



Unit & Title	Lesson & Title	Aim	Grammar	Vocabulary
1 Health & fitness	A The road to good health	Develop fluency in discussing health and fitness by using the simple present, present continuous, and present perfect, along with phrasal verbs with "get", to describe habits, ongoing actions, and past experiences.	Simple present vs. present continuous vs. present perfect for describing routines, ongoing actions, and experiences.	Health and fitness-related terms: "workout," "aerobic," "nutrition," "routine." Phrasal verbs with "get" related to challenges and achievements in maintaining a healthy lifestyle and expressions for discussing personal habits and fitness goals.
	B Mood & nutrition	Develop the ability to ask and answer questions about nutrition and healthy habits using interrogative forms in the simple present, present continuous, and present perfect.	Question formation in the simple present, present continuous, and present perfect. WH-questions and Yes/No questions related to lifestyle and nutrition.	Nutrition-related terms: "calorie intake," "balanced diet," "natural sweeteners," "harmful additives," "sodium-rich food." Common questions used in discussions about food choices and diet habits.
	C Self-care & lifestyle choices	Develop the ability to discuss future events related to health and well-being using the simple present for future meaning and expressions of opinion.	Future meaning with the simple present and expressions of opinion.	Health and wellness-related terms: "physician," "burnout," "track," "enhance," "treat," "address." Language for discussing health apps and technology in wellness and common expressions used to give opinions about health trends and personal habits.
	D Skilfull Mindset	In lesson four, students will apply the language and vocabulary from the first three lessons through communicative activities designed to build fluency and confidence. These tasks help consolidate prior knowledge while transitioning from controlled practice to freer expression, promoting both accuracy and fluency.		
2 Emotions	A Your online personality	Develop the ability to describe different personality traits and discuss the impact of social media on personality using "used to" and "would" for repeated past actions.	"Used to" and "Would": to describe repeated actions or states in the past.	Personality-related terms: "intrusive," "kind," "understanding," "dependable," "stubborn," "sociable," "respectable," "impatient," "vain," "pessimistic."
	B Love & relationships	Discuss how social media influences humor, authenticity in online jokes, and the role of laughter in shaping personality and emotions.	Adverbs of degree to vary adjectives: eg. His sense of humor is extremely sarcastic, the humor in that movie was rather dark, that joke was slightly awkward.	Humour-related vocabulary. Eg different types of humour, reactions to humour, adjectives and idioms related to humour.
	C The power of laughter	Talk about the impact of social media on personality and discuss authenticity using relevant vocabulary and reading comprehension.		Words to describe deep emotions and moods. Words and phrases to uplift and encourage. Adverbs of degree to modify adjectives.
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3 Tourism	A Travel sustainably	Develop the ability to discuss the principles and impact of ecotourism and sustainable development using relevant vocabulary and reading comprehension.	Past Perfect and Past Perfect Continuous: Includes the use of these tenses to describe actions completed before another action in the past. Question Formation: Focus on forming questions in these past tenses.	Ecotourism and sustainable development-related terms: "ecotourism," "sustainability," "greenwashing," "renewable energy," "conservation." Language for discussing environmental practices and policies. Common expressions used to describe eco-friendly actions and initiatives.
	B The price of paradise	Use the past perfect tenses to discuss the problems caused by over-tourism and the solutions that had been proposed to address them.	Past perfect and past perfect continuous to provide justification.	Words and linkers to use for justification, eg "as a consequence", "owing to the fact that" etc. Words related to issues surrounding over-tourism.
	C The perfect holiday	Learn how to describe actions using adverbial phrases and to effectively recount past events and experiences.	Adverbial Phrases (Types: Manner, Place, Time, Frequency, Degree, Viewpoint). Placement Rules for Adverbial Phrases. Exclamatory clauses used to emphasize opinions and reactions.	Descriptive adjectives related to holidays and nature: "cheerful," "tranquil," "enchanted." Sequencing adverbs and phrases: "initially," "eventually," "meanwhile."
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4 Mysteries	A Unexplained mysteries	Use modal verbs to make deductions and speculations about strange happenings and controversial issues.	Modals of deduction and speculation for present and past.	Words to describe mysterious events: "abandoned," "haunted," "mysterious," "reluctant," "unravel." Adverbs of certainty and probability.
	B The unknown ahead	Use if and unless to talk about conditional statements and predict outcomes based on different scenarios.	First conditional for likely future results. Second conditional for hypothetical situations. Using unless as a conditional alternative.	Words related to extraterrestrial life: "alien," "evidence," "existence," "UFO," "hoax." Expressions for discussing hypothetical situations: "If we made contact...", "Unless we prepare...",
	C Encounters beyond Earth	Use vocabulary and structures to express and explore different hypothetical scenarios and their outcomes.	Second conditional for hypothetical present/future situations. Third conditional for hypothetical past situations.	Words to describe hypothetical situations: "abduction," "bizarre," "doubtful," "encounter," "hypothetical." Verbs for speculative actions: "dare," "engage," "inhabit."
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5 Money talks	A The language of wealth	Develop the ability to discuss money, finances, business, and the economy using defining and non-defining relative clauses to provide essential and additional information.	Defining and non-defining relative clauses to describe people, things, and concepts. Relative pronouns: who, which, that (for essential and extra information).	Words related to finance & banking: "budget", "account", "loan", "currency".
	B Smart money	Understand and use words, phrasal verbs, and collocations related to money and business to talk about managing finances.	Common collocations with "do," "make," "take," and "pay" (e.g., "do research," "make a budget," "take a loan," "pay off debt").	Words related to business and economy: "credit," "investment," "inflation," "capital."
	C Money moves	Identify and use idioms, collocations, and intensifiers related to money and business.	Modifiers and intensifiers to enhance descriptions (e.g., "extremely expensive," "very careful," "absolutely necessary").	Money Verbs and Idioms: "earn," "spend," "invest," "money doesn't grow on trees," "pouring money down the drain."
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6 The Universe	A The future of space	Use the future continuous to describe ongoing actions in the future, particularly in the context of space travel.	Future continuous for ongoing future actions.	Words related to space exploration: "astronaut," "spacecraft," "microgravity."
	B Mission to the future	Review different future forms to describe planned, scheduled, and continuous actions related to space exploration.	Future forms review: will, going to, present continuous for future, future perfect and future continuous.	Talking about space & missions: "satellite," "orbit," "mission control."
	C Powering the future	Use negative prefixes with adjectives and verbs while discussing energy and sustainability.	Negative prefixes to form opposites (e.g., "unsustainable," "irreversible," "mismanage").	Phrases and words to talk about energy & environment: "renewable," "biofuel," "pollution."
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7 The Climate	A Storm watch	Use accurate language to discuss weather, climate change, and extreme weather conditions.	Order of adjectives to describe weather phenomena (e.g., "a violent, destructive hurricane").	Extreme weather conditions: "blizzard," "drought," "mist."
	B Changing skies	Use language structures and vocabulary to describe weather changes over the years.	Used to, be used to, and get used to for describing past and current weather habits.	Words to describe weather changes and climate shifts.
	C Wild weather	Describe weather conditions using idioms and collocations to enhance fluency and expression.	Weather-related idioms and common collocations with weather.	Words to describe changing weather and common weather collocations.
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8 Science	A Science unlocked	Use causative structures to discuss scientific discoveries and the future of technology.	Causative structures (have/get something done) to describe actions done by someone else	Words to describe scientific advancements: "breakthrough," "research," "progress." Words related to technology: "accurate," "rate," "field," "aim."
	B Innovating the future	Use passive tenses to describe scientific and technological advancements.	Passive voice in different tenses to emphasize actions and results.	Words to describe scientific progress and technology: "compound," "matter," "cause."
	C The digital world	Use adjectives as nouns and fixed expressions with make and do to discuss technology.	Adjectives as nouns to refer to groups, fixed expressions with make and do.	Words to describe technology: "applications," "database," "interactive."
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9 Mysteries	A My future	Practice using phrasal verbs with "take" and expressions with "wish" and "if only" to describe various actions and hypothetical situations effectively.	Phrasal verbs with "take" (e.g., take up, take over, take back, take off, take down). Expressions with "wish" and "if only" (e.g., wish + past simple, wish + past perfect, wish + would/wouldn't, wish + could/couldn't).	Career-related words: "electrical systems," "financial records," "creativity," and phrasal verbs with "take."
	B If only...	Develop the ability to express regret or a desire to change something about the past using appropriate phrases.	Use of "I wish" / "If only" and "I should have" to express regret or a desire to change something about the past.	Words and phrases related to university life and regrets: "major," "bachelor's degree," "term," "semester," "seminar," "career advisor."
	C School regrets	Learn to use verb patterns and structures to talk about education and express regrets effectively.	Verb patterns with regret + gerund or infinitive.	Topics related to different types of schooling: "attend school," "curriculum," "enrol," "grades," "peers," "private school," "public school."
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10 Traditions	A Cultural connections	Use defining and non-defining relative clauses to talk about culture and traditions.	Defining relative clauses to give essential information, non-defining relative clauses to add extra details.	Words to describe culture and traditions: "tribe," "tradition," "folklore," "ritual," "heritage," "ethnicity," "dialect," "indigenous."
	B Exploring cultures	Use participle clauses to describe English-speaking countries, their culture, and society in a more concise way.	Present participle clauses for simultaneous actions, past participle clauses for passive meanings, perfect participle clauses for completed actions before another.	Words related to culture and society: "folk music," "diversity," "native," "immigration," "tourist attraction."
	C Living traditions	Use like for descriptions about cultures and societies in English-speaking countries.	Using 'like' for descriptions, making comparisons with 'like'.	Words related to cultural experiences: "cottage," "gastronomy," "icon," "souvenir," "to plan ahead."
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11 Literature	A The art of storytelling	Use language to discuss literature, literary elements, and genres while making comparisons between different aspects of storytelling.	Comparative adjectives to compare elements of literature, as...as to express similarity, expressions to show big or small differences.	Words related to literature: "genre," "plot," "character," "setting," "theme," "literary elements," "narrative."
	B Beyond the page	Use adjectives and adverbials for inversion to discuss literary genres and describe books in a more expressive and engaging way.	Inversion with negative adverbials for emphasis, using inversion for dramatic effect, common adverbials for inversion.	Words related to literary genres: "fiction," "non-fiction," "fantasy," "drama," "poetry," "novel," "author's purpose."
	C Choices and consequences	Use modals ('should have,' 'shouldn't have,' 'ought to have' + past participle) to discuss characters' choices, motivations, and consequences in literature.	Modals for past speculation and advice.	Expressing regret, missed opportunities, and recommendations about characters' decisions, words for literary analysis: "analysis," "interpretation," "context," "perspective," "tone," "mood."
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12 Current Affairs	A What they said	Use advanced reported speech to discuss news and media coverage more precisely.	Reported speech transformations: simple past → past perfect, future (will → would, shall → should), past continuous → past perfect continuous.	Media-related terms: "headline," "coverage," "press conference," "source," "broadcast," "anchor."
	B Words that matter	Use nuanced reporting verbs to accurately convey statements, claims, and perspectives in current affairs.	Advanced reporting verbs, common reporting verbs for different contexts: to share information, to express doubt or denial, to give warnings or advice.	News-related terms: "breaking news," "misinformation," "fact-checking," "press release."
	C Voicing emotions	Use indirect questions to discuss emotions, opinions, and concerns about current events.	Indirect questions for expressing curiosity or emotion, mixed tenses in indirect speech for different time frames.	Current affairs terms: "policy," "legislation," "reform," "public opinion," "controversy."
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