Platform App |  | * the future: *will, be going to,* Present Simple and Continuous
 |  |  |  |  |  |
| **Lesson 37**SB pg. 45, 154WB pg. 30MEE Platform App | * verbs/adjectives with *-ate*
* phrasal verbs
* *hobbies*
 |  |  |  |  |  |  |
| **Lesson 38**SB pg. 46WB pg. 32 |  |  |  |  | * extracts
* multiple choice
* listening for agreement
 |  |  |
| **Lesson 39**SB pg. 47, 143WB pg. 31MEE Platform App |  | * comparatives
* superlatives
 |  |  |  |  |  |
| **Lesson 40**SB pg. 48, 165WB pg. 32 |  |  |  |  |  | * interview
* talking about hopes and ambitions
 |  |
| **Lesson 41**SB pg. 49, 153WB pg. 33 |  |  | * open cloze
* prepositions and short adverbs
 |  |  |  |  |
| **Lesson 42**SB pg. 50-51, 159WB pg. 34 |  |  |  |  |  |  | * an article
* giving reasons
 |
| **Lesson 43**SB pg. 52-53WB pg. 35 | * review units 3-4
 | * review units 3-4
 |  |  |  |  |  |
| **Lesson 44**TRC Worksheets Grammar & Vocabulary | * unit 4 (standard / higher)
 | * unit 4 (standard / higher)
 |  |  |  |  |  |
| **Lesson 45**AssessmentUnit 4 test |  |  |  |  |  |  |  |
| **UNIT 5** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 46**SB pg. 54-55WB pg. 36-37 |  |  |  | * an article
* gapped text
* understanding linking words and phrases
 |  |  |  |
| **Lesson 47**SB pg. 56, 143WB pg. 38MEE Platform App |  | * conditionals: zero, first, second
 |  |  |  |  |  |
| **Lesson 48**SB pg. 57, 154WB pg. 38MEE Platform App | * words + prepositions
* adverbs formed from adjectives
* words connected with *health*
 |  |  |  |  |  |  |
| **Lesson 49**SB pg. 58WB pg. 40 |  |  |  |  | * extracts
* multiple choice
* identifying attitude
 |  |  |
| **Lesson 50**SB pg. 59, 144WB pg. 39MEE Platform App |  | * relative clauses
 |  |  |  |  |  |
| **Lesson 51**SB pg. 60, 165WB pg. 40 |  |  |  |  |  | * photo task
* expressing preferences
 |  |
| **Lesson 52**SB pg. 61WB pg. 41 |  |  | * word formation
* adjectives and adverbs
 |  |  |  |  |
| **Lesson 53**SB pg. 62-63, 159WB pg. 42 |  |  |  |  |  |  | * an article
* engaging the reader
 |
| **Lesson 54**TRC WorksheetGrammar CommunicationWB pg. 43 | * unit 5
 | * units 4-5
 |  |  |  |  |  |
| **Lesson 55**TRC WorksheetsGrammar & Vocabulary | * unit 5 (standard / higher)
 | * unit 5 (standard / higher)
 |  |  |  |  |  |
| **Lesson 56**Assessmentunit 5 test OR**Mid-Year Test** |  |  |  |  |  |  |  |
| **UNIT 6** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 57**SB pg. 64-65WB pg. 44-45 |  |  |  | * an article
* multiple matching
* understanding attitude and opinion
 |  |  |  |
| **Lesson 58**SB pg. 66, 145WB pg. 46MEE Platform App |  | * tense review: Past Perfect Simple and Continuous
 |  |  |  |  |  |
| **Lesson 59**SB pg. 67, 155WB pg. 46MEE Platform App | * words connected with *friendship*
* phrasal verbs
* nouns with *-ance / -ence / -ment / -ship*
 |  |  |  |  |  |  |
| **Lesson 60**SB pg. 68WB pg. 48 |  |  |  |  | * multiple matching
* predicting synonyms
 |  |  |
| **Lesson 61**SB pg. 69, 145WB pg. 47MEE Platform App |  | * connectors of contrast
 |  |  |  |  |  |
| **Lesson 62**SB pg. 70, 166WB pg. 48 |  |  |  |  |  | * collaborative task
* asking for clarification
 |  |
| **Lesson 63**SB pg. 71WB pg. 49 |  |  | * key word transformation
* verbs
 |  |  |  |  |
| **Lesson 64**SB pg. 72-73, 163WB pg. 50  |  |  |  |  |  |  | * using narrative tenses
* a story
 |
| **Lesson 65**SB pg. 74-75WB pg. 51 | * review units 5-6
 | * review units 5-6
 |  |  |  |  |  |
| **Lesson 66**TRC WorksheetsGrammar & Vocabulary | * unit 6 (standard / higher)
 | * unit 6 (standard / higher)
 |  |  |  |  |  |
| **Lesson 67**Assessmentunit 6 test |  |  |  |  |  |  |  |
| **UNIT 7** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 68**SB pg. 76-77WB pg. 52-53 |  |  |  | * a travel review
* multiple choice
* understanding referencing
 |  |  |  |
| **Lesson 69**SB pg. 78, 145WB pg. 54MEE Platform App |  | * the passive
 |  |  |  |  |  |
| **Lesson 70**SB pg. 79, 156WB pg. 54MEE Platform App | * words connected with *geographical features*
* nouns formed from verbs
* words + prepositions
 |  |  |  |  |  |  |
| **Lesson 71**SB pg. 80WB pg. 56 |  |  |  |  | * sentence completion
* listening for opinion
 |  |  |
| **Lesson 72**SB pg. 81, 146WB pg. 55MEE Platform App |  | * review: countable/ uncountable nouns, articles, quantifiers
 |  |  |  |  |  |
| **Lesson 73**SB pg. 82, 166WB pg. 56 |  |  |  |  |  | * discussion
* expressing and justifying opinions
 |  |
| **Lesson 74**SB pg. 83WB pg. 57 |  |  | * word formation
* nouns
 |  |  |  |  |
| **Lesson 75**SB pg. 84-85, 164WB pg. 58 |  |  |  |  |  |  | * an essay
* agreeing and disagreeing
 |
| **Lesson 76**TRC WorksheetGrammar CommunicationWB pg. 59 | * review unit 7
 | * review units 6-7
 |  |  |  |  |  |
| **Lesson 77**TRC WorksheetsGrammar & Vocabulary | * unit 7 (standard / higher)
 | * unit 7 (standard / higher)
 |  |  |  |  |  |
| **Lesson 78**Assessment unit 7 test |  |  |  |  |  |  |  |
| **UNIT 8** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 79**SB pg. 86-87WB pg. 60-61 |  |  |  | * an article
* gapped text
* understanding text logic
 |  |  |  |
| **Lesson 80**SB pg. 88, 146WB pg. 62MEE Platform App |  | * Reported Speech
 |  |  |  |  |  |
| **Lesson 81**SB pg. 89, 156WB pg. 62MEE Platform App | * idioms connected with *music*
* phrasal verbs
* nouns with *-ant / -ist*
 |  |  |  |  |  |  |
| **Lesson 82**SB pg. 90WB pg. 64 |  |  |  |  | * sentence completion
* taking notes
 |  |  |
| **Lesson 83**SB pg. 91, 147WB pg. 63MEE Platform App |  | * indirect questions
 |  |  |  |  |  |
| **Lesson 84**SB pg. 92, 166WB pg. 64 |  |  |  |  |  | * photo task
* expressing uncertainty
* speculating
 |  |
| **Lesson 85**SB pg. 93, 156WB pg. 65 |  |  | * multiple choice cloze
* idioms
 |  |  |  |  |
| **Lesson 86**SB pg. 94-95, 160WB pg. 66 |  |  |  |  |  |  | * a review
* making recommendations
 |
| **Lesson 87**SB pg. 96-97WB pg. 67 | * review units 7-8
 | * review units 7-8
 |  |  |  |  |  |
| **Lesson 88**TRC Worksheets Grammar & Vocabulary | * unit 8 (standard / higher)
 | * unit 8 (standard / higher)
 |  |  |  |  |  |
| **Lesson 89**AssessmentUnit 8 test |  |  |  |  |  |  |  |
| **UNIT 9** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 90**SB pg. 98-99WB pg. 68-69 |  |  |  | * an article
* multiple matching
* understanding paraphrasing
 |  |  |  |
| **Lesson 91**SB pg. 100, 148WB pg. 70MEE Platform App |  | * result clauses: *so, such, too, enough*
 |  |  |  |  |  |
| **Lesson 92**SB pg. 101, 157WB pg. 70MEE Platform App | * *people in sport*
* adjectives/nouns/verbs
* phrases connected with *running*
 |  |  |  |  |  |  |
| **Lesson 93**SB pg. 102WB pg. 72 |  |  |  |  | * single extract
* multiple choice
* distractors
 |  |  |
| **Lesson 94**SB pg. 103, 148WB pg. 71MEE Platform App |  | * conditionals: third
 |  |  |  |  |  |
| **Lesson 95**SB pg. 104, 166WB pg. 72 |  |  |  |  |  | * interview
* talking about experiences
 |  |
| **Lesson 96**SB pg. 105WB pg. 73 |  |  | * key word transformation
* conditionals
 |  |  |  |  |
| **Lesson 97**SB pg. 106-107, 163WB pg. 74 |  |  |  |  |  |  | * a story
* creating a good plot
 |
| **Lesson 98**TRC WorksheetsGrammar & Vocabulary | * unit 9 (standard / higher)
 | * unit 9 (standard / higher)
 |  |  |  |  |  |
| **Lesson 99**TRC Grammar Communication WorksheetWB pg. 75 | * review unit 9
 | * review units 8-9
 |  |  |  |  |  |
| **Lesson 100**AssessmentUnit 9 test |  |  |  |  |  |  |  |
| **UNIT 10** | **TOPICS & VOCABULARY** | **GRAMMAR** | **USE OF ENGLISH** | **READING** | **LISTENING** | **SPEAKING** | **WRITING** |
| **Lesson 101**SB pg. 108-109WB pg. 76-77 |  |  |  | * an online article
* multiple choice
* understanding implication
 |  |  |  |
| **Lesson 102**SB pg. 110WB pg. 78MEE Platform App |  | * modals: modal perfect
 |  |  |  |  |  |
| **Lesson 103**SB pg. 111, 157WB pg. 78MEE Platform App | * nouns with *-er/ -or*
* phrasal verbs
* words connected with *work*
 |  |  |  |  |  |  |
| **Lesson 104**SB pg. 112WB pg. 80 |  |  |  |  | * multiple matching
* listening for gist
 |  |  |
| **Lesson 105**SB pg. 113, 149WB pg. 79MEE Platform App |  | * the causative
 |  |  |  |  |  |
| **Lesson 106**SB pg. 114, 166WB pg. 80 |  |  |  |  |  | * photo task
* organising your ideas
 |  |
| **Lesson 107**SB pg. 115WB pg. 81 |  |  | * multiple choice cloze
* phrasal verbs
 |  |  |  |  |
| **Lesson 108**SB pg. 116-117, 161-162WB pg. 82 |  |  |  |  |  |  | * a formal letter/email
* using formal and informal language
 |
| **Lesson 109**SB pg. 118-119 | * review units 9-10
 | * review units 9-10
 |  |  |  |  |  |
| **Lesson 110**TRC WorksheetsGrammar & Vocabulary | * unit 10 (standard / higher)
 | * unit 10 (standard / higher)
 |  |  |  |  |  |
| **Lesson 111**TRC Grammar Communication WorksheetWB pg. 83 | * review unit 10
 | * review unit 10
 |  |  |  |  |  |
| **Lesson 112**Assessmentunit 10 test OR**End-of-Year test** |  |  |  |  |  |  |  |
| **Lesson 113-115**SB pg. 124-137 |  |  | * Optimise your exam
 | * Optimise your exam
 | * Optimise your exam
 | * Optimise your exam
 | * Optimise your exam
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| **Lesson 116-118**WB pg. 84-103 |  |  | * Practice test
 | * Practice test
 | * Practice test
 | * Practice test
 | * Practice test
 |
| **Lesson 119-120**SB pg. 120-123, 150, 158 | * collocations with *do* and *make*
* word formation: nouns with *-ism*
 | * the future: Future Continuous, Future Perfect Simple and Continuous
* past tenses for the present/ future
 |  | * online comments
 |  |  |  |