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	Goals	Language	Skills	Explore
<b>Intro</b> pages 7–9	<b>About you</b> <ul style="list-style-type: none"> <li>introduce yourself</li> <li>ask for and give personal information</li> <li>fill in a form</li> <li>say what you can do</li> </ul>	<b>Grammar</b> Subject pronouns, possessive adjectives p9 <i>can</i> for ability p9  <b>Vocabulary</b> Countries and languages p7 Introducing yourself p7 Letters, numbers, addresses p8 Personal information p9	<b>Listening</b> Agata enrolls on a course p8  <b>Speaking</b> Enrol on a course p9	
<b>1</b> pages 10–17	<b>People in your life</b> <ul style="list-style-type: none"> <li>introduce people</li> <li>say who people are</li> <li>talk about present and past jobs</li> <li>say how you know people</li> <li>ask people to repeat</li> <li>ask questions to check information</li> </ul> <b>Target activity</b> Talk about someone you know well	<b>Grammar</b> Possessive 's (singular) p10 <i>be</i> present: <i>am, is, are</i> p11 <i>be</i> past: <i>was, were</i> p13  <b>Vocabulary</b> People you know p10 Talking about jobs p13 How you know people p13  <b>Pronunciation</b> Syllables p10	<b>Listening</b> Rob's family and friends p10 Michel's and Donna's friends p14  <b>Reading</b> Life's work p12  <b>Speaking</b> Introductions p11 Talk about relationships p11 Talk about jobs p13	<b>Keyword</b> <i>OK</i> <b>EXPLORE Speaking</b> <ul style="list-style-type: none"> <li>ask people to repeat</li> <li>ask questions to check information</li> </ul> <b>Across cultures</b> Greetings  <b>Look again</b> 🔄 Spelling and sounds: Vowels and consonants
<b>2</b> pages 18–25	<b>Away from home</b> <ul style="list-style-type: none"> <li>make and respond to requests</li> <li>make and respond to offers</li> <li>say what your interests are</li> <li>say what you want to do</li> </ul> <b>Target activity</b> Take care of a guest	<b>Grammar</b> <i>a, an, some</i> p19 Present simple: positive sentences p21  <b>Vocabulary</b> Offers and requests p19 Interests and wants p21 Taking care of a guest p22  <b>Pronunciation</b> Word stress 1 p19	<b>Listening</b> What do you miss? p18 Carly asks for things p18  <b>Reading</b> Sofasurfing.com p20  <b>Reading and Listening</b> Erkan's guest p22  <b>Speaking</b> Ask for something p19  <b>Writing</b> Profile for a website p21	<b>Keyword</b> <i>in</i> <b>EXPLORE Writing</b> <ul style="list-style-type: none"> <li>write a letter or email requesting something</li> </ul> Capital letters  <b>Independent learning</b> Finding information  <b>Look again</b> 🔄 Spelling and sounds: Two consonants together
<b>3</b> pages 26–33	<b>Your time</b> <ul style="list-style-type: none"> <li>say what you do in your free time</li> <li>say what you like and dislike</li> <li>talk about habits and customs</li> <li>make and respond to invitations</li> </ul> <b>Target activity</b> Invite someone out	<b>Grammar</b> Subject and object pronouns p26 Present simple: negative sentences p27, questions p29 Possessive 's and 's' p28  <b>Vocabulary</b> Free time activities p27 Adverbs of frequency p28 Invitations p30  <b>Pronunciation</b> Word stress 2 p29	<b>Reading</b> Happiness is ... p26  <b>Listening</b> Min's and Paul's New Year p28 Invitations p30  <b>Speaking</b> Your free time p27 Your New Year p29 Special occasions p29  <b>Writing</b> For me, happiness is ... p27	<b>Keyword</b> <i>go</i> <b>EXPLORE Speaking</b> <ul style="list-style-type: none"> <li>take a phone message</li> <li>ask people to repeat and speak more slowly</li> <li>show you understand</li> </ul> <b>Across cultures</b> Conversation 'dos and don'ts'  <b>Look again</b> 🔄 Spelling and sounds: <i>ch, tch</i> and <i>sh</i>
<b>4</b> pages 34–41	<b>Changes</b> <ul style="list-style-type: none"> <li>talk about past events</li> <li>talk about first times</li> <li>talk about trips</li> <li>talk about important events in your life</li> </ul> <b>Target activity</b> Talk about an important event	<b>Grammar</b> Singular, plural p34 Past simple verbs p35 Past simple p37  <b>Vocabulary</b> Past time expressions p35 Things for a trip p36 Good and bad experiences p38  <b>Pronunciation</b> Sentence stress 1 p37	<b>Reading</b> Three small things that changed the world p34  <b>Listening</b> Sang-mi's business trip p36 From Nigeria to Scotland p38  <b>Speaking</b> Your technology firsts p35 Did you have a good time? p37	<b>Keyword</b> <i>have</i> <b>EXPLORE Writing</b> <ul style="list-style-type: none"> <li>write a personal letter or email giving news</li> </ul> Punctuation  <b>Independent learning</b> Self-study  <b>Look again</b> 🔄 Spelling and sounds: <i>th</i>

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<b>6</b> pages 50–57	<b>What would you like?</b> <ul style="list-style-type: none"> <li>buy things in shops</li> <li>talk about shopping and food</li> <li>talk about preferences and give reasons</li> <li>order a meal</li> </ul> <b>Target activity</b> Order a meal	<b>Grammar</b> Countable and uncountable nouns p53 <b>Vocabulary</b> Shops and shopping p50 Buying things p51 Food p52 Talking about preferences and giving reasons p53 Ordering food p54 <b>Pronunciation</b> Sentence stress 3 p51	<b>Listening and speaking</b> About shopping p50 <b>Listening</b> Jon in the shopping centre p51 At an airport café p54 <b>Reading</b> Weird fruit and veg p52 <b>Speaking</b> Buy things in shops p51 Talk about food p53	<b>Keyword</b> <i>this, that, these, those</i> <b>EXPLORE</b> <b>Writing</b> <ul style="list-style-type: none"> <li>write short practical requests and reminders <i>and, but</i></li> </ul> <b>Independent learning</b> Using a dictionary <b>Look again</b> Spelling and sounds: <i>ou</i>
<b>7</b> pages 58–65	<b>Work-life balance</b> <ul style="list-style-type: none"> <li>talk about work and studies</li> <li>describe present activities</li> <li>say why you can't do things</li> </ul> <b>Target activity</b> Explain what you do	<b>Grammar</b> Present progressive p61 <b>Vocabulary</b> Work and studies 1 p58 <i>spend</i> p59 Saying you're busy p60 Work and studies 2 p62 <b>Pronunciation</b> The schwa sound 1 p60	<b>Reading</b> So what do you do all day? p58, p125 <b>Listening</b> Dean on the phone p60 What do you do? p62 <b>Speaking</b> Your work-life balance p59 Say you're busy p61 What you're doing p61 <b>Writing</b> Your work and studies p58	<b>Keyword</b> <i>of</i> <b>EXPLORE</b> <b>Speaking</b> <ul style="list-style-type: none"> <li>say you're not sure about facts and numbers</li> </ul> <b>Across cultures</b> Workplaces <b>Look again</b> Spelling and sounds: <i>c</i>
<b>8</b> pages 66–73	<b>What's she like?</b> <ul style="list-style-type: none"> <li>talk about your family</li> <li>describe people's personality</li> <li>describe people's appearance</li> <li>describe relationships</li> </ul> <b>Target activity</b> Describe someone you admire	<b>Grammar</b> <i>have got</i> p69 <b>Vocabulary</b> Family p66 Personality p67 Appearance p69 Relationships p70 <b>Pronunciation</b> The schwa sound 2 p66	<b>Listening</b> Onyinye's family p66 Someone I admire p70 <b>Reading</b> How we met p66, p126 Changing image p68 <b>Speaking</b> Your family p66 People in your life p67 Fashion and image p68 Describe people p69 <b>Writing</b> Describe a famous person p69	<b>Keyword</b> <i>like</i> <b>EXPLORE</b> <b>Writing</b> <ul style="list-style-type: none"> <li>write a web posting giving an opinion <i>so</i></li> </ul> <b>Independent learning</b> Reading the phonemic script 1: consonants <b>Look again</b> Spelling and sounds: <i>ee, ea, ie</i>
<b>9</b> pages 74–81	<b>Getting around</b> <ul style="list-style-type: none"> <li>get information in places you visit</li> <li>compare ways of travelling</li> <li>buy a travel ticket</li> </ul> <b>Target activity</b> Buy a ticket	<b>Grammar</b> Comparatives and superlatives p76 <b>Vocabulary</b> Using transport p74 Getting information p75 Prepositions of movement p77 Buying a ticket p78 <b>Pronunciation</b> Sentence stress and /ə/ p75	<b>Listening</b> Vijay visits Lucknow p74 Vijay buys a ticket p78 <b>Reading</b> One-wheeled wonder p76 <b>Speaking</b> Getting around p74 Ask for information p75 <b>Writing and speaking</b> A journey you like p77	<b>Keyword</b> <i>get</i> <b>EXPLORE</b> <b>Speaking</b> <ul style="list-style-type: none"> <li>correct yourself and other people</li> <li>check and summarise information</li> </ul> <b>Across cultures</b> Transport culture <b>Look again</b> Spelling and sounds: Double consonants

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10 pages 42–49	<b>Getting together</b> <ul style="list-style-type: none"> <li>talk about films</li> <li>find information in a cinema programme</li> <li>make and respond to suggestions</li> <li>make arrangements to meet</li> </ul> <b>Target activity</b> Arrange a film night	<b>Grammar</b> Present progressive for future arrangements p85  <b>Vocabulary</b> Films p82 Suggestions p83 Talking about films p86  <b>Pronunciation</b> Compound nouns p85	<b>Reading</b> International Film Week p82 Jon and Kimiko's messages p84  <b>Listening</b> Jon and Mia choose a film p83 Jon and Kimiko's phone call p84 A film night p86  <b>Speaking</b> Choose a film to see p83 Arrange to meet p85	<b>Keyword</b> <i>about</i> <b>EXPLORE</b> <b>Writing</b> <ul style="list-style-type: none"> <li>write and reply to an invitation</li> <li>write a thank-you note <i>Ellipsis</i></li> </ul> <b>Independent learning</b> Reading the phonemic script 2: vowels  <b>Look again</b> Spelling and sounds: <i>g</i>
11 pages 90–97	<b>Journeys</b> <ul style="list-style-type: none"> <li>check in and board a flight</li> <li>tell a story</li> <li>talk about a journey</li> </ul> <b>Target activity</b> Describe a journey	<b>Grammar</b> Articles p92  <b>Vocabulary</b> Airports p90 Storytelling expressions p93 Talking about a journey p94  <b>Pronunciation</b> Polite intonation p91	<b>Listening</b> Belinda at the airport p91 Sam's journey p94  <b>Reading</b> Help! A traveller's tale p92  <b>Speaking</b> At an airport p91 Tell a story p93	<b>Keyword</b> <i>at</i> <b>EXPLORE</b> <b>Speaking</b> <ul style="list-style-type: none"> <li>ask questions to develop a conversation</li> <li>change the topic of a conversation</li> </ul> <b>Across cultures</b> Saying sorry  <b>Look again</b> Spelling and sounds: <i>ng</i>
12 pages 98–105	<b>Are you OK?</b> <ul style="list-style-type: none"> <li>talk about health</li> <li>buy things in a pharmacy</li> <li>understand instructions on medicines</li> <li>give advice</li> </ul> <b>Target activity</b> Give advice	<b>Grammar</b> Giving advice with <i>if</i> p101  <b>Vocabulary</b> The body and health p98 Giving advice p101 Giving reasons for advice p102  <b>Pronunciation</b> Linking consonants and vowels 1 p99	<b>Listening and reading</b> Marc at the pharmacy p99  <b>Reading</b> Home remedies p100 Stay healthy in the workplace p102  <b>Speaking</b> Role play: At a pharmacy p99 Remedies for a cold p101	<b>Keyword</b> <i>take</i> <b>EXPLORE</b> <b>Writing</b> <ul style="list-style-type: none"> <li>write an email or note apologising</li> </ul> <b>Independent learning</b> Learning collocations  <b>Look again</b> Spelling and sounds: <i>ay, ai</i>
13 pages 106–113	<b>Experiences</b> <ul style="list-style-type: none"> <li>talk about experiences</li> <li>say what you've never done and always wanted to do</li> <li>talk about places you've been to</li> <li>find out information about things</li> </ul> <b>Target activity</b> Get information and recommendations	<b>Grammar</b> Present perfect verbs p107 Present perfect p109  <b>Vocabulary</b> Sights p108 Getting information p110  <b>Pronunciation</b> Linking consonants and vowels 2 p109	<b>Reading</b> Happy to say, I've never... p106 The people behind the places p108, p123, p127  <b>Listening</b> I've always wanted to ... p107 Have you been to ...? p108 Advice about restaurants p110  <b>Speaking</b> When was the last time ...? p106 I've always wanted to ... p107 Places you've been p109  <b>Writing</b> Things you've never done p107	<b>Keyword</b> <i>thing</i> <b>EXPLORE</b> <b>Speaking</b> <ul style="list-style-type: none"> <li>start and finish conversations in different situations</li> </ul> <b>Across cultures</b> Your experiences  <b>Look again</b> Spelling and sounds: <i>wh-</i>
14 pages 114–121	<b>Choices</b> <ul style="list-style-type: none"> <li>give opinions</li> <li>talk about hopes and plans</li> <li>make decisions</li> </ul> <b>Target activity</b> Plan a weekend break	<b>Grammar</b> <i>be going to, be hoping to, would like to</i> p117  <b>Vocabulary</b> <i>too much, enough, not enough</i> p115 Life changes p116 Planning p118  <b>Pronunciation</b> Review p115	<b>Reading</b> Keep your brain in top condition p114  <b>Listening</b> Barry Cox p116 Weekend in La Mauricie p118  <b>Speaking</b> Your lifestyle p115 Game: Hopes and plans p117	<b>Keyword</b> <i>really</i> <b>EXPLORE</b> <b>Writing</b> <ul style="list-style-type: none"> <li>write a profile for a networking website</li> </ul> Time expressions <b>Independent learning</b> How can you learn languages?  <b>Look again</b> Spelling and sounds: Silent consonants