

A photograph of three teenagers (two boys and one girl) smiling and posing together outdoors. The girl in the center wears glasses and has headphones around her neck. They are standing in front of a large Ferris wheel, the London Eye, with trees and a cityscape in the background. The scene is bathed in warm, golden light, suggesting late afternoon or early morning.

**Fly
High**

Inglês
7.º ano

ASA

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CD 1 – Tracks 1-2 – p. 9

Jimmy: Hello, Finn! There are some things I would like to know about you... Can I ask you some questions?

Finn: Sure!!

Jimmy: What's your full name?

Finn: Finn Wolfhard.

Jimmy: When is your birthday?

Finn: It's on 22nd December. It's almost Christmas, so sometimes I only get one gift... I hate it!

Jimmy: Where are you from?

Finn: I'm from Vancouver, in Canada. I love my city and my country!

Jimmy: You are also a musician. Who's your favourite singer?

Finn: It's difficult to choose... But maybe Mac DeMarco.

Jimmy: Which is your favourite season of *Stranger Things*?

Finn: It's difficult... but I think it's the first one!

Jimmy: What is your biggest secret?

Finn: I once cut my chin on a desk while dancing! I'm not a great dancer... ha ha ha!

CD 1 – Tracks 3-4 – p. 15

Gabriel Medina: Hi! I'm Gabriel Medina and my birthday is on 22nd December. I'm 28 years old. I'm from Brazil, so I'm Brazilian. I'm a surfer. I love eating cheese bread! Yummy! My favourite free time activities are surfing and hanging out with friends!

Emma Watson: My name is Emma and my surname is Watson. My birthday is on 15th April. I'm English and I'm an actress. My favourite food is fish and chips! I love going to the cinema and baking when I have free time.

Shawn Mendes: I'm Shawn. My surname is Mendes. My birthday is on 8th August. I'm from Canada. I'm a singer. My favourite food is pizza. I enjoy playing video games and going to the gym in my free time.

CD 1 – Tracks 5-6 – p. 16

Griggs gone global

Hello! My name is Layla Griggs and I'm 12 years old. I'm from California, in the USA. My birthday is on 15th December. My address isn't a very common one... I can say that the world is my home! I have got an older sister, Jadyn (16), and a younger brother, Brendan (11). I spend my life travelling with my parents. I'm a student, but I'm homeschooled! I enjoy dancing, drawing and

swimming. I love travelling around the world because I can learn about different cultures, try new food and make new friends. My family and I know around 36 countries. We love them all, but our favourite countries are definitely Italy and Australia. We love Italians... they are very happy people! Oh, and their pizzas are delicious! And the Australians? Well... they are so funny! My sister Jady is Australia's number one fan! She wants to go back to Australia all the time just to see the koalas and the kangaroos. You can follow our next adventures on our website or on social media. We can't wait for the next one!

CD 1 – Tracks 7-8 – p. 19

On a trip to France, I met my best friend Camille Gomes. She lives in Paris with her parents and her brother Luc. Camille is twelve years old and she is in year 7, just like me. She goes to the International School of Paris. Her lessons are in French and English. She loves playing football and running.

Next summer she is coming to the US, so we are very excited about it!

CD 1 – Tracks 9-10 – p. 19

Porter and a friend, Louise, are at the airport with Porter's mother. They are waiting for Camille and her parents. Listen to their dialogue.

Porter: Hi, Camille! Welcome to America. It's your first time here, so let's make it unforgettable. How are you?

Camille: Hello, Porter! I'm fine. And you?

Porter: I'm great! This is my friend Louise. She's from Sydney, a beautiful city in Australia.

Camille: Oh, really? I want to visit Australia one day... I want to see kangaroos. It's one of my dreams. Hi, Louise.

Louise: Hey there! Nice to meet you, Camille. Are you French?

Camille: Yes, I am. I'm from the City of Light, Paris. What year are you in, Louise?

Louise: I'm in year 9.

Camille: Oh, so you're older than us...

Louise: Yes, I'm 14 years old and you're 12, right?

Camille and Porter: That's right!

Porter's mother: Let's go home, kids! You can have some rest or watch films this afternoon. You can make popcorn after lunch, too!

Camille and Louise: Yes! Let's go!

CD 1 – Tracks 11-12 – p. 21

Hello, everybody! I'm Hua and I'm 13 years old. My birthday is on 3rd December. I'm from Beijing, in China, so I'm Chinese. I'm a student

and I'm in year 7. I love my classmates and my teachers! My father is from Macau and my mother is Chinese, just like me. We have lots of fun together!

CD 1 – Tracks 13-14 – p. 24

What do you think about filters on social media?

Darah, 14: I love posting pictures and I usually use filters. Famous girls on social media are usually very tall, skinny and their hair is always beautiful – they always look perfect! I'm tall, but I'm not very thin and I've got short hair. It's OK to use filters and post selfies that make you feel good, but it's important to know the difference between social media and reality. I'm very happy the way I am. I haven't got a perfect body, but I have got the perfect family (my parents, my sister and my brother) and friends.

Andrew, 14: I think that, with all those filters, everybody seems to have perfect skin and you feel like that's reality. But in real life a lot of people have got bad skin just like me! I have got a lot of acne on my face and that is a problem, so my self-esteem isn't very high. I always use filters on my pictures and videos to feel more confident about myself.

Kyah, 12: I don't like filters. I never use them because pictures with filters are a big lie! I have got brown eyes and I think they are beautiful,

but lots of teenage girls use filters to change their eye colour to blue or green! Most filters also change the size of your mouth to make it look bigger, but that's not normal... most people have small lips and that's OK!

CD 1 – Tracks 15-16 – p. 27

Josh: Hey, Ash. What's up?

Ashley: Hi, Josh. Do you know our new classmate?

Josh: Which one? We have got two in our class. The tall boy with green eyes and blonde hair, or the other one with brown eyes and short red hair?

Ashley: The second one. I think his name is Jim. He's from Ireland.

CD 1 – Tracks 17-18 – p. 27

Josh: Yes, you're right. He's Irish, he's thirteen and his parents have got a café next to our school. He's got two twin sisters.

Ashley: How do you know all that?

Josh: Because he's in my swimming team and we chat all the time.

CD 1 – Tracks 19-20 – p. 27

Josh: Hey, Ash. What's up?

Ashley: Hi, Josh. Do you know our new classmate?

Josh: Which one? We have got two in our class. The tall boy with green eyes and blonde hair, or the other one with brown eyes and short red hair?

Ashley: The second one. I think his name is Jim. He's from Ireland.

Josh: Yes, you're right. He's Irish, he's thirteen and his parents have got a café next to our school. He's got two twin sisters.

Ashley: How do you know all that?

Josh: Because he's in my swimming team and we chat all the time.

CD 1 – Track 21 – p. 29

Song "Sunflower", by Shannon Purser

CD 1 – Tracks 22-23 – p. 33

My friend Martha always gets up a bit late... School starts at nine o'clock and she only gets out of bed at a quarter past eight. She gets dressed and after that she has breakfast at half past eight in the morning. She brushes her teeth after that, at twenty to nine. Ten minutes later, at ten to nine, she kisses her mother and she takes the bus to school. Her friends usually have lunch at the school canteen at midday, but she likes to have lunch at home on Wednesdays and Fridays, so she has lunch at a quarter past twelve.

After a long day of classes, she returns home at half past five and the first thing she does is her homework. She studies at a quarter to six and at half past seven in the evening she always visits her favourite neighbours: her grandparents! She has dinner and goes to bed at 10 p.m.

CD 1 – Tracks 24-25 – p. 34

Dinis Pedrosa

Good morning! Welcome to my YouTube channel! My name is Dinis Pedrosa. I'm 13 years old and I'm from Leiria. I always wake up at 7 o'clock. Next I have a shower, get dressed and have breakfast with my mother. After that I brush my teeth and I go to school by car with my neighbour. I have classes at half past eight. Today is Tuesday, so I start with my favourite school subject: physical education. I usually have lunch at the school canteen with my classmates. On Wednesdays and Fridays I don't have classes in the afternoon, so I have lunch with my grandparents. I go home at ten to five. I'm a B-boy and dancing is my passion, that's why I practise a lot: 4 days a week! Sometimes I have competitions. I love going to battles. I love competitions because I meet lots of new people. My favourite competitions are the ones abroad because I love getting to know new places! When I don't have classes, I like jumping

on my trampoline and doing some tricks with my scooter and skateboard. I don't like watching TV or playing video games very much. I prefer being outdoors! My daily routine is very busy, but I also study a lot every day after school and at the weekends because, as my parents always say, "school is very important". I usually have dinner at half past nine, but before that I have a shower. I always go to bed at half past ten. It's time to go to bed now! Good night and don't forget to subscribe!

CD 1 – Track 26 – p. 36

Hip-Hop Grammar Song "Present simple rules"

CD 1 – Track 27 – p. 37

Song "Love someone", by Lucas Graham

CD 1 – Tracks 28-29 – p. 39

Cooper: Hi, Jason! I need to write a school project about a friend's daily life. Can you tell me about your daily routine, please?

Jason: Sure! What do you want to know?

Cooper: What time do you usually wake up?

Jason: I always wake up really early, at 6 a.m.

Cooper: What do you do before you go to school?

Jason: I have a quick shower, get dressed and have breakfast.

Cooper: Where do you usually have lunch?

Jason: I often have lunch at the canteen with some friends.

Cooper: What do you do after school?

Jason: After school I have dance practice, I go to the gym and then I go home.

Cooper: What time do you go to bed?

Jason: At 10 p.m. I sometimes read or listen to music before I sleep.

(Cooper Williams! Cooper Williams to stage 1!)

Cooper: Oh, I have to go now! It's my turn to dance. Thanks a lot, Jason! By the way, I love your dance routines!

CD 1 – Track 30 – p. 48

1. Make the bed
2. Dust the furniture
3. Sweep the floor
4. Do the ironing
5. Clear the table
6. Load the dishwasher
7. Take the rubbish out

CD 1 – Tracks 31-32 – p. 50

Bike Washing Machine

Sometimes the list of chores is very long and you don't have time to do them all. But now you can do more than one chore at the same time. With the Bike Washing Machine you can do the laundry and exercise at the same time! It is an eco-friendly washing machine, it saves water and electricity and encourages you to be fit and have fun.

1. When you are riding this bike, the pedalling makes the drum of the washing machine turn and wash your clothes. At the same time it generates electricity.
2. The most common reason for not doing exercise is that people don't have time. But with this bike, there is no excuse. While you are washing your clothes, you are exercising!
3. The bike washing machine is a brilliant invention, designed by Chinese students.
4. Did you know that you can burn some calories while you are doing your household chores? Check out the following list:

- Vacuuming the floor burns 274 calories per hour
- Washing the car burns 243 calories per hour
- Cleaning windows burns 180 calories per hour
- Doing the ironing burns 113 calories per hour

CD 1 – Track 33 – p. 52

Hip-Hop Grammar Song “Present continuous rules”

CD 1 – Track 34 – p. 53

Song “Radioactive”, by Imagine Dragons

CD 1 – Tracks 35-36 – p. 54

Back to the future – the Jetsons

The Jetsons is an American TV show from the 1960s. The Jetsons live in the future, with elaborate robots, aliens, holograms and original inventions. It was the first programme broadcast in colour on ABC TV. The Jetsons are a family living in Orbit City. George Jetson lives with his family in the Skypad Apartments. His wife Jane is a housewife. Their teenage daughter Judy attends Orbit High School and their son Elroy attends Little Dipper School. They have got a robot maid, Rosie. She always does the household chores. The family has got a dog named Astro.

CD 1 – Tracks 37-38 – p. 56

Presenter – Hello, good morning! Today we are talking about household chores! It's a tough job, but someone has to do it. The question is: should kids do chores at home? To talk about this, I have two guests, Harold and Lizzy: a father and a teenager. Let's start with Harold. As a parent, what do you think about this?

Harold – I think that helping at home is very important. Kids who do chores learn responsibility and gain important life skills that will serve them well throughout their lives. It teaches them the importance of contributing to team work. By doing some chores, they feel valued and that's good for their self-esteem, too.

Presenter – The question is: what kind of chores can kids do?

Harold – That depends on their age. For example, by the age of 3, children can pick up their toys or put books back in the right place. But teenagers can do many things, for example: tidying up their bedroom; folding their clothes; vacuuming; sweeping and mopping the floor; feeding the pets...

Presenter – Thank you so much, Harold. But now, let's let the kids have a say. Lizzy, you are 12 years old, do you agree with Harold? Do you think kids your age should do chores?

Lizzy – Yes, I do agree with him, I think kids should do chores because there are always many things to do at home and every member of the family must help and clean. But I don't think parents should make us tidy up our bedrooms. My bedroom is my private space, so I think adults shouldn't decide when I have to clean it or how I should organise it.

Presenter – Do you do chores at home?

Lizzy – Yes, I do. I do all the chores that Harold mentioned and I also set the table, clear the table, and prepare my school snacks.

Host – So, kids at home, sorry for the bad news but you should all do your chores! Thank you so much for listening, check out all our podcasts at teenpodcast.com

CD 1 – Tracks 39-40 – p. 60

Suzy from the block

Hi, guys! I'm Suzy and I just love posting about my idols' lives. Today's post is about their homes. When I look at them I just think "OMG...!" Do you want to know why? Check it out!

MARGOT ROBBIE'S COTTAGE

Margot Robbie (she's Harley Quinn in DC's films) is an Australian actress, but she lives in Venice Beach, California. She really feels happy in her cosy beach cottage. It has got five bedrooms

and a modern kitchen. The house is full of light because of its large windows. Margot's master bedroom has a large balcony and she loves watching the sea and the sunset from there. She can relax and have quiet moments to read and exercise by the swimming pool. Her backyard gate leads to a private beach!

DRAKE'S EXTRAVAGANT "MONUMENT"

Drake lives in an astonishing mansion in a rich area, in his hometown Toronto, Canada. It looks like a monument on the outside and, believe me, inside, it's... Wow! In the house there is an elevator, a garage for ten cars, four guest bedrooms, an awards room, a gym... There's even an indoor basketball court – he's a huge basketball fan – a recording studio and a swimming pool. Drake's bedroom is a luxurious and huge master room with all the comfort you can imagine. Thanks to a special authorization, there are very high fences around his house due to security concerns (and privacy, of course).

CD 2 – Tracks 1-2 – p. 65

Paul: My house is a beautiful tree house in the woods. It isn't very big, but it's cosy. There are only three rooms: the kitchen, which is also the dining room, a toilet and a bedroom. The roof is great because I can climb up there and watch the landscape and relax. The best part about living in

a tree house? Being surrounded by nature and experiencing new adventures every day.

Grace: I love the sea and I dream about living by the beach. So, this is my lighthouse. It's very high and all the rooms are round. There's a kitchen, a bathroom, two bedrooms and a small living room. What I most like about it? Well, I have an awesome view of the beach and the sea! The only bad thing is that the internet signal isn't that good here!

CD 2 – Tracks 3-4 – p. 68

What does your bedroom say about you?

Martin, 12: My bedroom is what I call home. I share it with my 10-year-old brother, but that doesn't bother me! We have two interests in common: football and Juventus! We even have a rug shaped like a football on the floor! We sleep in a bunk bed and we have a wardrobe fully decorated with posters of footballers. There's also an armchair next to the wardrobe and a desk we have to share right near the window. I do my homework, listen to music and relax in this place I call "my home"!

Patty, 13: My bedroom is upstairs. I have the whole floor just for me! My parents' bedroom is downstairs, so it's quite cool to have my own private space! I love painting! I painted the wall behind the bed and the bedside table with

my mother's help. I decided to decorate my bedroom with everything that reminds me of space because I am a space lover. My shelves are full of books about space and my collection of puzzles. I can say that I'm in my own "space"!

Joe, 14: My parents are divorced, so I have two rooms in two different houses. To be honest, I can't say they are that different because, in fact, they really look alike! The only difference is that I don't have a desk in my father's house, but I have my own bathroom. And in my mother's house there is a big Star Wars neon light behind the bed! I'm a technology fan, so I have four screens in my bedrooms: an iPad, a smartphone, a laptop and a smart TV. My bedrooms are where I do my favourite activities: watching TV, playing video games or chatting with friends.

CD 2 – Tracks 5-6 – p. 71

Alison: Hi, there! What are you doing?

Eric: Look! These are my new TikTok moves... aren't they super cool?

Alison: Oh, you and your TikTok dances... here we go again... but why are you in the garden?

Eric: That's my favourite spot in the house. I can have some privacy... Having privacy in a bedroom you share with your two younger

brothers isn't easy, but I really like it that way! It's quite small. We only have space for one bunk bed and another tiny bed which is stuck between a small wardrobe and a bookshelf. However, to be honest, I can't imagine my life without that little, but cosy spot!

Alison: Oh, now I get it! I have a bedroom of my own and it's my favourite place in the whole house. I have everything I need there.

Eric: Yeah, that's cool! But everybody knows your colourful bedroom, well your pinky bedroom, I mean... we watch your TikTok dances all the time, in your bedroom... so don't tell me you're not a fan of TikTok either! And by the way... that fluffy bed with those big pink pillows? And that big pink rug? It's so you!

Alison: Uhm... Yes, that's true! How about my giant white wardrobe next to the bed? That's also my style! So, you have to see my last TikTok dance... I am on my bed, moving my arms up and down, shaking my head and there's a crazy hip-hop song playing at the same time. It's so, so funny...

Eric: It sounds like it! Hey! Hold my phone, please! Check this out!

Alison: Wow! We have to try that dance together...

CD 2 – Tracks 7-8 – p. 71

Eric: Having privacy in a bedroom you share with your two younger brothers isn't easy, but I really like it that way! It's quite small. We only have space for one bunk bed and another tiny bed which is stuck between a small wardrobe and a bookshelf. However, to be honest, I can't imagine my life without that little, but cosy spot!

CD 2 – Tracks 9-10 – p. 71

Alison: Oh, now I get it! I have a bedroom of my own and it's my favourite place in the whole house. I have everything I need there.

Eric: Yeah, that's cool! But everybody knows your colourful bedroom, well your pinky bedroom, I mean... we watch your TikTok dances all the time, in your bedroom... so don't tell me you're not a fan of TikTok either! And by the way... that fluffy bed with those big pink pillows? And that big pink rug? It's so you!

Alison: Uhm... Yes, that's true! How about my giant white wardrobe next to the bed? That's also my style! So, you have to see my last TikTok dance... I am on my bed, moving my arms up and down, shaking my head and there's a crazy hip-hop song playing at the same time. It's so, so funny...

Eric: It sounds like it! Hey! Hold my phone, please! Check this out!

Alison: Wow! We have to try that dance together...

CD 2 – Tracks 11-12 – p. 81

What do your doodles say about you?

If your notebook is full of several types of geometrical shapes, you have an organised brain and you are *all* about making plans. So, the correct answer is c) organised.

Stars and moon indicate confidence and optimism! If you often draw them, you are ambitious and success driven. So, the correct answer is a) optimistic.

If you often draw shapes that are not easily recognised, it may mean you have some sort of stress and, because of that, you can't *really* focus. So, the correct answer is d) stressed.

If you often draw tornadoes, something is holding you back. You are scared of the unfamiliar and you prefer not to take risks. So, the correct answer is b) scared.

CD 2 – Tracks 13-14 – p. 81

Thank you so much for your help! The clubs you are in are incredible! You all seem to have a lot of fun!

I think I made my decision. But now you have to guess! Let me give you some clues:

I have two left feet, so I can't dance... I also have two left hands, I'm terrible with arts... I don't like science very much: my favourite subjects are ICT and citizenship. I like photography, but I'm not very good at it... The last time I tried to bake a cake, it was terrible – not even my pets liked it! I always fall asleep when I'm watching films and I like video games, but I think I play enough at home. I usually help a local animal shelter, I always take some food and I help with the baths. I have 3 cats and 2 dogs at home and I love animals... Can you guess which club I'm choosing?

CD 2 – Tracks 15-16 – p. 82

Before the fame...when they were year 7 students!

Miley Cyrus

Maths was Miley's favourite subject and she was in the Creative Writing Club of her school – Heritage Elementary School in Tennessee. Because she was a child actress, she didn't go to a traditional high school. She was at her prom, but it wasn't the same as going like a regular teenager.

John Legend

Springfield North High School in Ohio was John's school. He was a master at English

and chemistry. Not surprisingly he was also a member of the School Choir. Lucky school! John was popular at high school and was both the high school's Student Council president and prom king.

Justin Bieber

Justin Bieber was good at English, his favourite subject. He was in the Ping-Pong, Soccer and Chess clubs. His school was in Ontario – Stratford Northwestern Public School. Mr Monteith, his favourite teacher, says "*Justin was a boy full of spirit.*" He was homeschooled in high school because he was already a famous star by then.

Rihanna

Rihanna's favourite subjects were maths and English. Her school – Combermere School in Barbados – offered a very complete music programme. The Music Club was Rihanna's after-school activity and she was already a great singer at school. She won the singing talent shows.

CD 2 – Track 17 – p. 88

Sounds of school

1. stationer's
2. classroom
3. playground
4. sports field
5. canteen
6. music room

CD 2 – Tracks 18-19 – p. 90

My Diary

Dear diary,

The day started as usual...it's 7:30 a.m. Time to have breakfast and get ready for school. Warm-up started at 9 a.m. and "Can't Stop the Feeling" by Justin Timberlake played on the speakers, as usual. It's always the same routine, sometimes with variations suggested by our teacher, Miss Martel. A full hour of jumping, running, stretching and juggling and we are already sweaty by 10 a.m. Today wasn't an exception! Apart from... well, a series of unfortunate events that turned this day into an even more intense one! First, I switched the times of the science class and the acro-gymnastics class! Then, the school cafeteria was closed! Why? Miss G, the headmistress, didn't know where the keys were! And after this, I arrived at the physical activity class 10 minutes late because Nicholas and Phoenix asked me to help them with their new trick for the show. Suddenly, during the class, I looked through the gym window and... there they were... my little sister and my mother staring at me! They visited me and that was an awesome surprise! This was just one uncommon day at the circus school: intense but amazing. I have to go now because "Ladies and gentlemen,

boys and girls of all ages, my dear diary, the show is about to start". After all, my school is a... circus! I'll tell you all about today's show tomorrow.

Love, Celeste

CD 2 – Track 20 – p. 92

Hip-Hop Grammar Song "Past simple rules"

CD 2 – Track 21 – p. 92

needed; shopped; started; stayed; baked; followed

CD 2 – Tracks 22-23 – p. 94

The Manchester City Football Language School in Manchester, England, is a very special school. There, you can learn football and English during the summer. The summer programmes are for boys from 9 to 17 years old and girls from 14 to 17 years old and they are designed to help players develop their communication skills on and off the field. The sessions last for two weeks and take place in the City Football Academy, where the players of the Manchester City team play every day.

Students start at 9 o'clock with English classes every day. There are great classrooms with sophisticated equipment. Then, at 10:30, they have football classes on one of the many outdoor fields. At 12:00 they have lunch with

their teammates in the canteen, which is very bright and modern. After lunch, they have one more English class and at 2:45 they have football practice on the indoor field. They have dinner at 6 o'clock and then some free time. They can watch a film in the cinema room or play games in the games room.

CD 2 – Tracks 24-25 – p. 94

Mateu, how was your experience in The Manchester City Football School?

In football training sessions we worked on football skills and techniques just like professional players. The training sessions were all varied and very motivating. All the training was very good, but personally the one I liked the most was the day we did the competition.

In English classes we worked on various projects related to football. We pretended to be professional players who did interviews, analysed football matches and created our own teams. The part that I really liked about classes was when we interacted inside the class with people from another country.

I enjoyed it a lot because I seemed like a professional player.

Rebecca, what about you?

The first year in Manchester City Football Language School was new to me, so I wasn't

very confident playing football with other girls and it was very hard to communicate. But over the years I worked a lot and my self-confidence, training and especially my communication improved a lot.

Classroom activities were always good and interesting. In the first few days it was challenging to start speaking always in English – it was a bit difficult for me –, but once lessons started it seemed easier for me.

I loved to play with and against girls with different styles from all over the world. Also, activities such as meeting Manchester City women's team were incredible because they allowed me to meet inspiring women football players.

CD 2 – Tracks 26-27 – p. 95

Mateu: This school is really cool! What's your favourite place?

Rebecca: My favourite place is the football pitch because I love playing football. I live and breathe football! What about you?

Mateu: I love the football pitch too, of course. But I also like the school cinema because I love watching films. What about the library? Do you usually go there to read books?

Rebecca: Yes, I do. I usually do my homework there. And what about you?

Mateu: I never go to the library because I prefer studying in my bedroom. What about lunch breaks? Where do you usually spend them?

Rebecca: I like having lunch in the school canteen and then I usually go to the games room with my teammates to relax. How about you?

Mateu: I usually have lunch in the cafeteria and then my teammates and I go for a walk before going to the classroom, where I have English lessons.

Rebecca: Let's go!

CD 2 – Tracks 28-29 – p. 98

Fly foam party

Do you think that being in middle school is boring? Well, not in FlySchool! Last week, on September 22nd, the students and teachers organised a party. We had classes in the morning and then we had lunch, as we usually do, but there weren't any classes in the afternoon because we all went to the party. This was not a normal party, it was a foam party! We chose the football field to have the party because it was the only place with enough space for everybody. There was a giant foam machine that spread bubbles everywhere! In just a few seconds, we were all covered with foam from head to toe! People swam in it and made each other beards like Santa Claus! It was a very hot day and that soft fresh foam felt really good! We also had a

DJ, so the music was really great and everybody sang, danced and laughed a lot. The geography teacher took lots of great photos (to see the photos click here). We all loved it and wanted it to last forever, but it didn't... At the end of the party we were all wet. So, everybody showered and put on dry clothes in the changing rooms. This was one of the many activities we are doing to celebrate the 20th anniversary of our school! Happy anniversary, FlySchool!

CD 2 – Track 30 – p. 101

Song “High Hopes”, by Panic! At the Disco

CD 2 – Tracks 31-32 – p. 102

I'm Kristina Dimova, that's D-I-M-O-V-A. I'm 13 and I'm from Bulgaria. I go to Southfields Community College, in south London.

My school is fantastic. Walking around the playground is like a trip around the world: students at my school come from 60 countries and speak a total of 71 languages. All our classes are in English.

CD 2 – Tracks 33-34 – p. 102

My favourite week of the year is in May: the opening week!

Last year we had an event called “Walk around the world” and each student told everyone something about their country of origin. We felt very clever knowing so many different cultures.

In the last two years there was also an event called “Swap it out”. During the first school month we swapped books, costumes, uniforms, sports equipment, personal objects and all kinds of stuff we find interesting! I swapped with my friend Francesco from Italy: he got a traditional Bulgarian doll from me and I got his Juventus Football Club shirt.

These were the two best events from last year! They were both so rewarding!

CD 2 – Tracks 35-36 – p. 110

Hello, Minecraft lovers!

Ah, there’s nothing like visiting a big city! Those busy people rushing to work?

I like big cities so much and I guess that’s why Vancouver, in Canada, inspired me so much!

The glamorous skyscrapers... yes, the skyscrapers... those very tall buildings! And there’s always people getting sick, so there’s a modern hospital where sick people are treated. If you want to spend the night there, try the city’s hotel!

I’m in charge of this city, so if you want to have a meeting with me, go to the town hall. That’s the place where we administrate the city!

If that’s not enough, how about a place where you can borrow a book? Yes, that’s it! The

library! And if you need to get some fresh air or go for a walk, there’s no place better than the city park!

Anything you can think of is literally here in Mattupolis. If you want to know more about all the other places of Mattupolis, go to my YouTube channel and find out!

CD 3 – Tracks 1-2 – p. 112

Best friends with Meghan Markle and Prince Harry

My dad is a marine biologist and we lived in Australia for six years. Because of that I know the most famous aquariums in Australia (and New Zealand too) and I’m passionate about sea life. I absolutely loved this aquarium. Here’s why: while I was taking photos of the two seal pups (named after Meghan Markle and Prince Harry), Meghan was desperately trying to give me a “very wet and smelly” kiss! I don’t even know how she got near me! I just hope Harry wasn’t looking!

The perfect match

This is heaven for ice cream lovers! You can choose from 238 flavours (some typical and others not-so-typical such as bacon). I went out to eat at a restaurant and ended-up having ice cream for dinner! The real reason why? Well, I saw Lana Condor, my favourite actress. She was

eating ice cream there while she was having a break during the shooting of *To All the Boys I've Loved Before*. This day was an unexpected but perfect combination: tasty ice cream and Lana!

CD 3 – Track 3 – p. 114

Hip-Hop grammar Song “Past continuous rules”

CD 3 – Tracks 4-5 – p. 115

City blackout – What were people doing when the lights went out?

A journalist asked people about it: a young man said that he was washing the dishes. A lady told him that she and her husband were watching TV while their children were doing homework. A teenager didn't realise anything because he was listening to music. The journalist then asked the official from the energy company: “Mr Watts, is it true that you were having a big party last night and nobody was watching the controls?” He said they weren't having fun; they were working. Was he telling the truth? No one knows exactly!

CD 3 – Tracks 6-7 – p. 116

Tommy: Hi, Jenny! What's up?

Jenny: Hey! Tommy, you won't believe what happened to me!

Tommy: Wow, slow down, please. What happened?

Jenny: While my mother and I were driving to the shopping centre, there was this huge traffic jam and a man was jumping in the middle of the street, in front of the cars! It was weird and fun at the same time.

Tommy: Really? What happened next?

Jenny: Well, the police were trying to take him out of the road, but he was jumping and singing so loud (screaming actually), that he couldn't hear what the police officers were saying. When they finally controlled him, they took him to the police station, I guess.

Tommy: That was pretty hilarious, right?

Jenny: Sort of! It took us two hours to get to the shopping centre. Can you believe it? Anyway, as we arrived there, and after we went to the supermarket, another weird episode happened: a strange lady came up to us while we were buying some clothes and said that she was going to take us to a new planet, because she knew we were aliens... Oh, God, what else happened, you might ask...

Tommy: Yeah! I was about to ask that... Look, my battery is really lo...

Jenny: Hello! Helloo...! Tommy?

CD 3 – Track 8 – p. 117

Song “History”, by One Direction

CD 3 – Tracks 9-10 – p. 121

Zoe: OK, we bought new earrings for you at the accessory shop. Now we need to buy some food, but we don't have much time... Let's split up: I'll go to the fishmonger's to buy fresh fish and you buy some meat at the butcher's, OK?

Anna: Right! Don't forget to buy the magazine for mum at the newsagent's and the book for dad.

Zoe: We can't buy the book because the bookshop is closed today...

Anna: Don't worry – let's buy the book online! Check this out, so many options! I love shopping online!

CD 3 – Tracks 11-12 – p. 122

A weekend at the West Edmonton Mall

Hi! My name is Duncan and I'm from London. My uncle and my cousins live in Canada, so I spent some days with them and I had the time of my life! We spent a weekend at the West Edmonton Mall and it was unbelievable! On Saturday, we went shopping – a very difficult task because there are 800 shops! We went to some sports shops and I bought a new pair of trainers. My cousin Thomas bought a really nice T-shirt at one of the clothes shops. After doing all the shopping, we went to the food court to have lunch. There are more than 50 restaurants there!

After lunch we went to Galaxyland, an indoor amusement park. There is a giant roller coaster with 3 loops! But I couldn't ride it because food and roller coasters together aren't good for my stomach...

Then we went to World Waterpark, with more than 100 slides and a wave pool. We had so much fun!

And the best part of this shopping centre is that we can sleep there! That's right! We stayed at Fantasyland Hotel and we slept in great style in a room which looked like an igloo.

On Sunday morning, we went to Marine Life, where we saw the sea lions' performance, and visited an underground aquarium that is home to more than 100 species of fish. In the afternoon we went ice skating at Ice Palace and played bowling at ED's Bowling.

I wanted to try the Alien Outbreak Escape Room, but there wasn't time for that... Maybe next time! This was definitely the best weekend ever!

CD 3 – Tracks 13-14 – p. 129

Journalist (broadcaster): Good afternoon. Today, maybe one of the biggest events of the year took place: The Town Hall Colour Run. It started next to the stadium and the finish line was near the aquarium. Our reporter Nick Downer is at the scene and he has more details about it.

Reporter: Good afternoon. This was an event that gathered around two and a half thousand people and they had fun for an hour. Mr Thomson, the Mayor, is going to explain it better. Mr Thomson, how was this event? Can you tell us about this?

Mayor: Good afternoon. It was a huge success. This wasn't a common colour run race. Participants had to go along the main streets and find some objects in different spots to know our town better.

Reporter: How did that work? Could you give us an example, Mr Mayor?

Mayor: Sure. For example, participants followed some clues and had to find a miniature of the Town Hall at the bus stop, or a puzzle on the bridge with a picture of the museum ... Every time they got one, they won some points and they got more ink.

Reporter: Thank you, Mr Thomson and congratulations for the event.

Mayor: Thank YOU. I want to invite you and all our listeners to participate in next year's race. A different event with a different start (the swimming pool) and finish line (the skate park).

CD 3 – Tracks 15·16 – p. 129

Mark: Hey, everybody! My family and I had such a great time today. We participated in the Town Hall Colour Run and it was fa-bu-lous! We were wearing white T-shirts and took a colourful bath while we were running around town. This race was a bit different from the usual ones because, besides running and getting painted, we had to win points, too. My father found two objects related to our town: a puzzle and a Town Hall miniature. My mum found a hidden keychain, but she had to walk through a tunnel. She saw it at the top of a zebra crossing traffic light. Me? I found a chocolate skyscraper, but I didn't win the points for that because I ate it right away.

CD 3 – Tracks 17·18 – p. 131

Emma: Oh... Excuse me, officer, could you please help me? I think I'm lost...

Police officer: Yes, of course. Where do you want to go?

Emma: I'd like to go to Castle of "São Jorge".

Police officer: Oh, you're in Rossio, next to the National Theatre, so it's a bit far.

Emma: That's OK. I like walking and I've got all day.

Police officer: Well, if you're sure... Turn left here and go straight on, until you get to Praça da Figueira. Then go straight ahead until you get to Martim Moniz. Then turn right into rua Cavaleiros, go up the street and the castle is right in front of you.

Emma: Thank you so much, officer.

CD 3 – Tracks 19-20 – p. 140

A week in the life of a Junior NINJA WARRIOR

While most teens practise football, baseball, basketball or some other sport, 14-year-old Devan Alexander, a student at Danbury High School, is busy practising his ninja skills. Those skills will be tested on the new season of American Ninja Warrior Junior, a TV show where 9-to-14-year-olds battle on various obstacles. Devan and his family fell in love with the show American Ninja Warrior. "And I was like, 'I could do that!'" Devan said. He practises a lot. On Tuesdays and Thursdays, Devan goes to the ninja gym and practises from 6:30 to 8 p.m. The ninja gym has a special class, inspired by the TV show, where kids can develop strength, balance, focus, problem solving and agility... The obstacles change every month, so practising there never gets boring. The other five days of the week he trains at home: he has a challenging obstacle course in the family garage. He practises when

he gets home from school, and then does his homework. After dinner, he practises some more.

But he likes doing other things too. He likes watching TV and listening to music and he loves playing chess! He goes to the Chess Club on Mondays and Thursdays after school. Devan has some advice for kids his age: "Never give up. Do what you believe in. Train hard, work hard because it will pay off."

CD 3 – Track 21 – p. 145

Hip-Hop grammar Song "Learn the If-Clauses"

CD 3 – Tracks 22-23 – p. 146

Interviewer: Good morning! Welcome to our Oxford School radio show. Yesterday, our football champion was here with us. Today we have our gymnastics school sport champ, Dennis Kimmel. Let's find out more about him. Hey, Dennis.

Dennis: Hi, Rita. Thanks for having me here.

Interviewer: So, how do you feel about going to the national finals?

Dennis: I feel great and honoured to represent our school and region in such an important competition.

Interviewer: You'll continue to practise until the finals, right?

Dennis: Yeah, a hundred per cent. Before this,

I spent four hours working out and practising (two in the morning and another two in the afternoon) but my coach said that we'll have three-hour training sessions twice every day from now on. So... It's going to be hard but it will be worth it.

Interviewer: Wow! That's pretty hard... You don't have much time to have fun, besides school and practice...

Dennis: Yeah! Sometimes I can't hang out with my friends, but I listen to music and read comic books. However, I miss riding my bike.

Interviewer: What about watching TV? Do you watch any TV series?

Dennis: Hmm. No, not really. I just spend some time watching YouTube videos.

Interviewer: Do you have a message for our listeners?

Dennis: Just follow your dreams and work hard to make the best of it. And remember: the most important thing isn't the prize you get but the respect you show.

Interviewer: Thanks, Dennis. Good luck for the competition.

CD 3 – Tracks 24-25 – p. 146

Go Dennis... Go Dennis... Oooooooooooooxford

Host: Good morning! Welcome to our National School Sport Finals. We're in this wonderful gym in London and we will have a great day.

The first to compete today is the Oxford Middle School winner: Dennis Kimmel. A round of applause, everybody. How do you feel, Dennis?

Dennis: A bit nervous and anxious, but I'll make it! I won't disappoint my schoolmates.

Host: I'm sure you won't. Let's start then. Good luck!

Dennis: Thank you!

Host: After these beautiful performances, it's time to announce the winner for gymnastics. Thank you to all the participants. It wasn't easy for the judges to decide because they were all wonderful. I'm going to hand over the prize to... Dennis Kimmel! Come up here, please, Dennis. Congratulations!

CD 3 – Tracks 26-27 – p. 149

Hi, everyone!

This summer I'm going to be at a summer camp with some of my friends. We are going to go camping. I really like dancing and singing, so I hope to have plenty of time for that!

After the summer camp, I'm going to go to the beach! Swimming and snorkelling are also two of my favourite summer activities.

Hopefully, I will still have time to do some sunbathing and get a tan.

I also like fishing with my father. I love eating strawberry ice creams in a theme park and taking photos of all these moments. Summer, make it the best of times!

CD 3 – Track 28 – p. 149

Song “We own the summer”, by Milo Manheim

CD 3 – Tracks 29-30 – p. 150

Hi, Liam!

Summer is coming and guess what? My father and I are going to fly to Ireland in the first week of August and we’re going to stay there for two weeks. I’m finally going to travel to your country, but I’m not going to visit Dublin, so we won’t be able to meet! We are going to Carlingford, a town on the East Coast. My father has some friends living there and we are going to stay with them. I’m so excited! I’m going to visit a Leprechaun Cavern (how awesome!!!) and try kayaking and wakeboarding for the first time. As for the rest of my summer, I’m going to spend it with my mother. My parents are divorced, as you know. I’m going to stay at home, watch some TV series and relax during the third week of August. After that I’m going to go to a beach in Barcelona called Playa de Sant Miquel for one

week. We go there every summer and I really like everything about it. I’m meeting my friends Jose and Elena and we are going to have lots of fun at the beach, swimming and chatting all day while sunbathing. Well, but what’s the best part of summer? I love this question, but I can never answer it! There are too many “best parts”. Summer is wonderful because, let’s be honest, there’s no school, there are sunny days and friendships to remember! That’s summer!

Your Spanish bestie, Antonio

P.S. – How are your Spanish classes going? Hope you learn it “rápido”!

CD 3 – Tracks 31-32 – p. 155

Next summer I’m going to go to Malibu beach with friends and family. I’m going to stay there for two weeks. I’m definitely going to sunbathe, swim, and relax. I’m also planning to go to the swimming pool. When I’m tired I’m going to stay at home with my brothers and we are going to play FIFA together! One of my favourite activities is to hang out with friends. Something I’m certainly not going to do is to have a picnic! I hate eating outdoors!

CD 3 – Track 33 – p. 156

Song “I don’t care”, by Justin Bieber & Ed Sheeran

CD 3 – Track 34 – p. 165

Song “Conversations in the dark”, by John Legend

Extensive Reading

CD 4 – Track 1 – p. 169

Around the World in Eighty Days - The Diary of Phileas Fogg

October 2nd, 1872

CD 4 – Track 2 – p. 170

October 20th, 1872

CD 4 – Track 3 – p. 171

October 23rd, 1872

CD 4 – Track 4 – p. 172

October, 25th, 1872

CD 4 – Track 5 – p. 173

November 14th, 1872

CD 4 – Track 6 – p. 174

December 13th, 1872

CD 4 – Track 7 – p. 175

December 21st, 1872

Teacher's Resource File

CD 4 – Tracks 8-9 – p. 192-193

A. Ken has Barbie, Shrek has Fiona and Cristiano Ronaldo has Georgina Rodriguez. A true romantic couple from the movies! Her boyfriend, Ronaldo calls her “Gio”, but the world knows her as “Georgina Rodriguez”. She was born on the 27th January 1994. She is Spanish, but she lives in Turin, in Italy with her boyfriend and children.

She has got one sister, Ivana, one daughter, Alana Martina and three stepchildren. She is very dedicated to her family life, so she loves playing with her children and running is also one of her favourite hobbies.

CD 4 – Tracks 10-11 – p. 192-193

B. Well, dear listeners, Cristiano Ronaldo is throwing one of his famous parties, but not everyone was invited... let me play a game with you. I'll describe some of his guests and you can post their names on the Radio's Facebook page. Let's do it!

- He is tall and athletic. He has got very short dark hair, a beard and a moustache. His eyes are dark and he has got many tattoos.
- The next one is tall and thin. He has got curly, black hair and brown eyes.

- The last one is medium height. He has short hair and blue eyes. He has got a beard and a moustache.

Now can you guess who they are? The time starts counting now... you have 2 minutes to post your guesses!

CD 4 – Tracks 12·13 – p. 192·193

C. And now I have another challenge for you, football fans! I'll describe the daily routine of a famous footballer. See if you can guess who I'm talking about...

He gets up early in the morning as he has football practice at 7 a.m. He always has a very nutritional breakfast to give him the energy he needs. He doesn't live far from "Dragão" stadium, but he drives there. He practises the whole morning, after that he has a shower and then he goes home where he usually has lunch at 1.30 p.m.

In the afternoon, he usually studies some football techniques or has practice again. He does some exercise and he has a light dinner before watching an episode of a series he likes. He goes to bed at 11 p.m.

And now...let's see who was the first to guess... Congratulations, Maria, from Portugal, it's Pepe's daily routine. You got it!

CD 4 – Tracks 14·15 – p. 194·195

Teacher: Hello, everyone! Today our class is about your dream house. So, close your eyes and imagine you are inside it. Describe it to us. Caroline, you can start...

Caroline: Wow! I can see the Earth from here. I'm in space! My dream house orbits the Earth. It has a lot of high-tech stuff and, of course, a button to turn off zero gravity because I don't like sleeping and floating at the same time. I have a giant TV screen on the ceiling! I don't have separate rooms in here. This means, the bedroom is the same place where the kitchen, the dining room and the bathroom is.

There is also a teleporter that allows me to go anywhere on Earth, as I need to see my friends and family all the time.

Teacher: Well done, Caroline! That's quite creative! Louis, do you want to be next?

Louis: Yes, miss! My dream house is shaped like a sphere and made of glass. There's a balcony which you can jump off. There is also a garden with all types of flowers. Oh... and I also have a piano in the living room because I love playing and listening to the piano in my free time.

Teacher: Good! That is very relaxing! Cindy, what about your dream house?

Cindy: You know I love sweets, so my house is entirely made of candy. The door is made of my favourite butter cookies and the rooftop is made with chocolate bars. There are yummy sweets stuck all over the walls. Inside, the floor is made of marshmallow and the pillows are made of candy floss. The chairs and the sofa in the living room are also made of chocolate.

Teacher: Cindy, you are a true candy lover!!! And to finish... let's listen to you, Charlie...

Charlie: My dream house is just like one from the cinema... It has a lovely garden with lots of magical creatures from the film *Fantastic Beasts*, but the house itself is a country house very similar to the one from the Netflix film *Enola Holmes* from the outside. Inside the house everything is very tidy. The rooms are classical, but each one has a different theme with a modern touch. It has a gorgeous living room and my bedroom? Well, my bedroom is *Star Wars* themed and it looks like a snowy cave! It's awesome!

Teacher: Awesome! You may say it has classical and modern style in the same house...great idea! Congratulations...

CD 4 – Tracks 16-17 – p. 196-197

Melinda: Well, first of all, I want to thank you for helping me in this competition. The topic of this talk is “school trip memories” and my question for you four is: What’s your favourite school trip memory? Let’s hear what you have to say. You start, Adam, then Dan, Susie and finally Jacinta.

Adam: I travelled to Iceland with the school last year. We were on an eTwinning project that really helped me improve my love for geography. It was an awesome experience. What a trip!

Dan: In year 6, two years ago, we went to the village Christmas market right before the Christmas holidays. My friend Andrew got lost in the market and ended up ruining the whole visit. It was a bit scary! What a nightmare!

Susie: We went to Trafalgar Square and when we got there thousands of people were celebrating the victory of the Liverpool team in the football championship. I’m crazy about this team and I forgot about the school trip – all I wanted was to celebrate, too. What a surprise!

Jacinta: We went to Oxford University to visit the facilities of a real university. We saw large auditoriums; the university is very historic and inspired me a lot. We went to the library and on the walls there were photos of former students.

Can you imagine who I saw in one of the photos? My father! He studied medicine there! What a coincidence!

CD 4 – Tracks 18-19 – p. 198-199

A. The city of Porto, also called *Cidade Invicta* is in the north of Portugal. It is famous for its wine, bridges, buildings, beautiful historical centre, and also its restaurants and tasty food. In winter, the temperature is usually between 5 °C and 14 °C. In summer, it is between 15 °C and 25 °C and reaches 35 °C in July and August.

You can visit the *Clérigos* Tower, the Cathedral, the *Serralves* Foundation, the Historical Centre or the tourist area of *Foz*, one of the most beautiful areas of the city near the *Douro* river. There are many museums in the city, for example, the Port Wine Museum, the Military Museum of Porto, and the Cheese Castle, famous for its viewpoint and exhibitions. And there is also the House of Music and the *Bolhão* Market, a symbol of traditional culture.

The city's biggest event is *São João do Porto*, celebrated from the 23rd to the 24th of June. Thousands of people from the whole country invade the city streets to celebrate. It is a time for grilled sardines, plastic hammers and *bailaricos*.

The typical dish of the city is *Tripas à moda do Porto* and also the *Francesinha*, a sandwich with various meats, covered with cheese and a special sauce.

This city welcomes more than one million tourists a year. It is one of the most visited cities in Europe.

CD 4 – Tracks 20-21 – p. 198-199

B. Sara Sampaio is a famous international model from Porto and she considers it one of the most beautiful cities in the world...and you should trust her, as she knows more than twenty different countries. What she really misses is the food, the museums and going to the stadium to watch her favourite football team – *FCP – Futebol Clube do Porto*!

When she comes to Portugal she always goes for a walk in *Ribeira* and goes sightseeing.

CD 4 – Tracks 22-23 – p. 198-199

C. Shawn Mendes, the singer everyone talks about, has Portuguese origins because his father is Portuguese. One of Shawn's favourite cities in Portugal is Porto. His father used to take him to a famous bookshop (*Lello*) in the city and he often mentions that. As he says "Porto is one of the noisiest, but also most incredible cities I know". He was in Porto several times and what he really

likes is the people. He is also a fan of the art galleries and buildings such as the bridges or the churches. He usually eats at famous restaurants in the city and he enjoys walking along the streets at night.

CD 4 – Tracks 24-25 – p. 200-201

1. What is Toby going to try next summer?

I started playing football when I was seven and now I'm going to try something different. My brother thinks I should join his basketball team, but I want a sport which is more challenging, so I'm going to try hockey. It's not as exciting as bungee jumping, but I'm sure it will be fun!

CD 4 – Tracks 26-27 – p. 200-201

2. Why isn't Lisa going to do gymnastics for a while?

When I was young I loved gymnastics and I always found time to do it without forgetting about school and friends. I remember that when I was 12 I broke my arm in one of the sessions, but that didn't stop me. Now, three years later I'm going to stop doing gymnastics for two months, but that's for a good reason: I'm going to visit my grandparents in London and all I want to do is to spend time with them. I'll get back to my gymnastics sessions in two months.

CD 4 – Tracks 28-29 – p. 200-201

3. What is Sarah going to take with her to the campsite?

Salesman: Hello. How can I help you?

Sarah: I need some trainers, please.

Salesman: Winter or summer trainers?

Sarah: Summer... they're a present for my sister.

Salesman: Anything else?

Sarah: Yes, a sleeping bag for the camping activity next weekend and that black raincoat, please.

Salesman: The black raincoat? Good option for a campsite!

Sarah: Oh, I'm not going to take the raincoat next weekend. That's for my mother.

Salesman: Is that all?

Sarah: Yes, that's it...

CD 4 – Tracks 30-31 – p. 200-201

4. What time is Peter going to surf?

Well, according to the weather forecast today is an awesome day to surf! I have classes until midday and at half past one I'm going to meet my friend Jordan. We have to study for the geography test. One hour later, at half past two, I'm going to pick up my sister Julia at school and I

should take her to the ballet lesson at three, so I think the best time to go surfing is probably after that, at half past three.

CD 4 – Tracks 32-33 – p. 200-201

Jackson: It's almost summer time. Any plans for this year's holiday, Sally?

Sally: I'm not sure! Last year, I went on a tennis course at the new tennis centre.

Jackson: Did you like it?

Sally: Yes, but it was too hot to play outside for hours and hours. I'm not going to take that risk again this year. I love water sports, so I'm going to take a snorkelling course at the diving school.

Jackson: That sounds interesting. Do you mind if I join you?

Sally: Don't be silly. Of course, not! It's going to be even better! And if we get good waves, we will also try surfing. What do you think?

Jackson: Great idea! But I'll work hard at my swimming first...

CD 4 – Track 34 – p. 298

Song "One love", by Now United

CD 4 – Track 35 – p. 299

Song "Someone you loved", by Lewis Capaldi

CD 4 – Track 36 – p. 299

Song "I hate U I love you", by Gnash

CD 4 – Track 37 – p. 299

Song "Blinding lights", by The Weeknd

CD 4 – Track 38 – p. 299

Song "All of me", by John Legend

CD 4 – Track 39 – p. 299

Song "I love you always forever", Betty Who

CD 4 – Track 40 – p. 299

Song "Afterglow", by Ed Sheeran

CD 4 – Track 41 – p. 300

Song "Savage love", by Jason Derulo

CD 4 – Track 42 – p. 300

Song "See you again", by Wiz Khalifa ft. Charlie Puth

CD 4 – Track 43 – p. 301

Song "Count on me", by Bruno Mars

CD 4 – Track 44 – p. 302

Song "Dance Monkey", by Tones and I

CD 4 – Track 45 – p. 302

Song "Closer", by Chainsmokers ft. Halsey

CD 4 – Track 46 – p. 302

Song "Thunder", by Imagine Dragons

CD 4 – Track 47 – p. 302

Song “This town”, by Niall Horan

CD 4 – Track 48 – p. 304

Song “Some say”, by Nea

CD 4 – Track 49 – p. 304

Song “Honey”, by Noble

CD 5 – Track 1 – p. 305

Song “Put a little love on me”, by Niall Horan

CD 5 – Tracks 2-3 – p. 330

Hello! My name is Zoe and I’m British. I live in London with my parents and my younger sister. I’m 12 years old and I’m in year 7. I’m tall and slim. I’ve got long straight brown hair and green eyes. I’m kind and sociable, but a bit stubborn sometimes. I like wearing comfortable clothes. Today I’m wearing blue shorts, a T-shirt and sandals. When I’m not at school I like riding a bike – it’s my favourite hobby. I also like watching TV, especially series! At the moment I’m watching *Young Sheldon*, it’s very funny! My sister usually watches TV with me because we like the same things. Our parents are nurses, so they don’t have much free time, but when they do, they always spend it with us. When we are together, we have a lot of fun cooking, watching TV or playing board games.

CD 5 – Tracks 4-5 – p. 338-339

Interviewer: Today we have a special guest, the tallest teenager in Britain: 16-year-old Brandon Marshall. Hello, Brandon, please tell us what everybody wants to know: how tall are you?

Brandon: I’m 2 metres 23 tall and the doctors say I can grow even more!

Interviewer: Wow, that’s impressive! And do you like being this tall?

Brandon: There are some advantages, but also disadvantages. I like it because basketball is my favourite sport, so being tall is great! Now I play in the national basketball team and it’s a dream come true. But I’m very shy, so I don’t like it when people look at me and make comments about my height – I feel uncomfortable.

Interviewer: Does being tall affect your daily routine?

Brandon: Not much, I wake up very early and then I get dressed. It’s a bit difficult to find clothes and shoes for my size because I have very large feet and long legs... Then I have breakfast. As I’m very tall and still growing, I’m always really hungry, so I eat a lot!

Interviewer: What do you usually eat for breakfast?

Brandon: I usually have cereal, milk, bread and butter and fruit.

Interviewer: What do you usually do during the day?

Brandon: After breakfast I go to school like every other teenager. I have classes and I have lunch with my friends in the canteen. At school I always have to be careful with doorways because I often bump my head... After school I have basketball practice – it's my favourite part of the day! I have to practise a lot because there's an important competition next month. Then I go home, I have dinner with my family and I go to bed very early, at 8:30 p.m. because I'm always tired.

Interviewer: Is being tall a common feature in your family?

Brandon: No, not really... My parents are medium size and my sister is short, so I'm the only one in the family who is tall.

Interviewer: Brandon, thank you so much for your time and good luck with the competition!

Brandon: Thank you!

CD 5 – Tracks 6-7 – p. 354-355

A./B.

Mother: Hi, John! What are you doing?

John: I'm watching my favourite series on TV...

Mother: What about homework?

John: I don't have homework today!

Mother: Great! But I believe I have some bad news for you... I'm working late today and Grandma and Grandpa are having dinner with us, so I really need your help!

John: OK, no problem! So... what do you want me to do?

Mother: Can you please vacuum the living room floor? And please don't forget to vacuum under the sofa, there's always a lot of dust in there... And behind the plant (you always forget that spot...) and don't forget to vacuum in front of the fireplace, please!

John: Ok, the living room floor, but especially under the sofa, behind the plant and in front of the fireplace... got it!

Mother: I also need your help in the kitchen... the sink is still full of dishes, can you please load the dishwasher?

John: Yeah, no problem. What about dinner? Do you want me to do anything?

Mother: No, thank you, I'm ordering some chicken from that restaurant next to your school.

John: Yummy! I love that chicken!! Can you order some dessert please, please, please! I really deserve it, you know I hate vacuuming!

Mother: OK, strawberry cheesecake then, your favourite!

John: YES!!! Thanks mum.

Mother: Thank you, John! See you later!

CD 5 – Tracks 8-9 – p. 354-355

C.

Mother: Yes, John, is there something wrong?

John: No, but I just can't find the vacuum cleaner!! It's not in the laundry room, it's not in the kitchen or in the living room and now I'm looking for it in the garage and it's not here either!

Mother: Oh, I'm sorry, John! I always vacuum the carpet in my bedroom and I forgot the vacuum cleaner there... Oops...

John: OK, no problem. Do you want me to set the table after vacuuming?

Mother: Oh yes, that would be great!

John: Should I set the table in the kitchen or in the dining room?

Mother: In the dining room, please.

John: OK, but I think this means an extra slice of cheesecake...

Mother: Ha ha ha! OK, smart boy! Bye-bye.

John: Bye!

CD 5 – Tracks 10-11 – p. 370-371

A./B.

Erika: Sorry, can you help me? I think I'm lost... Where is the art room?

Allan: Hi! Are you the new student?

Erika: Yes, I'm in class 7C...

Allan: Me too, so we are classmates! I'm Allan!

Erika: My name is Erika, nice to meet you!

Allan: I'm sorry to ask, but why do you want to know where the art room is? We are having science now, in the lab!

Erika: Really? I'm a bit confused...

Allan: The science lesson starts in 10 minutes.... We have some time, so let me show you around!

Erika: Nice! Thank you so much!

Allan: So, here, on the right is the staff room, the headmaster's office and the assembly hall. On the left we have the library and some classrooms, including the maths room and 3 labs. Now, let's go upstairs!

Erika: OK!

Allan: Here we have lots of classrooms, that one is the art room.

Erika: Oh, I love art! It's my favourite subject!

Allan: Really? I don't like art very much and I'm not very good at it... I prefer physical education, it's my favourite subject!

Erika: Where do we have physical education lessons?

Allan: It's outside... Hmm... we still have 5 minutes, let's take a look! Hurry up!

CD 5 – Tracks 12-13 – p. 370-371

C./D.

Allan: Here we are!

Erika: Wow! You run really fast! I'm tired!

Allan: Sorry... but we are running out of time! This is the playground, there are three sports fields and on the right there is the gym.

Erika: Wow, the fields are really nice! And the gym is enormous!

Allan: Yeah, I love playing football with some friends during the breaks... Do you like football?

Erika: Yes, I do! But I prefer handball, it's my favourite sport... Do you have a Handball Club here?

Allan: I think we do, but I'm not sure... Oh, look, our PE teacher! Let me ask him! Sorry, teacher, this is Erika, the new student and she likes handball. Do we have a Handball Club?

Teacher: Hi Erika, welcome! Yes, we do! We have a great handball team! Join us tomorrow at 5 o'clock! We practise on Tuesdays and Wednesdays.

Erika: Thank you so much... Oh, the bell! We must go! Bye-bye!

Teacher: See you in class tomorrow!

Allan: Bye! Let's go, Erika. The science teacher is never late! We must run!

Erika: Oh no, here we go again...

CD 5 – Tracks 14-15 – p. 386-387

A./B.

Father: Hi, Ruth, where did you go?

Ruth: I went to the city with my friend Stuart to buy a birthday gift for his mother.

Father: Ok... what else did you do?

Ruth: We had lunch at that great pizzeria opposite the Town hall. I had a pizza with pepperoni that was delicious! I love pepperoni! Then we went to lots of shops because Stuart didn't know what to buy! We went to an accessory shop first, then we went to the clothes shop and then to a sports shop, but we couldn't find the perfect gift...

Father: What did you buy then?

Ruth: We bought a pair of high heel shoes at the new shoe shop. They are really nice, but they don't seem very comfortable...

Father: Where is that new shoe shop?

Ruth: The shoe shop is opposite the police station and its name is Fly Shoes and...

Father: Is the shoe shop next to the hospital?

Ruth: No, No, No... that's the bookshop. The bookshop is between the hospital and the police station.

Father: Isn't that a hotel?

Ruth: No, the hotel is opposite the supermarket.

Father: Oh, I see. Did you buy anything for you? You said you needed new trainers.

Ruth: Yes, I did! I bought this amazing pair of trainers and some fluffy slippers! Let me show you... oh no!!!

Father: What's wrong?

Ruth: I only have the trainers, I forgot the slippers at the shop! I can't believe it! What time is it?

Father: It's a quarter past six... I don't know if we have time to go there now... Why don't you call the shop? You can explain what happened and they'll save the slippers for you...

Ruth: Good idea!

CD 5 – Tracks 16-17 – p. 386-387

C.

Thank you for calling Fly Shoes, number one shoe shop in the UK. We are sorry, but we can't take your call at the moment. We work from Monday to Saturday from 9 a.m. to 6 p.m. Please

leave your name and telephone number after the tone and we will get back to you as soon as possible. For more information, please visit our website www.flyshoes.co.uk and don't forget: With Fly Shoes you don't walk, you fly!"

(Bliip)

Hi! My name is Ruth Andersen and my phone number is 752 064 0648. I was at your shop this afternoon and I bought a pair of shoes and a pair of slippers, but I realized I only brought the trainers home. I forgot the slippers at your shop... They were pink with unicorns. Can you please save them and I will pick them up tomorrow? Thank you so much.

CD 5 – Tracks 18-19 – p. 402-403

Welcome to the Top 5 show! Today we have the Top 5 most popular sports in the world!

Number one – Football

It is a sport played between two teams of eleven players with a ball. It is played by 250 million players in over 200 countries, making it the world's most popular sport with 3.5 billion fans. The objective of the game is to score by using any part of the body except the arms and hands to get the football into the opposing goal.

Football is very popular on TV, but also on the internet. Social media like Facebook, Twitter or

Instagram are full of content related to football. It takes only a few minutes for a major football event to become a top trend in the world of social media. Football stars like Cristiano Ronaldo, Lionel Messi and Neymar seem to be ruling social media with millions of followers, likes and shares.

Number 2 – Cricket

Cricket is a game played with a bat and a ball between two teams of eleven players. The two teams take turns to bat, attempting to score runs. While one team is batting, the other team fields. Cricket is very popular in India, Pakistan, England, South Africa, Sri Lanka and New Zealand. It's not a popular game in the United States or in most European countries. However, it is played in some of the biggest countries in the world, so it has about 2.5 billion fans.

Number 3 – Basketball

With billions of fans, especially in the United States of America, Canada and China, basketball is the third most popular sport in the world.

It is played by two teams of five players and the objective is to shoot a ball through a basket. The teams score 2 or 3 points for each shooting and the team with most points at the end of the game wins.

It is an Olympic sport, so that is the most important basketball competition, but the Basketball World Cup is also very important.

Number 4 – Hockey

Hockey has got 2.2 billion fans, mostly in Asia, Europe, Africa and Australia. Hockey is played by two teams that play against each other by trying to put the ball (or puck) in the opponent's goal, using a hockey stick. There are different types of hockey: field hockey, ice hockey and roller hockey. All of them are very popular.

Number 5 – Tennis

Tennis has around 1 billion fans in Europe, America and Asia. It can be played individually, against a single opponent, or between two teams of two players each. Each player uses a racket to strike a ball over a net and into the opponent's court. The objective of the game is to play the ball in such way that the opponent is not able to play a good return.

Tennis is one of the few sports in which there is equality between men and women. The men's and women's competitions are held side by side in all major competitions. Women tennis stars like Serena Williams and Maria Sharapova enjoy nearly the same level of fame and exposure as the male stars like Rafael Nadal or Roger Federer.