

On the Pulse

2nd Edition

with
student
app
&
skills
builder

student's book + workbook

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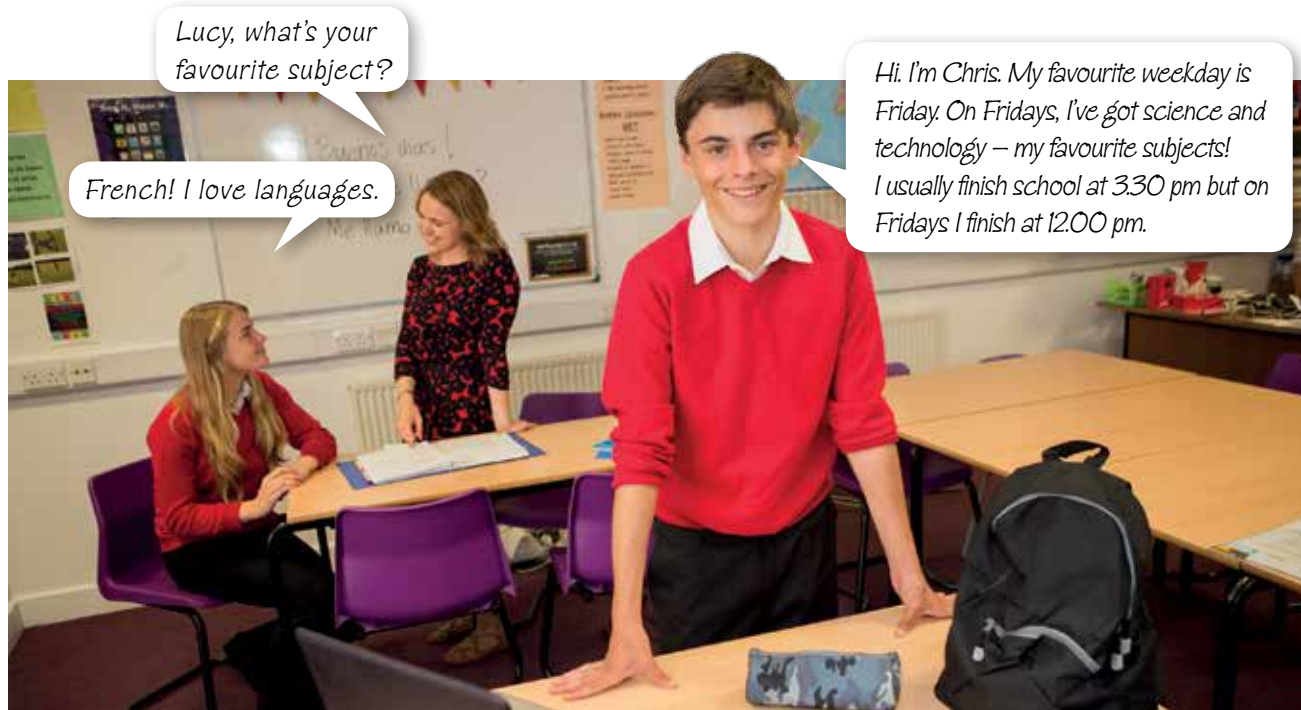
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It's my life!

Vocabulary

School subjects

1 These are Lucy and Chris. What are their favourite subjects? What is Chris's favourite weekday?



2 02 Look at the pictures and complete the school subjects. Then listen, check and repeat.



3 Answer.

- 1 What's your favourite weekday?
- 2 What subjects have you got on that day?

Dates

4 03 Say the dates. Then listen and check.

- | | |
|--------------|--------------|
| 1 16/09/1996 | 3 01/05/2011 |
| 2 28/02/2022 | 4 03/01/2015 |

We write: *1991 / 2008 / 2021*

We say: *nineteen ninety-one / two thousand and eight / two thousand and twenty-one*

5 In turns, say the dates of these special days.

- 1 Christmas Day
- 2 Flag Day
- 3 Independence Day
- 4 New Year's Day
- 5 Your birthday

- Christmas Day is on 25th December.
- Flag Day is on...

Listening & Speaking

Getting to know people

1 Before you watch the video > Look at the photo. Who are they? Where are they?



2 04 Watch the video and listen for general ideas > Answer.

- 1 Are Lucy and Chris in the same year?
- 2 Do they live near each other?

3 04 Watch the video and listen for details > Complete the conversation.

So, what's your name?	My name's Lucy. What about you?
I'm Chris.	Nice to meet you, Chris. What year are you in?
I'm in Year 9.	Me too! I'm in (1) _____ class.
Cool. Where do you live?	On Ash Road.
Oh, I live (2) _____ there. Shall we (3) _____ home together?	OK, let's go!

4 **Speak** > Role play in pairs.

- 1 Role play the conversation in Exercise 3.
- 2 Role play a new conversation. Use your own information.
- 3 Change roles.

Keep it going!

Circle these questions in the conversation.

What's your name? **What about you?**
What year are you in? **Where do you live?**

Use them when you meet people to get to know them. Use *Me too!* to say that something is also true for you.

Grammar

Present simple – be

1 Look at the table and revise.

Affirmative

I	am	15 years old.
You / We / They	are	Chinese.
He / She / It	is	from Spain.

Negative

I	am not	from Italy.
You / We / They	are not	in London.
He / She / It	is not	my best friend.

2 Rewrite the sentences in the table using the short forms of *be*.

3 Write *T* (True) or *F* (False). Then correct the false sentences. Use short forms of *be*.

- Great Britain is an island.
- Juan and Pilar are English names.
- Edinburgh is the capital of England.
- British people's favourite drink is tea.
- The White House is in London.

4 Look at the table and revise.

Yes/No questions

Am	I	a teenager?
Are	you / we / they	friends?
Is	he / she	your teacher?

Short answers

	I	am.
Yes,	you / we / they	are.
	he / she	is.
	I	'm not.
No,	you / we / they	aren't.
	he / she	isn't.

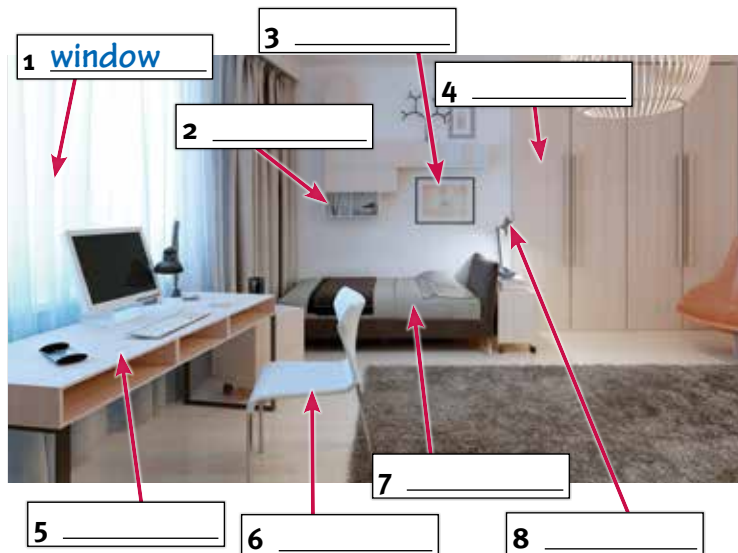
5 Answer about you. Use short answers.

- Is this your first English lesson?
- Are your friends in your English class?
- Are you on page 15 of this book?
- Is English your favourite subject?
- Are you in Year 1 of secondary school?

Vocabulary

Home

6 Look at the photo. What room is it? Write words for furniture.



7 Write a paragraph describing the room in Exercise 6. Use *there is*, *there are*, *there isn't* and *there aren't*, and adjectives from the box.

modern old tidy clean dirty
nice expensive

Routines

8 Write the activities from the box in the order you do them. Write the times. Then describe your daily routine to a classmate.

go to bed have breakfast go to school
have a shower do my homework
come back home have lunch

My routine	
Time	Activity

Vocabulary

Clothes

1 Match the photos to the texts on the right.



Lucy



Chris



Nina

OUR FAVOURITE CLOTHES

- 1 My favourite clothes are my **jeans**! I wear them with a **T-shirt** in summer and with a **sweater** in winter. I always wear **trainers**.
Who am I? ☐
- 2 I love my new **jacket**. It looks great with my **scarf** and my brown **boots**! Who am I? ☐
- 3 This is my favourite **dress**. It looks nice with these **sandals**. I sometimes wear a **jacket** with it if it's cold. Who am I? ☐

2 Write other words for clothes.

coat,...

Grammar

Possessive adjectives

3 Complete the table.

Subject pronouns

I	you	he	she	it	we	they
---	-----	----	-----	----	----	------

Possessive adjectives

my				its	our	
----	--	--	--	-----	-----	--

4 Complete the sentences with possessive adjectives.

- 1 Lucy's dress is black and white, and ... sandals are brown.
- 2 Chris's jeans are blue and ... sweater is grey.
- 3 Lucy and Nina are happy. They like ... clothes!
- 4 I'm wearing a new jacket with ... jeans.
- 5 Do you like fashion? What are ... favourite clothes?

Possessive 's

5 Analyze these sentences.



- 1 The dog's coat is red.
's = possession



- 2 The boys' T-shirts are big.
s' = possession



- 3 Jane's happy.
's = is



- 4 She's got old trainers.
's = has

6 Choose the correct answers.

- 1 Nina's hair is long.
a 's = possession b 's = is c 's = has
- 2 She's got brown eyes.
a 's = possession b 's = is c 's = has
- 3 The boy's jeans are blue.
a 's = possession b 's = is c 's = has
- 4 He's sad.
a 's = possession b 's = is c 's = has
- 5 Nina's jacket is new.
a 's = possession b 's = is c 's = has

1 What do you like?

Vocabulary

Free time activities

- 1  05 Look at the quiz. Listen and repeat the phrases in **blue**.

- 2 Do the quiz.

- 3 Match adjectives 1–3 from the score box to opposites a–c. Then answer: Do you agree with the result of your quiz?

- | | |
|-------------------|--------------|
| 1 sociable | a lazy |
| 2 friendly | b shy |
| 3 sporty | c unfriendly |

- 4 What do you usually do at weekends? Complete the table.

	mornings	afternoons	evenings
Saturday	go shopping with Mum		
Sunday			

- 5 In turns, ask and answer about your weekend activities from Exercise 4.

 What do you do on Saturday mornings?

 I go shopping with my mum.



on Saturday mornings

on Saturday afternoons

on Saturday evenings

LEARNING TO LEARN

Classifying vocabulary helps you to learn it. Choose one of these options to classify the free time activities on this page. Activities you...

- like / don't like
- always / sometimes / never do
- do during the week / at weekends

WHAT KIND OF TEENAGER ARE YOU?

Do the quiz to find out!

- You've got an hour of free time. Do you...
A) ring someone for a chat?
B) **play computer games**?
C) **go for a run**, walk or ride a bike?
- It's Friday night. Do you usually...
A) **watch a film** with a friend?
B) **surf the Internet**?
C) watch the sports channel on TV?
- On Saturday mornings, do you usually...
A) **go shopping** with your friends?
B) **go for a burger**?
C) **go to the gym**, park or sports centre?
- When you go to the beach, do you...
A) just **hang out with your friends**?
B) **listen to music** or **use social media**?
C) **play volleyball** or **do water sports**?
- It's your birthday. Is your ideal present...
A) tickets to **go to a theme park** with friends?
B) a smartphone to **chat online** all the time?
C) a new bike or skateboard?

SCORE

Mostly 'A's You're sociable! You're friendly and have a good social life but you don't go out every night. You can have fun at home too!

Mostly 'B's You're a technology lover! You're shy and you like being on your own. Don't spend too many hours on your computer, though. Switch it off and go outside!

Mostly 'C's You're sporty! You're very active and you get bored easily. It's great to be fit and healthy but you must relax sometimes!



Reading

Posts on a teens website

1 Before you read > Look at the website quickly. What is it about?

4 TEEN DAYS OUT IN THE UK

Are you looking for something different to do this weekend? Here are some messages from teens.

CADBURY WORLD



RATING 😊😊😊 Daisy, 14

I usually do the shopping with my mother on Saturdays, but this Saturday, we aren't at the supermarket. We're buying chocolate at Cadbury World! Cadbury World is a self-guided exhibition tour. It's got the world's biggest Cadbury shop, a 4D cinema, a tropical rainforest with cocoa trees, interactive games and much more. The 4D cinema is the best bit. The seats move. It's great!

BLACKPOOL PLEASURE BEACH



RATING 😊😊😊😊 Jack, 13

I often go to theme parks with my friends and right now we're at Blackpool Pleasure Beach. We're having a lot of fun. Our favourite attraction is the rollercoaster ICON. It lasts two-and-a-half minutes and it goes at 130 kilometres an hour – that's fast! We come to this theme park every year because there's lots to do. And after the park, we always go to the beach. It's only a few minutes away.

THE EDINBURGH GHOST TOUR



RATING 😊😊 Anna, 15

My friends and I love horror films, so here we are – on an Edinburgh ghost tour. Edinburgh is a very old city. Its past is dark and mysterious, and there are a lot of ghost stories. We're in an old tower now and our guide is telling us ghost stories and making lots of funny faces. Actually, the tour isn't scary at all but we're enjoying it.

NATIONAL SPACE CENTRE



RATING 😊😊😊 Daniel, 14

I don't usually go to museums, but right now we're visiting a museum with our science teacher. It's the National Space Centre and it's brilliant! I'm actually experiencing life in space. I hate museums but this one is fun because you can try a lot of machines. Do you like adventure? Are you interested in space exploration? Then this is the place for you!

2 Read for general ideas > Write what you can do at each attraction.

What can you do...

at Cadbury World?	
at Blackpool Pleasure Beach?	
in Edinburgh?	
at the National Space Centre?	

3 Read for details > Answer.

- 1 What does Daisy usually do on Saturdays? What is she doing this Saturday?
- 2 Where do Jack and his friends go every year? What is their favourite attraction there?
- 3 Where is Anna now? What is the guide doing?
- 4 Does Daniel like museums? Why does he like the National Space Centre?

COMPARING CULTURES

Do you like the attractions in the UK? Are there similar attractions in your country? Name popular attractions for teenagers in your country. What can you do there?

