

Lesson	Grammar/Function	Vocabulary	Pronunciation	Reading			Listening/Video	Speaking	Writing
Lead-in p6									
1 Identity BBC VLOGS Who do you take after in your family?									
1A	My ID p8	Present perfect simple and continuous	Personality adjectives; suffixes	Weak forms of <i>have</i> and <i>been</i>			Listen to a podcast about identity	Use a diagram to explain your identity	Write a blog post describing yourself
1B	Memory p11	infinitive and <i>-ing</i> forms	Collocations about memory; idioms: memory	Connected speech: chunking: two-part collocations	Read an article about people who never forget			Describe a memory FUTURE SKILLS Communication	
1C	I'd much rather ... p14	How to ... express personal preferences	Emotions and feelings	Word stress: dependent prepositions	Read a travel guide to Lagos			Agree on an itinerary for a day in a city FUTURE SKILLS Collaboration MEDIATION SKILLS create tourist recommendations for your town/area	
1D	Personality p16	<i>while, whereas</i> and <i>whilst</i>					BBC Street Interviews about personality	Discuss personality traits	Write a letter of recommendation
Unit 1 Review p18									
2 different worlds BBC VLOGS What impact does social media have on your life?									
2A	Real or virtual? p20	Future probability	Science and technology; word families	Connected speech: future probability	Read an article about the future of VR			Make predictions FUTURE SKILLS Critical thinking	
2B	Closer to nature p23	Quantifiers	Nature	Connected speech: quantifiers			BBC Radio <i>Why we should listen to trees</i>	Suggest ways to encourage people to spend time in nature FUTURE SKILLS Leadership	Write a for-and-against essay on the pros and cons of living in the countryside
2C	Amazing lives p26	How to ... speculate	Lifestyle adjectives	Stress to show certainty	Read an article about people with amazing lives		Listen to a conversation about unusual lifestyles	Speculate about the lives of famous people	MEDIATION SKILLS summarise an informal interview
2D	The time traveller p28		Extreme adjectives				BBC Programme <i>Doctor Who</i>	Talk about an imaginary trip back in time	Write a competition entry
Unit 2 Review p30									
3 showtime BBC VLOGS What live events or performances do you enjoy and why?									
3A	Festival p32	Relative clauses	Festivals; the environment	Pitch in non-defining relative clauses	Read three articles about eco festivals			Plan an eco-friendly festival FUTURE SKILLS Collaboration	Write a formal email proposing a new festival
3B	Performers p35	Cleft sentences	Phrasal verbs: performing; phrasal verbs: communication	Emphatic stress			Listen to a podcast about stage fright	Practise speaking in public FUTURE SKILLS Self-management	
3C	Binge-watch p38	How to ... use vague language	Film and TV	Linking and elision	Read an infographic about binge-watching		Listen to a conversation about binge-worthy TV shows	Describe your favourite film or TV series	MEDIATION SKILLS describe a film
3D	Music lover? p40	<i>do</i> and <i>did</i> for emphasis					BBC Street Interviews about music	Ask and answer questions about the importance of music in your life	Write a forum comment
Unit 3 Review p42									
4 lifestyle BBC VLOGS Name one change you could make to your life to improve your health.									
4A	Making changes p44	Future continuous and future perfect	Health and lifestyle; illness and treatment	Connected speech: future perfect	Read an article about people making changes to their lifestyles			Talk about how your life will be different in five years' time FUTURE SKILLS Communication	
4B	Sleep p47	Passives	Sleep	Sentence stress: content and function words			BBC Radio <i>The science of sleep</i>	Discuss statements about sleep	Write an article about how to get a good night's sleep
4C	Keep moving p50	How to ... express agreement and disagreement	Exercise; sport: motivation and benefits	Stress in phrases for partial agreement			Listen to a conversation about the benefits of exercise	Hold short debates on sports and exercise MEDIATION SKILLS decide how to contribute to an event	
4D	Ancient traditions p52		Phrases related to time				BBC Programme <i>Earth from Space</i>	A discussion about traditional vs. modern lifestyles	Write a cause-and-effect essay
Unit 4 Review p54									

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5 work BBC VLOGS Which professions do you admire and why?								
5A	First day! p56	Past perfect simple and continuous	Time expressions	Connected speech: past perfect continuous	Read an article about first days at work			Tell an anecdote about the first time you did something FUTURE SKILLS Communication
5B	Change of plan p59	Past plans and intentions	Work and careers; areas of work	Connected speech: intrusive /w/ sounds			BBC Radio <i>Is one career in your life enough?</i>	Discuss a time when your life plans changed Write a report about broadening young people’s career aspirations
5C	You’re on mute! p62	How to ... describe problems and suggest solutions	Video conference calls FUTURE SKILLS Social responsibility	Intonation to show degrees of certainty			Listen to three problematic video conference calls MEDIATION SKILLS agree on a course of action	Practise describing problems and suggesting solutions
5D	Are you a team player? p64	Non-defining relative clauses for comments					BBC Street Interviews about working in a team	A discussion about working alone vs. in a team A thank-you message
UNIT 5 REVIEW p66								
6 psychology BBC VLOGS What things do you never find the time to get done?								
6A	Pay attention! p68	Necessity, prohibition and permission	Prefixes	Word stress: prefixess	Read an article about avoiding distraction			Discuss your top three ways to avoid distraction FUTURE SKILLS Self-management
6B	Quiet p71	Reported orders, requests and advice	Reporting verbs	Consonant clusters			Listen to a conversation about introverts	Take a quiz about introverts and extroverts
6C	Here’s my advice p74	How to ... ask for advice and give advice tactfully	Collocations with <i>get</i> and <i>take</i>	Pitch for sounding tactful			Listen to someone asking for advice	Practise giving advice tactfully MEDIATION SKILLS add to posts in a thread, building on the advice of other people
6D	Would I lie to you? p76		Fillers				BBC Programme <i>Would I Lie to You?</i>	A true or false story An email giving news
UNIT 6 REVIEW p78								
7 talent BBC VLOGS Do you have any hidden talents?								
7A	An unexpected passion p80	Past modals of deduction	Compound adjectives; chance	Connected speech: past modals of deduction	Read an article about an unexpected source of inspiration FUTURE SKILLS Communication			Speculate about a series of chance events
7B	I wish! p83	<i>wish, if only, should have</i>	Idioms: regrets	Chunking in idioms			Listen to people talking about missed opportunities	Discuss your regrets Write a personal essay
7C	Let me explain p86	How to ... describe a process	Phrasal verbs: explaining	Stress in phrasal verbs			Listen to someone explaining a recipe	Explain your way of doing something FUTURE SKILLS Communication MEDIATION SKILLS make a concept easier for someone else to understand
7D	Hard work or talent? p88	adverbials of concession					BBC Street Interviews about talent and hard work	A discussion about talents A social media post
UNIT 7 REVIEW p90								
8 community BBC VLOGS What does ‘community’ mean to you?								
8A	A new way of living p92	Participle clauses	Collocations with <i>go, have</i> and <i>make</i> ; describing homes and living conditions	Pitch in participle clauses	Read an article about co-living			Discuss co-living spaces FUTURE SKILLS Collaboration
8B	If the world ... p95	Conditionals with conjunctions	World issues	Stress in conditional sentences			Listen to a talk about world issues	Discuss hypothetical situations FUTURE SKILLS Creative and critical thinking
8C	Online communities p98	How to ... develop an argument	Prepositional phrases	Sounding persuasive			Listen to part of a debate about online communities	Hold a debate about online communities MEDIATION SKILLS make a discursive argument on a topic
8D	Second shot p100		Phrases with <i>get</i>				BBC Programme <i>Amazing Humans</i>	A presentation on a project A mission statement
UNIT 8 REVIEW p102								
WRITING BANK p104 GRAMMAR BANK p108 VOCABULARY BANK p136 COMMUNICATION BANK p142 MEDIATION BANK p146 AUDIOSCRIPTS p158 VIDEOSCRIPTS p170 IRREGULAR VERBS TABLE p175								