

LESSON	GRAMMAR/FUNCTION	VOCABULARY	PRONUNCIATION	READING	LISTENING/DVD	SPEAKING	WRITING
UNIT 1 LIFE page 7 Video podcast What do you look for in a friend?							
1.1	Feeling good? page 8	question forms	free time	stressed verbs		talk about what makes you happy	
1.2	True love page 10	past simple	relationships	past simple verbs: -ed endings		ask and answer personal questions	write about an important year in your life; improve your use of linking words
1.3	Nice day, isn't it? page 12	making conversation	conversation topics	linking		making conversation	
1.4	Miranda page 14				Miranda : watch an extract from a sitcom about a woman called Miranda	talk about important people in your life	write about your best friend
UNIT 2 WORK page 17 Video podcast What do you do?							
2.1	The company 4U? page 18	present simple and continuous	work	word stress		talk about what motivates you at work	write an email about work experience
2.2	A risky business page 20	adverbs of frequency	jobs	stressed syllables	read a newspaper article about dangerous jobs	talk about dangerous jobs	
2.3	I like working outside page 22	expressing likes/dislikes	types of work	intonation: sound interested		discuss likes/dislikes	
2.4	Dream Commuters page 24				The Money Programme: Dream Commuters : watch an extract from a BBC documentary about commuting	describe your work/life balance	write a web comment about work/life balance
UNIT 3 TIMEOUT page 27 Video podcast What do you like doing in your their free time?							
3.1	Free in NYC page 28	present continuous/ be going to for future	time out	fast speech: <i>going to</i>		talk about your future plans	write an email invitation
3.2	Relax! page 30	questions without auxiliaries	places to visit	stress in compound nouns	read about how people spend their free time around the world	discuss how you spend your free time	
3.3	Can I take a message? page 32	making a phone call	collocations	linking: <i>can</i>		make and receive phone calls	
3.4	Rio de Janeiro page 34				Going Local: Rio : watch an extract from a BBC travel programme about visiting Rio de Janeiro	plan a perfect day out	write a plan of a perfect day
UNIT 4 GREAT MINDS page 37 Video podcast Are you learning anything at the moment?							
4.1	Hidden talent page 38	present perfect + <i>ever/never</i>	<i>make and do</i>	weak forms: <i>have</i>		talk about hidden talents	check your work and correct mistakes
4.2	Schools of thought page 40	<i>can, have to, must</i>	education	weak forms: <i>have to</i>	read an article about different schools	talk about what you did at school	
4.3	What should I do? page 42	giving advice	language learning	silent letters		give advice and make suggestions for language learners	
4.4	Inventions page 44				Supersized Earth: The Way We Move : watch an extract from a BBC documentary about developments that have changed the world	talk about inventions	write a forum post about inventions
UNIT 5 TRAVEL page 47 Video podcast Do you enjoy travelling to different countries?							
5.1	Fantastic film trips page 48	past simple and past continuous	transport	weak forms: <i>was/were</i>	read about amazing journeys in film	tell a anecdote	
5.2	Travel tips page 50	verb patterns	travel items	stressed syllables		discuss travel	write an email describing a trip or weekend away
5.3	You can't miss it page 52	asking for/giving directions	tourism	intonation: questions	read a text about a man who works in three countries every day	ask for and give directions	
5.4	Full Circle page 54				Full Circle : watch an extract from a BBC travel programme	present ideas for an award	write an application for an award
UNIT 6 FITNESS page 57 Video podcast What do you do to keep fit?							
6.1	Keeping fit page 58	present perfect + <i>for/since</i>	health	sentence stress	identify specific information in an article about types of exercise	talk about your lifestyle	
6.2	The future of food page 60	<i>may, might, will</i>	food	intonation: certainty/ uncertainty		discuss food preferences	write about food
6.3	How are you feeling? page 62	seeing the doctor	illness	difficult words: spelling v. pronunciation		explain health problems	
6.4	Monitor Me page 64				Horizon: Monitor Me : watch an extract from a BBC documentary about health	talk about healthy habits	write a blog post about health advice

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UNIT 7 CHANGES page 67 Video podcast How has your life changed in the last ten years?							
7.1	Living the dream page 68	used to	verbs + prepositions	weak forms: <i>used to</i>	listen to a radio programme about a woman who changed her life	talk about a life change	use paragraphs to write about a change
7.2	The great impostor page 70	purpose, cause and result	collocations	rhythm in complex sentences	read and predict information in a story	talk about why people tell lies	
7.3	Can you tell me? page 72	finding out information	facilities	intonation: checking information	understand short, predictable conversations	learn to find out information	
7.4	A Greek Adventure page 74				My Family And Other Animals: watch an extract from the beginning of a BBC film <i>My Family and Other Animals</i>	talk about new experiences	write a blog/diary
UNIT 8 MONEY page 77 Video podcast How do you feel about shopping?							
8.1	Treasure hunt page 78	relative clauses	money	pronouncing the letter 's'	read the story of a treasure hunt	talk about a product that people should invest in	
8.2	Pay me more! page 80	<i>too much/many, enough, very</i>	multi-word verbs	multi-word verb stress	listen to a discussion about salaries	talk about why you should earn more cash	write an opinion piece
8.3	I'm just looking page 82	buying things	shopping	weak forms: <i>do you/can I</i>	read a questionnaire about shopping tips	describe items; go shopping	
8.4	soleRebels page 84				BBC News: soleRebels: watch an extract from the BBC news about an Ethiopian business	present a business idea	write an idea for a business investment
UNIT 9 NATURE page 87 Video podcast How do you feel about being in the countryside?							
9.1	Green living page 88	comparatives/superlatives	nature	stressed syllables	listen to a radio programme about green ideas	talk about green issues	write about your views on the environment
9.2	Into the wild page 90	articles	the outdoors	word stress, weak forms: <i>a and the</i>	understand an article about an experience in the wild	give your views on life in the city or the country	
9.3	It could be because ... page 92	making guesses	silent letters	animals		talk about different animals	
9.4	The Northern Lights page 94				Joanna Lumley in the Land of the Northern Lights: watch an extract from a BBC documentary about the Northern Lights	talk about places of natural beauty	write a travel blog
UNIT 10 SOCIETY page 97 Video podcast How do you feel about city life?							
10.1	Top cities page 98	uses of <i>like</i>	describing a city	sentence stress	listen to conversations about different cities	discuss qualities of different places	use formal expressions to write an email
10.2	Crime and punishment page 100	present/past passive	crime and punishment	weak forms: <i>was/were</i>	read an article about crime and punishment	decide on the punishments to fit the crimes	
10.3	There's a problem page 102	complaining	problems	sentence stress		talk about problems in a school	
10.4	Mary's Meals page 104				Mary's Meals: watch an extract from a BBC documentary about an internet sensation	talk about an important issue	write about an issue
UNIT 11 TECHNOLOGY page 107 Video podcast How do you feel about technology?							
11.1	Keeping in touch page 108	present perfect	communication	sentence stress	listen to people talking about how they keep in touch	talk about things you've done	improve your use of pronouns
11.2	Make a difference page 110	real conditionals + <i>when</i>	feelings	weak forms: <i>will</i>	read an article about social media	talk about future consequences	
11.3	I totally disagree page 112	giving opinions	internet terms	polite intonation	listen to a discussion about the internet	give your opinion	
11.4	Is TV Bad For Kids? page 114				Panorama: Is TV Bad For Kids?: watch an extract from a BBC documentary about giving up television	talk about technology you couldn't live without	write your opinion
UNIT 12 FAME page 117 Video podcast Would you like to be famous?							
12.1	Caught on film page 118	reported speech	film	contrastive stress	read a magazine article about writing a blockbuster	talk about your favourite film	
12.2	A lucky break page 120	hypothetical conditionals present/future	suffixes	word stress	read a magazine article about fame	talk about becoming famous	write about a famous person
12.3	What can I do for you? page 122	requests and offers	collocations	polite intonation: requests	read a text about concierges	make requests and offers	
12.4	Billion Dollar Man page 124				Lewis Hamilton: Billion Dollar Man: watch an extract from a BBC documentary about Lewis Hamilton	talk about your ambitions	write about your childhood ambitions