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