

























Starter p 6–9		Grammar: tense review: present simple and continuous, stative verbs; -ing and infinitives		
UNIT		READING	GRAMMAR	VOCABULARY
	1 Lifelong learning (EDUCATION) p 10–19	<i>Back in time for school</i> Identifying synonyms  Multiple choice	 Tense review: past simple and past continuous <i>would, used to, be used to</i>	Words connected with <i>education/learning</i> Adjectives with -ful / -ive Phrasal verbs
	2 Go viral! (SOCIAL MEDIA) p 20–29	 <i>Social media detox</i> <i>We're crazy about online crazes!</i> Understanding pronoun references  Gapped text	 Modals (1): review Modals (2): deductions about the present	Nouns with -ity / -ness Collocations with verbs <i>TV programmes</i>
Review Units 1 and 2: Optimise your well-being Be a good friend / Revise Grammar and vocabulary /				
	3 Super cities (PLACES) p 32–41	<i>Visit Tokyo</i> Scanning  Multiple matching	 Tense review: present perfect simple and continuous Question review: question tags and question forms	<i>Places in the city</i> Words + prepositions
	4 Good times (FREE TIME) p 42–51	 <i>My bucket list</i> <i>Step out of your comfort zone</i> Deducing meaning from context  Multiple choice	 The future (1): <i>will, be going to</i> , present simple and continuous Comparatives and superlatives	Verbs/adjectives with -ate Phrasal verbs <i>Hobbies</i>
Review Units 3 and 4: Optimise your well-being Stretch your body / Revise Grammar and vocabulary /				
	5 Happy and healthy (HEALTH) p 54–63	<i>Six fascinating health facts</i> Understanding linking words and phrases  Gapped text	Conditionals (1): zero, first and second conditionals  Relative clauses	Words + prepositions Adverbs formed from adjectives Words connected with <i>health</i>
	6 Friends for life (RELATIONSHIPS) p 64–73	 <i>Best friend challenge</i> <i>A problem shared ...</i> Understanding attitude and opinion  Multiple matching	 Tense review: past perfect simple and continuous Connectors of contrast	Words connected with <i>friendship</i> Phrasal verbs Nouns with -ance / -ence / -ment / -ship
Review Units 5 and 6: Optimise your well-being Challenge your brain / Revise Grammar and vocabulary /				
	7 Natural wonders (NATURE) p 76–85	<i>Asilia Dunia: where the safari comes to you!</i> Understanding referencing  Multiple choice	 The passive Review: countable/uncountable nouns, articles, quantifiers	Words connected with <i>geographical features</i> Nouns formed from verbs Words + prepositions
	8 My kind of music (MUSIC) p 86–95	 <i>A machine-made musical</i> <i>From CDs to streams</i> Understanding text logic  Gapped text	 Reported speech Indirect questions	Idioms connected with <i>music</i> Phrasal verbs Nouns with -ant / -ist
Review Units 7 and 8: Optimise your well-being Expressing your gratitude / Revise Grammar and vocabulary /				
	9 On the ball (SPORT) p 98–107	<i>Four brilliant ball games!</i> Understanding paraphrasing  Multiple matching	Result clauses: <i>so, such, too, enough</i>  Conditionals (2): third conditional	<i>People in sport</i> Adjectives / nouns / verbs Phrases connected with <i>running</i>
	10 Just the job (WORK) p 108–117	 <i>A digital creative's job</i> <i>Imagine your future</i> Understanding implication  Multiple choice	 Modals (3): modal perfect The causative	Nouns with -er / -or Phrasal verbs Words connected with <i>work</i>
Review Units 9 and 10: Optimise your well-being Reducing stress / Revise Grammar and vocabulary /				
Preview B2 p 120–123		Grammar: the future (2): future continuous, future perfect simple and continuous; past tenses for the present/future		
OPTIMISE YOUR EXAMS B2 FIRST FOR SCHOOLS 				
		► READING p 124–126		► LISTENING p 127–129
Grammar reference p 138–150		Vocabulary reference p 151–158		Writing reference p 159–164
		Speaking reference p 165–166		













Vocabulary: collocations with *come*, *do*, *make* and *take*, words connected with *technology*

LISTENING	SPEAKING	USE OF ENGLISH	WRITING
Predicting missing information  Sentence completion	 Comparing  Photo task	Verbs (1)  Open cloze	Giving advice  An informal letter/email  Learning to Learn: Being an active learner
Identifying attitude (1)  Multiple matching	 Making suggestions  Collaborative task	Nouns (1)  Word formation	Using good descriptions  A review  Learning to Learn: Staying focused













Action plan **Exam skills** p 30–31

Understanding responses to questions  Multiple choice Single extract	 Agreeing and disagreeing  Discussion	Collocations  Multiple-choice cloze	Giving examples  An essay  Learning to Learn: Planning essays
Listening for agreement  Multiple choice Extracts	 Talking about hopes and ambitions  Interview	Prepositions and short adverbs  Open cloze	Giving reasons  An article  Learning to Learn: Understanding and recording register













Action plan **Exam skills** p 52–53

Identifying attitude (2)  Multiple choice Extracts	 Expressing preferences  Photo task	Adjectives and adverbs  Word formation	Engaging the reader  An article  Learning to Learn: Evaluating sources
Predicting synonyms  Multiple matching	 Asking for clarification  Collaborative task	Verbs (2)  Key word transformation	Using narrative tenses  A story  Learning to Learn: Practising English outside the classroom

Action plan **Exam skills** p 74–75

Listening for opinion  Sentence completion	 Expressing and justifying opinions  Discussion	Nouns (2)  Word formation	Agreeing and disagreeing  An essay  Learning to Learn: Checking and proofreading your written work
Taking notes  Sentence completion	 Expressing uncertainty and speculating  Photo task	Idioms  Multiple-choice cloze	Making recommendations  A review  Learning to Learn: Improving your memory

Action plan **Exam skills** p 96–97

Distractors (1)  Multiple choice Single extract	 Talking about experiences  Interview	Conditionals  Key word transformation	Creating a good plot  A story  Learning to Learn: Giving and receiving feedback
Listening for gist  Multiple matching	 Organising your ideas  Photo task	Phrasal verbs  Multiple-choice cloze	Using formal and informal language  A formal letter/email  Learning to Learn: Preparing for exams

Action plan **Exam skills** p 118–119

Vocabulary: words connected with *describing people*, collocations with *do* and *make*