















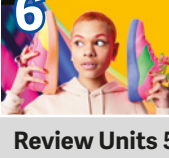



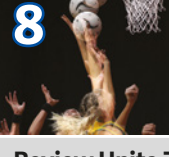



































<b>Starter</b> p 6–9		<b>Grammar:</b> present simple, present continuous, stative verbs, quantifiers		
UNIT		READING	GRAMMAR	VOCABULARY
<b>1</b> 	<b>How we live</b> (HOUSE AND HOME) p 10–19	 <i>Living in a van</i> <i>Small is beautiful!</i> Understanding reference words  <b>Gapped text</b>	Past simple and past continuous  <i>used to</i> and <i>would</i>	Words connected with <i>the house and home</i> Phrasal verbs Word patterns
<b>2</b> 	<b>Around the world</b> (TRAVEL AND TRANSPORT) p 20–29	<i>The social media effect</i> Skimming  <b>4-option multiple choice</b>	Present perfect simple and continuous  Countable and uncountable nouns	Words connected with <i>holidays</i> Word formation: adjectives with <i>un-</i> / <i>im-</i> / <i>il-</i> / <i>ir-</i> / <i>dis-</i> Word patterns
<b>Review Units 1 and 2:</b> <b>Optimise your well-being</b> <b>Take a moment</b> / <b>Revise</b> <b>Grammar and vocabulary</b> /				
<b>3</b> 	<b>Time out</b> (NEW EXPERIENCES) p 32–41	 <i>In my free time</i> <i>Climbing wall opening party!</i> Identifying text type  <b>3-option multiple choice</b>	 <i>will</i> and <i>be going to</i> Present simple and present continuous for future	Words connected with <i>outdoor activities</i> Phrasal verbs Collocations connected with <i>free time</i>
<b>4</b> 	<b>Healthy living</b> (HEALTH) p 42–51	<i>Have fun and improve your mental health</i> Scanning  <b>Matching</b>	 Modals (1): ability, obligation, advice, permission Modals (2): possibility, probability, certainty	Words connected with <i>health and illness</i> Phrasal verbs Collocations with <i>have</i> , <i>take</i> , <i>make</i> and <i>do</i>
<b>Review Units 3 and 4:</b> <b>Optimise your well-being</b> <b>Be active</b> / <b>Revise</b> <b>Grammar and vocabulary</b> /				
<b>5</b> 	<b>On the menu</b> (FOOD AND DRINK) p 54–63	 <i>Eating across Europe</i> <i>Today's special</i> Identifying synonyms  <b>3-option multiple choice</b>	 Relative clauses Articles	Words connected with <i>food</i> Phrasal verbs Word formation: adjectives / nouns / verbs
<b>6</b> 	<b>Shopping around</b> (SHOPPING AND SERVICES) p 64–73	<i>At your service!</i> Identifying paraphrasing  <b>Matching</b>	 Past perfect simple and continuous Comparatives and superlatives	Words connected with <i>shopping</i> Phrasal verbs Idioms for <i>shopping and spending</i>
<b>Review Units 5 and 6:</b> <b>Optimise your well-being</b> <b>The gift of giving</b> / <b>Revise</b> <b>Grammar and vocabulary</b> /				
<b>7</b> 	<b>Your own style</b> (FASHION) p 76–85	 <i>Clothing in Ghana</i> <i>New generation goes retro</i> Understanding implication  <b>4-option multiple choice</b>	 The passive Question tags	Words connected with <i>clothes and accessories</i> Phrasal verbs Word formation: adjectives / nouns / verbs
<b>8</b> 	<b>Your best shot</b> (SPORT) p 86–95	<i>Sporting success!</i> Understanding time words and phrases  <b>Gapped text</b>	 Conditionals (1): zero, first and second conditionals Time clauses	Words connected with <i>people in sport</i> Phrasal verbs Collocations with <i>do</i> , <i>play</i> and <i>go</i>
<b>Review Units 7 and 8:</b> <b>Optimise your well-being</b> <b>Connect with others</b> / <b>Revise</b> <b>Grammar and vocabulary</b> /				
<b>9</b> 	<b>Let's have fun!</b> (ENTERTAINMENT) p 98–107	 <i>Entertainment we enjoy</i> <i>Bored? Here are eight ways to have fun!</i> Understanding attitude and opinion  <b>Matching</b>	 Conditionals (2): third conditional The causative	Words connected with <i>people in the media</i> Phrasal verbs Word patterns
<b>10</b> 	<b>Learning better</b> (EDUCATION) p 108–117	<i>Time for change?</i> Understanding linking words and phrases  <b>Gapped text</b>	 Reported speech Reported questions	Words connected with <i>studying</i> Phrasal verbs Idioms for <i>education and learning</i>
<b>Review Units 9 and 10:</b> <b>Optimise your well-being</b> <b>Lifelong learning</b> / <b>Revise</b> <b>Grammar and vocabulary</b> /				
<b>Preview B1+</b> p 120–123		<b>Grammar:</b> future perfect, modal perfect		
<b>OPTIMISE YOUR EXAMS B1 PRELIMINARY FOR SCHOOLS</b> 				
		▶ <b>READING</b> p 124–127		▶ <b>WRITING</b> p 128–129
Grammar reference p 136–148		Vocabulary reference p 149–157		Writing reference p 158–163
				Speaking reference p 164–165













**Vocabulary:** words connected with *appearance and personality*, word formation: nouns with *-ity / -ness*, collocations with adjectives

LISTENING	SPEAKING	LANGUAGE IN USE	WRITING
Predicting  3-option multiple choice   Interview	 Saying where things are  Extended turn   Photos	Result clauses  4-option multiple-choice cloze	Using the right style  An article  Learning to Learn: Knowing your strengths and weakness
Listening for attitude and opinion  3-option multiple choice   Dialogues	 Making suggestions  Discussion   Pictures	Particles in phrasal verbs  Open cloze	Choosing positive and negative points  A review  Learning to Learn: Setting goals













Action plan Exam skills p 30–31

Listening for the main idea  3-option multiple choice   Dialogues	 Expressing opinions  General conversation	Connectors of contrast  Key word transformation	Giving your opinion  An article  Learning to Learn: Saving time
Understanding the situation  3-option multiple choice   Interview	 Talking about habits  Questions	Words formed from verbs  Word formation	Using narrative tenses  A story  Learning to Learn: Participating in class













Action plan Exam skills p 52–53

Recognising similar meanings  Gap fill	 Describing situations and actions  Extended turn   Photos	Collocations  Open cloze	Making suggestions  An email  Learning to Learn: Learning new vocabulary
Understanding context and relationships  3-option multiple choice   Pictures	 Asking questions  General conversation	Nouns connected with people  Word formation	Using direct speech  A story  Learning to Learn: Taking notes while listening

Action plan Exam skills p 74–75

Knowing what type of information to listen for  Gap fill	 Discussing alternatives  Discussion   Pictures	-ing and infinitives  Key word transformation	Writing descriptions  A story  Learning to Learn: Improving your reading skills
Identifying incorrect options  3-option multiple choice   Dialogues	 Talking about other people  Questions	Verbs with similar meanings  4-option multiple-choice cloze	Expressing preferences  An email  Learning to Learn: Evaluating yourself / classmates

Action plan Exam skills p 96–97

Note-taking  Gap fill	 Listening and responding  General conversation	wish and if only  Open cloze	Describing how to do something  An article  Learning to Learn: Using a dictionary
Understanding implication  3-option multiple choice   Pictures	 Expressing uncertainty  Extended turn   Photos	Nouns with similar meanings  4-option multiple-choice cloze	Understanding notes  An email  Learning to Learn: Revising for exams

Action plan Exam skills p 118–119

**Vocabulary:** words connected with *natural habitats*, phrasal verbs, word formation: adjectives, nouns and verbs

► LISTENING p 130–131 ► SPEAKING / ► SPEAKING TEST VIDEO p 132–135

Irregular verbs p 167