






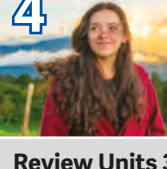






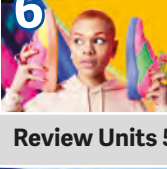







































| Starter p 6–9  |  | Grammar: present simple, present continuous, stative verbs, quantifiers  |  |  |
|--|--|--|--|--|
| UNIT   |  | READING  | GRAMMAR  | VOCABULARY   |
| <div>1</div> <div></div>   | <b>How we live</b><br>(HOUSE AND HOME)<br>p 10–19            | <div> <i>Living in a van</i><br/><i>Small is beautiful!</i><br/>Understanding reference words<br/> <b>Gapped text</b></div>                                  | Past simple and past continuous<br><div> <i>used to</i> and <i>would</i></div>                                      | Words connected with <i>the house and home</i><br>Phrasal verbs<br>Word patterns   |
| <div>2</div> <div></div>   | <b>Around the world</b><br>(TRAVEL AND TRANSPORT)<br>p 20–29 | <i>The social media effect</i><br>Skimming<br> <b>4-option multiple choice</b>  | Present perfect simple and continuous<br><div> Countable and uncountable nouns</div>                                | Words connected with <i>holidays</i><br>Word formation: adjectives with <i>un-</i> / <i>im-</i> / <i>il-</i> / <i>ir-</i> / <i>dis-</i><br>Word patterns |
| Review Units 1 and 2: <b>Optimise your well-being</b> <b>Take a moment</b> / <b>Revise Grammar and vocabulary</b> /  |  |  |  |  |
| <div>3</div> <div></div>   | <b>Time out</b><br>(NEW EXPERIENCES)<br>p 32–41              | <div> <i>In my free time</i><br/><i>Climbing wall opening party!</i><br/>Identifying text type<br/> <b>3-option multiple choice</b></div>                    | <div> <i>will</i> and <i>be going to</i><br/>Present simple and present continuous for future</div>                 | Words connected with <i>outdoor activities</i><br>Phrasal verbs<br>Collocations connected with <i>free time</i>  |
| <div>4</div> <div></div>   | <b>Healthy living</b><br>(HEALTH)<br>p 42–51                 | <i>Have fun and improve your mental health</i><br>Scanning<br> <b>Matching</b>  | <div> Modals (1): ability, obligation, advice, permission<br/>Modals (2): possibility, probability, certainty</div> | Words connected with <i>health and illness</i><br>Phrasal verbs<br>Collocations with <i>have</i> , <i>take</i> , <i>make</i> and <i>do</i>               |
| Review Units 3 and 4: <b>Optimise your well-being</b> <b>Be active</b> / <b>Revise Grammar and vocabulary</b> /  |  |  |  |  |
| <div>5</div> <div></div>  | <b>On the menu</b><br>(FOOD AND DRINK)<br>p 54–63            | <div> <i>Eating across Europe</i><br/><i>Today's special</i><br/>Identifying synonyms<br/> <b>3-option multiple choice</b></div>                           | <div> Relative clauses<br/>Articles</div>   | Words connected with <i>food</i><br>Phrasal verbs<br>Word formation: adjectives / nouns / verbs  |
| <div>6</div> <div></div>   | <b>Shopping around</b><br>(SHOPPING AND SERVICES)<br>p 64–73 | <i>At your service!</i><br>Identifying paraphrasing<br> <b>Matching</b>   | <div> Past perfect simple and continuous<br/>Comparatives and superlatives</div>                                  | Words connected with <i>shopping</i><br>Phrasal verbs<br>Idioms for <i>shopping and spending</i>   |
| Review Units 5 and 6: <b>Optimise your well-being</b> <b>The gift of giving</b> / <b>Revise Grammar and vocabulary</b> /   |  |  |  |  |
| <div>7</div> <div></div>   | <b>Your own style</b><br>(FASHION)<br>p 76–85                | <div> <i>Clothing in Ghana</i><br/><i>New generation goes retro</i><br/>Understanding implication<br/> <b>4-option multiple choice</b></div>             | <div> The passive<br/>Question tags</div>   | Words connected with <i>clothes and accessories</i><br>Phrasal verbs<br>Word formation: adjectives / nouns / verbs                                       |
| <div>8</div> <div></div>   | <b>Your best shot</b><br>(SPORT)<br>p 86–95                  | <i>Sporting success!</i><br>Understanding time words and phrases<br> <b>Gapped text</b>   | <div> Conditionals (1): zero, first and second conditionals<br/>Time clauses</div>                                | Words connected with <i>people in sport</i><br>Phrasal verbs<br>Collocations with <i>do</i> , <i>play</i> and <i>go</i>                                  |
| Review Units 7 and 8: <b>Optimise your well-being</b> <b>Connect with others</b> / <b>Revise Grammar and vocabulary</b> /  |  |  |  |  |
| <div>9</div> <div></div>   | <b>Let's have fun!</b><br>(ENTERTAINMENT)<br>p 98–107        | <div> <i>Entertainment we enjoy</i><br/><i>Bored? Here are eight ways to have fun!</i><br/>Understanding attitude and opinion<br/> <b>Matching</b></div> | <div> Conditionals (2): third conditional<br/>The causative</div>   | Words connected with <i>people in the media</i><br>Phrasal verbs<br>Word patterns  |
| <div>10</div> <div></div>  | <b>Learning better</b><br>(EDUCATION)<br>p 108–117           | <i>Time for change?</i><br>Understanding linking words and phrases<br> <b>Gapped text</b>   | <div> Reported speech<br/>Reported questions</div>  | Words connected with <i>studying</i><br>Phrasal verbs<br>Idioms for <i>education and learning</i>  |
| Review Units 9 and 10: <b>Optimise your well-being</b> <b>Lifelong learning</b> / <b>Revise Grammar and vocabulary</b> /   |  |  |  |  |
| Preview B1+ p 120–123  |  | Grammar: future perfect, modal perfect   |  |  |
| OPTIMISE YOUR EXAMS B1 PRELIMINARY FOR SCHOOLS  ▶ <b>READING</b> p 124–127 ▶ <b>WRITING</b> p 128–129 |  |  |  |  |
| Grammar reference p 136–148  |  | Vocabulary reference p 149–157   |  | Writing reference p 158–162 Irregular verbs p 163  |













**Vocabulary:** words connected with *appearance and personality*, word formation: nouns with *-ity / -ness*, collocations with adjectives

| LISTENING  | SPEAKING  | LANGUAGE IN USE  | WRITING   |
|--|---|--|---|
| Predicting<br> 3-option multiple choice   Interview                         |  Saying where things are<br> Extended turn   Photos | Result clauses<br> 4-option multiple-choice cloze | Using the right style<br> An article<br> Learning to Learn: Knowing your strengths and weakness |
| Listening for attitude and opinion<br> 3-option multiple choice   Dialogues |  Making suggestions<br> Discussion   Pictures       | Particles in phrasal verbs<br> Open cloze         | Choosing positive and negative points<br> A review<br> Learning to Learn: Setting goals         |













Action plan Exam skills p 30–31

|   |   |   |  |
|---|---|---|--|
| Listening for the main idea<br> 3-option multiple choice   Dialogues |  Expressing opinions<br> General conversation | Connectors of contrast<br> Key word transformation | Giving your opinion<br> An article<br> Learning to Learn: Saving time            |
| Understanding the situation<br> 3-option multiple choice   Interview |  Talking about habits<br> Questions           | Words formed from verbs<br> Word formation         | Using narrative tenses<br> A story<br> Learning to Learn: Participating in class |













Action plan Exam skills p 52–53

|  |   |   |   |
|--|---|---|---|
| Recognising similar meanings<br> Gap fill  |  Describing situations and actions<br> Extended turn   Photos | Collocations<br> Open cloze                     | Making suggestions<br> An email<br> Learning to Learn: Learning new vocabulary       |
| Understanding context and relationships<br> 3-option multiple choice   Pictures |  Asking questions<br> General conversation                  | Nouns connected with people<br> Word formation | Using direct speech<br> A story<br> Learning to Learn: Taking notes while listening |

Action plan Exam skills p 74–75

|   |  |   |   |
|---|--|---|---|
| Knowing what type of information to listen for<br> Gap fill            |  Discussing alternatives<br> Discussion   Pictures | <i>-ing</i> and infinitives<br> Key word transformation        | Writing descriptions<br> A story<br> Learning to Learn: Improving your reading skills       |
| Identifying incorrect options<br> 3-option multiple choice   Dialogues |  Talking about other people<br> Questions          | Verbs with similar meanings<br> 4-option multiple-choice cloze | Expressing preferences<br> An email<br> Learning to Learn: Evaluating yourself / classmates |

Action plan Exam skills p 96–97

|  |  |   |   |
|--|--|---|---|
| Note-taking<br> Gap fill  |  Listening and responding<br> General conversation | <i>wish</i> and <i>if only</i><br> Open cloze                  | Describing how to do something<br> An article<br> Learning to Learn: Using a dictionary |
| Understanding implication<br> 3-option multiple choice   Pictures |  Expressing uncertainty<br> Extended turn   Photos | Nouns with similar meanings<br> 4-option multiple-choice cloze | Understanding notes<br> An email<br> Learning to Learn: Revising for exams              |

Action plan Exam skills p 118–119

**Vocabulary:** words connected with *natural habitats*, phrasal verbs, word formation: adjectives, nouns and verbs

► LISTENING p 130–131 ► SPEAKING / ► SPEAKING TEST VIDEO p 132–135

Speaking reference p 164–165