

# Personal Best

*Do your personal best with English!* ♥



## CEFR

Changes to the Common European  
Framework of Reference for Languages

*Do your personal best with English!* ❤️



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# 2018 Changes to the CEFR

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## 2018 Changes to the CEFR

In 2018 the European Council published the Companion Volume for the Common European Framework of Reference for Languages (CEFR). This volume outlines and explains certain changes and adaptations to the 2001 Framework.

Naturally, these changes to the CEFR have had an impact on EOIs across Spain. EOIs have incorporated the requirements of the new framework and adapted their respective independent curricula in accordance with Royal Decree 1041/2017 of 22nd December. This decree sets out the minimum requirements for certification and establishes the basic curricula for proficiency levels B1, B2, C1 and C2.

At Richmond, we want to help guide you through these changes by offering practical, specifically adapted class materials to make your teaching practice more effective and bring it into line with the updates to the CEFR. To this end, we'd like to introduce you to Personal Best.

# Personal Best, the 2018 CEFR and EOIs

**In light of the changes to the CEFR, we have ensured Personal Best, our star English course for adults, meets the new requirements.**

Personal Best is the ideal ELT method for our changing times, with its innovative methodology and use of technology in the classroom. The course is based on the demand-high teaching method and its unique “3xPractice” feature helps learners to truly consolidate their English.

With its contemporary approach and up-to-date content, Personal Best is also the perfect course to keep you and your students on track with the recent changes to the CEFR. To give you as much guidance as possible, we have mapped out all content from Personal Best levels B1, B1+ and B2 with the requisite requirements for ELT in a series of useful documents. These include everything from the most general CEFR content as well as the most specific, such as grammar and mediation.

The documents include:



**Mappings of specific  
Personal Best  
activities**



**A Personal Best  
Companion Booklet  
for EOIs**

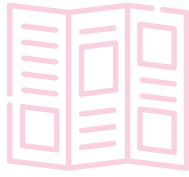


**A set of Programaciones  
for levels B1 and B2**



**A series of EOI Practice  
Exams for levels  
B1 and B2**





# Mappings

These mappings are designed to highlight specific activities from Personal Best levels **B1**, **B1+** and **B2** and demonstrate how they correspond to various aspects of teaching requirements.

## Personal Best CEFR

Content mapping of Personal Best activities from levels **B1**, **B1+** and **B2** to the changes in the CEFR. This mapping is in English, as it is the original language of both the Personal Best course and the CEFR Companion Volume.



## Personal Best Currículo EOI

Content mapping of Personal Best activities from levels **B1**, **B1+** and **B2** to the corresponding B1 and B2 content (whether taught over one year or two) from the EOI curriculum. These documents are available in Spanish in order to facilitate lesson planning and collation of content.

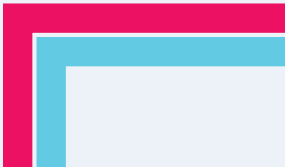
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# In-class, Blended and Online Teaching

Content mapping of Personal Best activities, organised according to whether they are most effective for classroom, blended, or online-only learning. This mapping is in English and will be particularly helpful for schools that are already using blended learning or are looking to do so.



## Personal Best Companion Booklets for EOIs



The Personal Best Companion Booklets for EOIs are additional exercise books that reinforce or explain in further detail any content that requires extra work at each level. This may be because of its complexity, because it has been newly added to the curriculum, or because of a change in how it is taught. Content has also been included to incorporate more of a focus on mediation.

As well as extra activities, each booklet has a detailed introduction that serves as a teacher's guide with an answer key at the end. In this way, many of the activities are as suitable for blended learning as they are for classroom teaching.

## Programaciones



These programaciones, **designed for proficiency levels B1 and B2**, are based on the Personal Best course and are in line with the EOI curriculum.

They are provided in Spanish in both PDF and .doc format, so that they can be easily adapted to the needs of the teacher.

# EOI Practice Exams



The EOI Practice Exams have been designed by teams of EOI test writers with a wealth of experience in the preparation, piloting and implementation of exams for language ability.

With the same format and structure as the official exams, they have been written using authentic documents and texts, gauged for each level in terms of both reception and production.

They contain the following:

**24**

listening and reading comprehension and written production tasks for both B1 and B2.

**30**

spoken production and interaction cards for B2.



# Richmond Learning Platform

All the additional materials listed in this brochure **are free for Personal Best users**, accessible via the Richmond Learning Platform. Teachers will receive a code for the EOI area of the Richmond Learning Platform, where they will find all the materials for their level:

- *Mappings*
- *EOI Practice Exams*
- *Programaciones*
- *Personal Best Companion Booklets for EOI*

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As well as the code that comes with their book, providing access to hundreds of additional activities on the platform, students will receive an additional access code from their teacher for their own EOI area, where they will find the corresponding Personal Best Companion Booklet for their level.

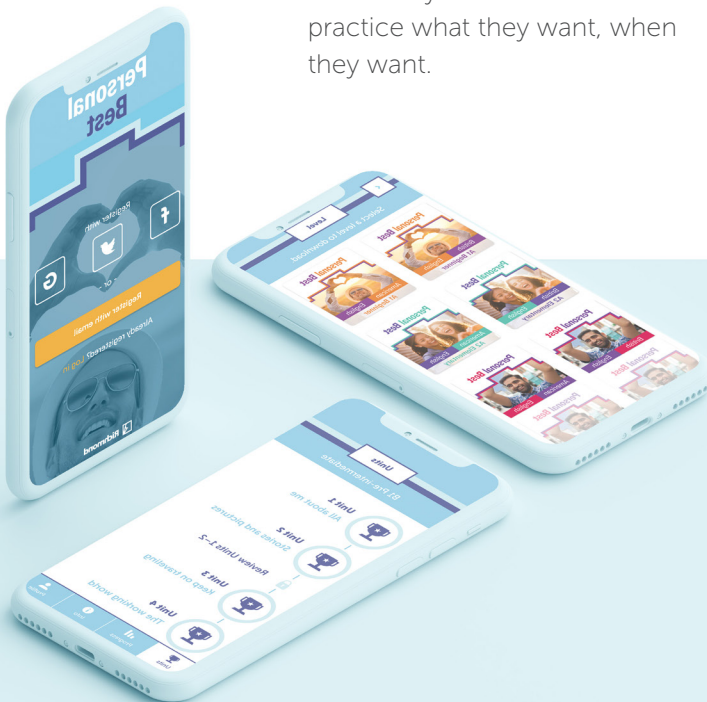


# Personal Best App

There is a **free Personal Best Language App** for each level of the course. Each one is very closely linked to the grammar and vocabulary in the Student's book. It has a clean, modern design, a user-friendly interface and a sound pedagogical rationale.

■ Further optional **self-study practice of grammar** and vocabulary allows students to practice what they want, when they want.

■ The wide range of interactive games **brings choice, variety** and **challenge to language learning**.



With three different games for each language point, students can engage with language more deeply and work on form, meaning and pronunciation through both receptive and productive exercises.

The Personal Best Language App gives students short bursts of practice through timed activities and instant feedback. They can get extra points for speed and accuracy, win badges and unlock bonus content.

The Personal Best Language App is free to download from the App store or Google Play



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# Personal Best

[www.richmondelt.es/cefr/](http://www.richmondelt.es/cefr/)

