

UNIT	VOCABULARY	GRAMMAR	READING
O GET STARTED! page 10	Things in the classroom Numbers Dates	Verb be there is / there are have got can Present simple	
1 SPORTS AND GAMES page 14	Sports Ə/ei/ and /aɪ/ Sports equipment	Adverbs of frequency	Teenblog: Sport Try these sports!
2 THIS IS MY DAY page 18	Daily routines Food The sound /ə/	Present continuous and simple	Tell us about your day
Culture The Paralympic Ga	mes page 22		
3 GREAT SOUNDS page 24	Music phrases	like, don't like, hate, love + -ing Talking about music	Starting in the music business
4 IT WAS AWESOME! page 28	Adjectives Emotions	Past simple of be a was/were	Activity days – latest reviews
Life Skills Collaboration: Re	eaching agreement page 32		
Review 1 Units 1–4 page 34			
5 MOMENTS IN HISTORY page 36	Historical events Buildings	Dates with <i>in</i> and <i>on</i> Past simple: regular verbs Past simple -ed	Women in history The Great Fire
6 WHAT A GREAT JOB! page 40	Jobs Ə Three-syllable words Work	Past simple: negatives and questions	50 weeks, 50 states, 50 different jobs Students at work!
Culture Saturday jobs page	· 44		
7 AN EXCITING TRIP page 46	Holidays (1) Holidays (2) Ə Sounds and spelling	Past simple: irregular verbs	Crossing the world on a rickshaw to see the Olympics
8 FAVOURITE PLACES page 50	Bedroom furniture 3/31/ and /21/ Free-time activities	someone, anyone, etc. Signs, notices and messages	Everyone needs a favourite place Artists' favourite places to work
Life Skills Physical well-bei	ng: Safety at home page 54		
Review 2 Units 5–8 page 56			
9 CLOTHES AND FASHION page 58	Clothes Materials Words beginning with /s/, /ʃ/, /tʃ/	Pronouns and determiners	What's your best buy? They're made of what?
10 BUYING THINGS page 62	Buying and selling Phrases with <i>for</i>	some, any, a lot of, a few, a bit of \Im Weak forms: $/\Im$	What kind of shopper are you? Two young entrepreneurs to watch
Culture Shopping page 66			

LISTENING	SPEAKING	WRITING	VIDEO
	Classroom language Ask and answer questions about personal details The alphabet		
An interview about an unusual sport	Talking about sports		
A description of a morning routine Interviews about getting up in the morning		A paragraph about your routine	
			Paralympic athletes?
A conversation about music and musical instruments A conversation about a music school Semail addresses, phone numbers and names	Giving opinions about music and musical instruments		Great Sounds
Conversations about experiences Five short conversations		A description of a party	
An interview about a moment in history	Giving a presentation about a moment in history		
A conversation about work experience		A paragraph about work	D Jobs
			Summer camp
A conversation about holidays A description of a journey	Telling a travel story		▶ Holidays
Descriptions of favourite places		A description of a favourite place	
Descriptions of unusual things to use to make clothes	Describing what someone is wearing		
Five short conversations		A story about a problem buying something online	
			Street fairs everywhere

UNIT	VOCABULARY	GRAMMAR	READING		
11 EATING OUT page 68	Food (1) Food (2) Ə/ʌ/ and /ɒ/	as as Comparative adjectives	Menus Street food around the world		
12 THE LATEST TECHNOLOGY page 72	Technology Computers and the internet	Superlative adjectives 3 Stress in superlatives	Did you know? The history of computers		
Life Skills ICT literacy: Writi	ng a blog page 76				
Review 3 Units 9–12 page 7	8				
13 HEALTHY BODIES page 80	Illness Health	should/shouldn't Ə Silent consonants	What is so great about running?		
14 GETTING AROUND TOWN page 84	Places in town Compound nouns Ocompound nouns	Prepositions	A description of a town A trip to Edinburgh		
Culture Scotland page 88					
15 MYSTERIES IN NATURE page 90	Geographical features The weather	Past continuous Past continuous Rising and falling intonation	Is the story real? Loch Ness		
16 AMAZING ANIMALS page 94	Animals Phrasal verbs Ə/uː/ and /ʊ/	Past simple and past continuous	Bear to the rescue Our animal friends		
Life Skills Social responsib	ility: Protecting animals page 9	98			
Review 4 Units 13–16 page	100				
17 WHAT ARE YOU WATCHING? page 102	Television Entertainment	Future with going to a Going to	Talent shows		
18 MAGAZINES AND BOOKS page 106	Magazines as, because, so and when	Making suggestions 3 Intonation	Read and Review		
Culture British TV around tl	he world page 110				
19 SCHOOL CAN BE FUN! page 112	Trip activities School collocations	have to / don't have to a have to / has to	The flipped classroom – what's it all about?		
20 FAMILIES page 116	Family Adverbs of degree	Adverbs of manner The letter <i>i</i>	What's it like to grow up in a big family?		
Life Skills Emotional skills:	Being a good friend page 120				
Review 5 Units 17–20 page	122				
Extra activities page 124					
Vocabulary list page 127					
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Key to symbols:

List of irregular verbs page 158



LISTENING	SPEAKING	WRITING	VIDEO
A conversation about a street food festival	Ordering food		Street foods
A conversation about a new computer		An email to a friend	▶ Technology
Conversations about health problems A conversation about a race	Giving advice		▶ Health problems
A conversation about a visit to Edinburgh		An article about a city	
			A view of Scotland
A story about looking for the Loch Ness monster	A story about a strange animal		
An interview about looking after pets		A story	♠ Animals
A conversation about watching a football match A conversation about a talent show	Talking about TV programmes		
A conversation about a school magazine A review of a film		A review of a film, play or book	▶ Books we like
			The world of British TV
A talk about a school trip A description of a boarding school	Giving a presentation about your perfect school		School life
A talk about a family tree Descriptions of families		A description of your family	



VOCABULARY

Things in the classroom

Match the words in the box to the letters A-P in the photo.

board chair coat bag exercise book door computer pencil case map pen rubber poster ruler teacher textbook window

Then listen, check and repeat.

GRAMMAR

Verb be

I am he/she/it is you/we/they are

What colour is each thing? Write five sentences. In pairs, ask and answer the questions.

A: It's blue and white. **B:** Is it the coat?

A: Yes, it is.

there is / there are

2 Look at the photo and read the sentences. Write yes or no.



- **O** There's a rubber on the table. yes
- 1 There are five students in the classroom.
- 2 There's a red pencil case on the table.
- **3** There's a blue bag on a chair.
- 4 There's a computer near the window.
- **5** There's a poster on the wall.
- 6 There's a bag on the floor.



Look at the photo and listen to the questions. Complete the table with a tick (✓) for the right answers.



	Yes, there is.	Yes, there are.	No, there isn't.	No, there aren't.
1		~		
2				
3				
4				
5				

Work with a partner. Student A, look around your classroom for 60 seconds, and then close your eyes. Student B, ask questions about the classroom.

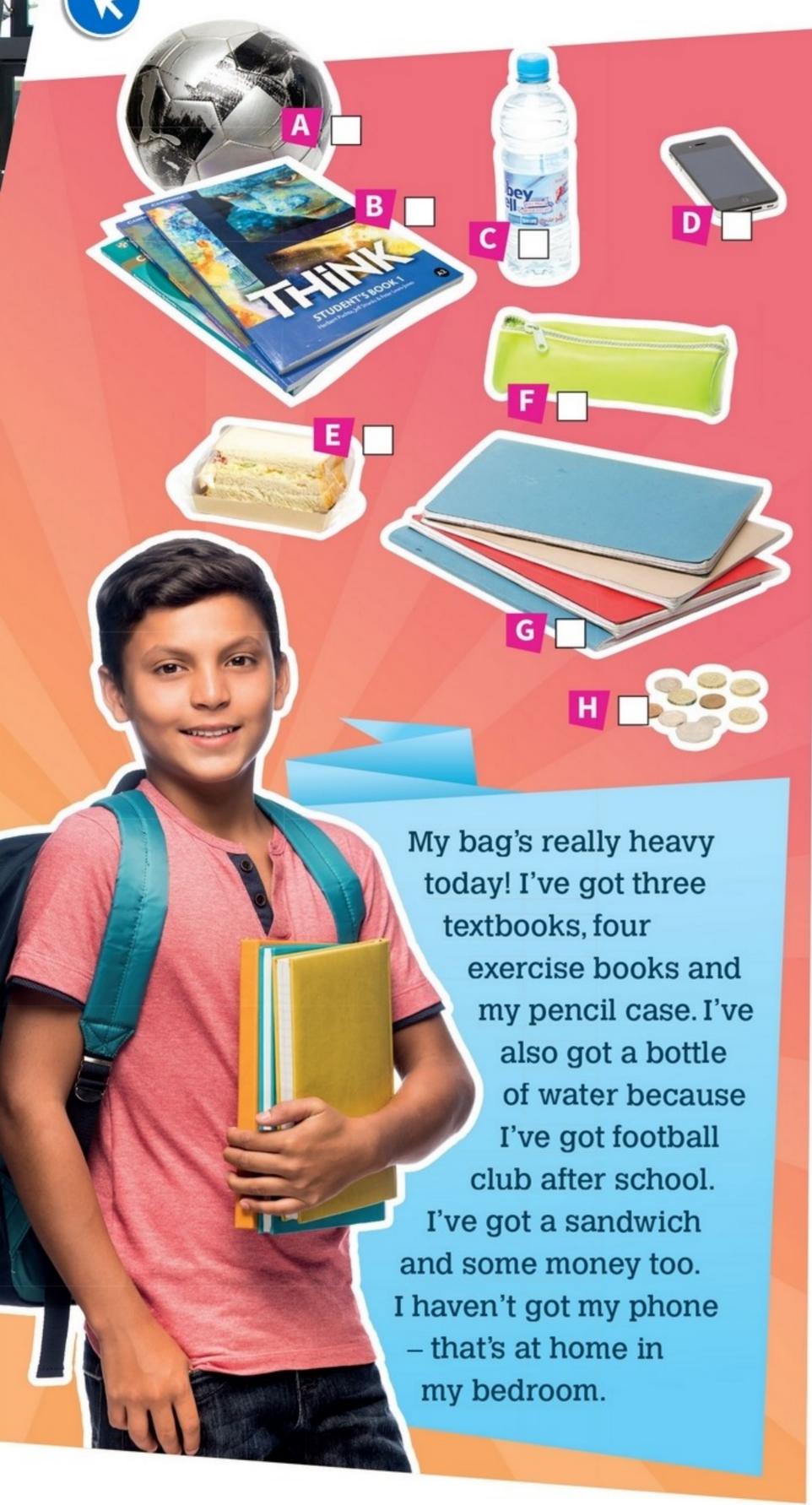
B: Is there a green bag under my desk?

A: Yes, there is. / No, there isn't.

A: Are there any coats near the door?

B: No, there aren't.

5 Read what Simon says. Tick (✓) the things he's got in his bag.



- 6 In pairs, ask and answer the questions.
 - A: What have you got in your bag today?
 - B: I've got ...
 - **A:** Have you got a/an/any in your bag today?
 - B: Yes, I have. / No, I haven't.

Write five sentences about your partner.

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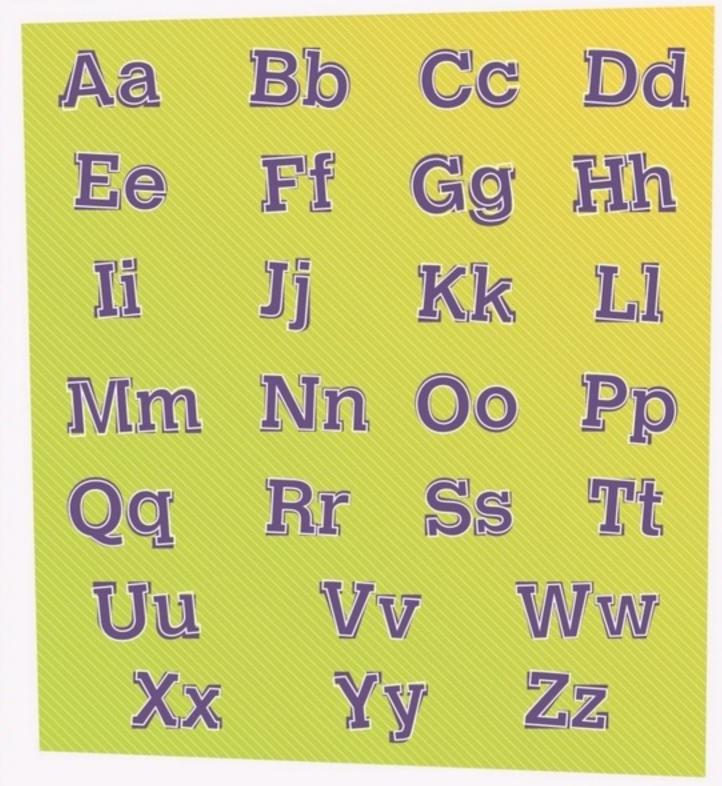
SPEAKING



PRONUNCIATION

The alphabet

Listen and repeat.



In pairs, read out the names of the letters and complete the table with the letters that sound the same. Two columns have no additional letters!

Α	В	F	1	0	U	R
Н	C					

Listen and check.

Complete questions 1–6 with the words in the box. Then match the questions to answers a–f.



borrow mean page repeat say spell

1	I'm sorry, can	you	that, please?
2	How do you	Ŀ	onjour in English?
3	What	are we	on?
4	How do you	•	because'?
5	Can I	your rul	er?
6	What does 'in	pairs'	?
а	B-E-C-A-U-S-E		
b	Sure, here you	u are.	
c	With your par	tner.	
		The second secon	

- d I said, 'please do Exercise 3'.e 19, I think.
- f Hello.

VOCABULARY

Numbers



Listen and repeat.



Listen and choose the numbers you hear.



a	25	15	39
b	13	30	70
C	41	61	91
d	14	16	40
e	17	19	90
f	15	50	80

Dates



3 Say the months in the correct order.



Listen and write the dates.



When we **say** dates, we **say** the and of:
My birthday is on **the** ninth **of** June.
When we **write** dates, we don't write the or of:
My birthday is on 9th June.

1 1st March

In pairs, compare your answers. Say the dates.

- 5 In small groups, ask and answer the questions.
 - When / your birthday?
 - What / today's date?
 - When / your mum's/dad's birthday?

Write the dates of all the students in your group.





=	Calendar					Q
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st	2nd	3rd	4th	5th	6th	7th
8th	9th	10th	11th	12th	13th	14th
15th	16th	17th	18th	19th	20th	21st
22nd	23rd	24th	25th	26th	27th	28th

31st

30th

Match the photos A-H to the words in the box.

make a cake play tennis draw a car ride a bike run 5 km speak three languages stand on your head swim underwater

















In pairs, ask and answer about the activities in Exercise 1.

Can you play tennis?

Yes, I can.

Can you swim under water?

No, I can't.

Now ask around the class. How many people can ...

- swim under water?
- speak three languages?
- ride a bike?
- play tennis?
- draw a car?

Present simple

Read about the students and answer the questions. Use complete sentences.

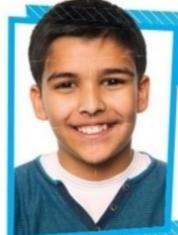


- 1 Does Tyler like music?
- 2 How many brothers has Jason got?
- 3 What sport does Millie like?
- Where does Tyler want to go?
- What does Jason do every day?
- 6 When does Millie go shopping?



Hi, my name's Tyler.

I've got a brother and a sister. I like music and I love travelling. I want to go to China.



Hello, I'm Jason.

I haven't got any brothers or sisters. I like all sports and I play football every day.



Hello, my name's Millie.

I like swimming and I often go shopping with my sister on Saturday. I love sweets but I don't like ice cream.

Work with a partner. Ask and answer the questions.



- 0 / do sports every day?
- A: Do you do sports every day?
- **B:** Yes, I do. I play tennis after school every day.
- 1 What kind of music / like?
- **2** / like travelling?
- 3 / play football at school?
- 4 / like swimming?
- 5 What / favourite food?

Now tell the class.

Manuela doesn't like swimming. She likes ...

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SPEAKING

Write questions to find out about your partner's ...

- age
- address
- phone number
- brothers and sisters
- favourite pop star favourite school
 - subject

In pairs, ask and answer the questions. Then write sentences about your partner.

SPORTS AND GAMES



ABOUT YOU

Do you like basketball, football or tennis? Which sport do you prefer? Do you play any sports?



VOCABULARY





Sports



1 Match the pictures A–M to the words in the box.

(EP)

do athletics
do gymnastics
go cycling
go sailing
go skating
go snowboarding
go surfing

play badminton play baseball play hockey play rugby play table tennis play volleyball



Listen and check. Then repeat.

- 2 In pairs, ask and answer the questions.
 - Which of the sports do you do in teams (a group of people)? Which do you do alone (just one person)?
 - 2 Which of the sports can you do both in teams and alone?
 - **3** Which of these sports do *you* do?
 - **4** Do you prefer team sports or sports you do alone? Why?



- 4 Read Sophie's and Ben's blogs. Who does their sport every week? Who can't do their sport where they live?
- 5 Read about Sophie and Ben again and answer the questions.



- 1 How many women and girls do Sophie's sport?
- 2 What does Sophie do at the weekend?
- **3** What does Sophie want to do at Loughborough University?
- 4 Where does Ben prefer to be?
- 5 Why does Ben go snowboarding every day?
- 6 Ben says he's 'goofy-foot'. What does 'goofy-foot' mean?

TEENBLOG: SPORT

Post about you and your sport here.

PRONUNCIATION

/eɪ/ and /aɪ/

3 Put the words into the correct column.

b<u>a</u>seball b<u>i</u>ke fly pl<u>ay</u> r<u>i</u>ding sk<u>a</u>ting

/eɪ/ s<u>ai</u>ling /aɪ/ cycling

Listen and check. Then repeat.

It's fun!

My sport is ... rugby! That's me in the photo.

People think that rugby is for boys, but that's not true. More than 18,000 women and girls play rugby in England. My team always

rugby in England. My team always
plays a match on Saturday or
Sunday, and I usually go to practice
games three times a week. It's hard
work, but it's never boring! I'm 14
and I play for the U15s. That's the
team for players under the age of 15.
When I'm older, I want to go to the rugby
summer camp at Loughborough University.
My favourite player, Fran Matthews,

went there and now she plays for the England national rugby team.

GRAMMAR

Adverbs of frequency

We use the present simple to talk about things we do often or every day.

I go snowboarding every day.



1 Look at these examples from the blogs. The adverbs of frequency are in purple.

My team always plays a match on Saturday or Sunday. It's never boring. It's usually quiet.

I **often** go with my little sister and other young people. I **sometimes** go snowboarding with Mum.

Write the words in purple on the right place on the line.

0%				100%
а	b	c	d	е
***************************************				***************************************



- 2 Answer the questions.
 - 1 Which sentences in Exercise 1 have a present simple verb?
 - 2 Which sentences in Exercise 1 have the verb be?



3 Choose the correct words to complete the rules.

In sentences with the **verb be**, we put the adverb of frequency before / after the **verb**.

In sentences with the **present simple**, we put the adverb of frequency before / after the **verb**.

Goofy-foot or regular?

I love the snow and the mountains. I feel at home there. I live in a city and there's no snow here, but in the holidays, I always go to the mountains with my family. I sometimes go snowboarding with Mum, but I often go with my little sister and other young people. Mum usually skis with my dad, and my sister and I like spending more time in the snow than they do. It's usually quiet. When we're in the mountains, I go snowboarding every day and I'm getting really good. I often think about the future - I want to be a famous snowboarder one day, like Max Parrot. Oh, and I'm goofy-foot that means I put my right foot at the front of the board.

Posted by Ben James



4 Read the examples and choose the correct words to complete the rules.

People don't always play sport in teams.
Ben doesn't usually go snowboarding with his dad.
Do you sometimes play volleyball with friends?
Is rugby often dangerous?
Football isn't always boring!

In negatives and questions with the **present simple**, we put the adverb of frequency *before* / *after* the **main verb**.

In negatives and questions with the **verb be**, we put the adverb of frequency **before** / **after** the verb **be**.

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- 5 Put the adverbs in the right place to complete the sentences and questions.
 - 1 I play hockey at school on Fridays. (usually)
 - 2 Sophie is tired after rugby matches. (often)
 - 3 People don't go sailing in teams. (always)
 - 4 My uncle and my dad play table tennis. (never)
 - **5** Is gymnastics dangerous? (sometimes)
 - 6 Do you go cycling? (often)



- 6 Put the words in order to make sentences and questions and questions.
 - O often / school / plays / my friend / after / football

My friend often plays football after school.

- 1 welcome / sports / are / in / our / club / always / you
- 2 Mondays / do / on / athletics / never / we
- 3 skating / brother / she / go / her / usually / does / with /?
- 4 table tennis / students / not / often / do / school / play / at
- 5 cycling / and / her sister / at / the weekend / sometimes / Lizzie / go /
- 7 How often do you do the sports in Exercise 1 on page 14?

I never play rugby, but I often play volleyball. It's great fun. How about you?

I sometimes play rugby, and I often go cycling. It's never boring.

- In pairs, ask and answer the questions.
 - 1 What sports do you do?
 - 2 How often do you do them?
 - **3** Do you play sports at school?
 - 4 How often do you watch sports on TV?
 - 5 How often do you go to watch sports?
 - **6** Who are your favourite sports stars?

READING



1 Look at the photos of the sports and games. What can you see?

Read the three texts and match them to the photos.



TRYTHESE SPORTS!

1 CYCLEBALL

This sport is like football on bikes. There are two teams. Each team has usually got two players. The bikes don't have any brakes to stop them. Players in each team try to hit the ball into the goal. They can use their bike or their heads to do this. The ball is quite heavy – it weighs half a kilogram. The winning team is the team with the most goals at the end of the game.



This is an ancient sport from India. The players use two things: one long stick, called a *danda* and a short egg-shaped bat, called a *gilli*. There are two teams. One player puts the *gilli* on the ground inside a small circle and hits it into the air with the *danda*. Then the player hits the *gilli* again and runs to touch a spot outside the circle to get a point.



3 OCTOPUSH

The sport is also called *underwater hockey*. There are two teams. Each team has got six players. Players swim underwater to play this game. They use small sticks and a puck. The puck is a little like a flat ball. It's heavy and weighs about a kilogram. Players try to push the puck along the bottom of a swimming pool into the other team's goal. The winning team is the team with the most goals at the end of the match.



Read the three texts again. Are the sentences right (\checkmark) or wrong (x)?

- 1 There are always two players in a cycleball team.
- 2 The ball in cycleball is small and light.
- 3 Players in cycleball can't hit the ball with their hands.
- 4 Gilli-danda comes from India.
- **5** The stick and the bat in *gilli-danda* are the same size.
- 6 Players use a small ball in gilli-danda.
- 7 People play octopush in teams.
- 8 Players in octopush hit the ball, or puck, with their hands.
- 9 Players in octopush swim underwater to play their game.



TALKING POINTS

Which of these sports do you want to try?

Do you have any sports like these in your country?

VOCABULARY

Sports equipment

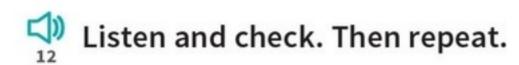
LISTENING

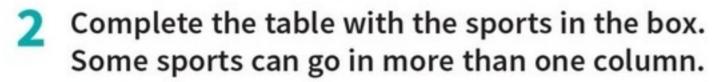


1 Match the photos A-E to the words in the box.



bat ball board racket stick





baseball basketball badminton cycleball cycling football gilli-danda hockey octopush running rugby sailing skating snowboarding surfing swimming table tennis volleyball tennis



Use a stick, a racket or a bat



Use a ball



Use a board



3 Complete the information with the sports words in Exercise 1.

TABLE TENNIS

- **1** One for each player.
- 2 One small, light _____ for the game.

BASEBALL

- **3** One for each team.
- **4** One small, hard _____ for the game.

BADMINTON

5 One _____ for each player.

OCTOPUSH

- 6 One small for each player.
- **7** One heavy puck, like a flat for the game.



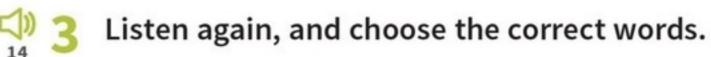
- Look at the photo of the sport. Match the words 1–2 to A and B in the photo.
 - 1 handle

2 net

) 🧻 Lic

Listen to an interview with a boy about his unusual sport. What's the name of the sport?







- 1 There are four / six players in each team.
- 2 There are six / eight handles on the ball.
- 3 Players throw / give the ball to each other.
- 4 Players throw / put the ball in the net to score a goal.

SPEAKING

- 1 Think of a sport. Choose one from this unit or another sport that you know. In pairs, take turns to ask and answer the questions.
 - 1 Do people do this sport inside or outside?
 - 2 Is the sport on or under water?
 - 3 Is this sport on snow?
 - **4** What things do people need to do this sport?
 - **5** Do people play this sport in your country?
 - 6 What do you like about this sport?
 - 7 Who are some of the famous players of this sport?

Try and guess the sport.

THIS IS MY DAY



What time does your alarm go off on a school day? What do you do in the morning before you go to school?







0:03 / 4:05

MY MORNING ROUTINE

11,345 views

1k 🖤



Maddie's mad life

FOLLOW





LISTENING





Match the photos to the phrases in the box. brush your hair

clean your teeth leave the house put on your shoes check your messages have breakfast get dressed prepare your school bag tidy your room wake up







- Listen to Maddie talking about her morning routine. Number the photos in the order that you hear them.
- Can you remember Maddie's routine? Complete the sentences with the times in the box. You don't need to use all the times.

6.00	6.30	6.45	6.50	7.00	7.10
7.15	7.30	7.40	8.00	8.10	

- 1 My alarm goes off at _____. 2 I get up at ___ **3** I clean my teeth at . 4 I get dressed at 5 I prepare my school bag at 6 I put my shoes on and leave home at





- Listen again and check.
- In pairs or small groups, talk about your morning routine.

I wake up at seven o'clock.

I get dressed and then I have breakfast.





GRAMMAR

Present continuous and present simple



1 Look at the examples from the listening. Write simple or continuous.

Present

Today, I'm talking about my morning routine.
I'm having cereal with fruit today.
At the moment, I'm wearing my favourite T-shirt.
I'm leaving the house now.
I'm not wearing my uniform today.

Present

I <u>never</u> have a shower in the morning.

I <u>always</u> check my messages in the morning.

I <u>sometimes</u> have toast and butter.

I <u>usually</u> wear my uniform.

I <u>don't usually</u> have a shower in the morning.



Complete the rules with the <u>underlined</u> words.

We often u	se the present simple with	words like
,	, and	•
We often u	se the present continuous	with words
like	, and .	

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3 Complete the sentences with the correct tense of the verbs in brackets.

the verbs in blackets.	
	I 'm shopping (shop) at the moment. I can't talk.
	My mum always (cook) nice food.
2	The teachers usually (give) us a lot of
	homework on Monday.
3	I (stay) at home today. I (not
	go) to school.
4	It's five o'clock now and I (watch) TV
	with my sister.
5	What time your dad usually
1070/0	(get up) on a Sunday?
6	It's OK, Jack's (not sleep) at the
5,000	moment. You can go and talk to him.
	moment. Tou can go and talk to min.



Correct the mistakes in the sentences.

is getting

- **0** My cousin gets married today.
- 1 How are you? I write to you to give you some news.
- 2 What do you do at the moment?
- 3 My brother and I are not going swimming every day.
- 4 My mum is only working in the mornings.
- **5** We usually are eating a big breakfast on Sunday.





Make sentences with the present simple and present continuous. Use usually and today or at the moment.

- walk to school / go by bus.
 I usually walk to school, but today I'm going by bus.
- 1 have a sandwich for lunch / spaghetti
- 2 watch TV after school / do my homework
- 3 play football on Saturday / play tennis
- 4 get up at seven o'clock / eight o'clock
- 5 have a shower / have a bath



Put the words in order to make questions.

- 1 your / the / moment / friend / what / doing / is / at?
- 2 bed / do / go / you / what / usually / to / time?
- 3 school / do / get / home / how / from / you?
- 4 sitting / is / teacher / at / down / your / the / moment?
- 5 sun / today / shining / is / the?
- 6 day / do / every / get / at / same / up / the / time / you?

Now match the questions to the correct answer.

- a No, it isn't.
- d Yes, he is.
- **b** 10 pm.
- e She's sleeping.
- c I walk.
- f Yes, I do.

In pairs, ask and answer the questions.

Work in pairs. Student A, mime an activity in the box. Student B, guess what it is.

catch a bus check your messages do some homework go to sleep paint a picture play football prepare lunch put on your coat take a photo



Are you putting on your sunglasses?

No

Are you taking a photo?

Student A, when Student B guesses the activity, give more information:

I go to a photography club every Friday. It starts at 7 pm. I go there by bus.

Student B, ask more questions.