

Scope and sequence

	GRAMMAR	VOCABULARY	PRONUNCIATION	READING	LISTENING	WRITING	COMMUNICATION SKILL	CRITICAL THINKING	USEFUL LANGUAGE
1 All about me <i>Pages 10–21</i> 	adverbs of frequency; present simple and present continuous	personality adjectives	stressing words to express strong opinions, saying long and short sounds (1): /i:/ and /ɪ/	an article about personality; skimming	an explorer talks about her personality; listening for opinions	a personal profile; adapting your writing style	talking to people you don't know	recognizing the purpose of a text	asking how often; expressing agreement and disagreement
2 Memory <i>Pages 22–33</i> 	past simple; making questions	school subjects	saying past form endings (-ed); understanding fast speech: how words change	a blog post about memory; understanding reference (1): recognizing synonyms	an explorer talks about how she remembered things at school; dealing with unfamiliar vocabulary	a story; giving reasons	showing interest when listening	thinking about the quality of information	responding actively in conversation; adding interesting details to a story
3 Food for thought <i>Pages 34–45</i> 	past simple and past continuous; indefinite pronouns	food	understanding weak forms (1): was and were; stressing words to express meaning	an article about where foods come from; understanding how a text is organized	an interview with a restaurant owner; listening for reasons	a recipe; giving clear instructions	making your reasons clear	recognizing direct and indirect ideas; solving possible problems	giving reasons
4 Goals and ambition <i>Pages 46–57</i> 	future plans; will and won't for promises, offers and spontaneous decisions	motivation	understanding weak forms (2): prepositions and articles; saying words beginning with /p/ and /b/	an online article about a climber; scanning	a podcast about motivation; recognizing fillers	an online forum; using apostrophes	giving encouraging feedback	categorizing	giving encouraging feedback; talking about goals
5 Home and away <i>Pages 58–69</i> 	zero and first conditionals; comparatives and superlatives	extreme adjectives	understanding contractions of auxiliary verbs; saying /f/ and /v/	a review of a TV series; finding meaning (1): using context	explorers talk about memorable places they have stayed; understanding the key points	online messages; being clear and friendly in messages	showing flexibility	identifying a writer's opinion; prioritizing	being a flexible guest and host; arranging a stay
6 Journeys <i>Pages 70–81</i> 	present perfect with ever/never; verb patterns: -ing and to + infinitive	air travel	saying long and short sounds (2): /ɑ:/, /ʌ/ and /æ/; noticing difficult consonant sounds	an article about unusual ways to get to work; understanding reference (2): pronouns and determiners	a bird expert talking about bird journeys; using information you already know	an email to a travel company; choosing informal or more formal language	understanding other English speakers	choosing the best option	checking understanding; using informal and more formal language in emails

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Inspiration for change Pages 82–93 	defining relative clauses; <i>used to</i>	the environment	understanding different accents; understanding elision (1): <i>used to</i>	five texts about important inventions; finding meaning (2): using definitions	a conversation about cleaning up the environment; predicting the content	a blog post; using paragraphs and topic sentences	persuading people	finding connections	talking about things that inspire you; persuading people; introducing topics
The world of work Pages 94–105 	present perfect and past simple; <i>yet, just</i> and <i>already</i>	jobs	saying the final /n/ sound; understanding linking sounds: /w/ and /j/	an article about the changing world of work; understanding cause and effect	an explorer talks about her work; making mind maps	a CV; proofreading and checking information	making a good impression at an interview	combining information from different sources	using positive language at an interview; writing about your skills and experience
Health and happiness Pages 106–117 	second conditionals; <i>must, have to, should</i>	health and illness	saying long and short sounds (3): /ɔ:/ and /ɒ/; understanding elision (2): in negative auxiliaries	an article about living without pain; identifying supporting examples	an explorer talks about his health; staying positive when you don't understand	an online diary; keeping the reader interested	saying 'no' when you need to	reflecting on how things make us feel; finding positives in negative situations	saying 'no' politely
Entertainment Pages 118–129 	past perfect; articles	film and TV	understanding the past perfect; saying words starting with /str/	two folk tales; understanding sequence in a story	an explorer talks about what he does for entertainment; listening for general meaning	a review; giving opinions	showing you value people	identifying the moral	showing that a relationship is important; describing a show
Challenges Pages 130–141 	reported speech; <i>can, could, be able to</i>	adjectives to describe feelings	understanding connected speech: <i>told</i> ; saying /tʃ/ and /dʒ/	four different text types about social media challenges; recognizing genre and message	an explorer talks about working in extreme conditions; listening for signposts	a report; writing factual information	asking for help	connecting a topic to personal opinions and experiences	asking for help; writing reports
Technology Pages 142–153 	passives; modals of prediction and possibility	technology	saying final -s sounds; saying final consonants: /g/ and /k/	an article about art and technology; recognizing paraphrase	explorers talk about technology; taking notes when you listen	an online returns form; giving only necessary information	taking turns on a group video call	drawing conclusions	managing a group video call; describing a problem