

LESSON	GRAMMAR/ FUNCTION	VOCABULARY	PRONUNCIATION	READING		LISTENING/VIDEO	SPEAKING	WRITING	
UNIT 1									
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>					B B C Street Interviews about personality	Discuss personality traits	Write a letter of recommendation
UNIT 2									
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			B B C 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				B B C Programme <i>Doctor Who</i>	Talk about an imaginary trip back in time	Write a competition entry
UNIT 3									
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					B B C Street Interviews about music	Ask and answer questions about the importance of music in your life	Write a forum comment
UNIT 4									
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			B B C 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				B B C Programme <i>Earth from Space</i>	A discussion about traditional vs. modern lifestyles	Write a cause-and-effect essay