

Personal Best

Do your personal best with English! ♥

B1

Pre-intermediate

Personal Best B1 - CEFR Companion Volume with New Descriptors MAPPING¹

The following mapping is based mainly on the **Personal Best B1 Student's Book**. It also includes several activities or references from the **Workbook** and from the **Teacher's Resource Book** where necessary. When specifying page numbers, these are referred to as WB and TRB.

¹For practical reasons, some new descriptors of the CEFR have been left out, such as those related to sign language or those that were already present in the former version of the Framework and have simply been updated.

Personal Best



Unit 1

Reading as a leisure activity

Can read newspaper / magazine accounts of films, books, concerts etc. written for a wider audience and understand the main points.

p. 8

Can understand the description of places, events, explicitly expressed feelings and perspectives in narratives, guides and magazine articles that are written in high frequency, everyday language.

p. 4

Overall MEDIATION

Can introduce people from different backgrounds, showing awareness that some questions may be perceived differently, and invite other people to contribute their expertise and experience, their views.

p. 158
TRB p. 11

Can convey information given in clear, well-structured informational texts on subjects that are familiar or of personal or current interest, although his/her lexical limitations cause difficulty with formulation at times.

p. 10

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks.

p. 9



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Unit 2

Reading as a leisure activity

Can understand the description of places, events, explicitly expressed feelings and perspectives in narratives, guides and magazine articles that are written in high frequency, everyday language.

p. 12

Overall MEDIATION

Can collaborate with people from other backgrounds, showing interest and empathy by asking and answering simple questions, formulating and responding to suggestions, asking whether people agree, and proposing alternative approaches.

TRB p. 23

Can convey the main points made in long texts expressed in uncomplicated language on topics of personal interest, provided that he/she can check the meaning of certain expressions.

p. 15
(summary)

Can note down routine instructions in a meeting on a familiar subject, provided they are formulated in simple language and he/she is given sufficient time to do so.

p.19
TRB p. 25

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks.

p. 13



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Unit 3

Reading as a leisure activity

Can read newspaper / magazine accounts of films, books, concerts etc. written for a wider audience and understand the main points. **p. 26**

Can follow the plot of stories, simple novels and comics with a clear linear storyline and high frequency everyday language, given regular use of a dictionary. **p. 28**
WB p. 17

Overall MEDIATION

Can organise the work in a straightforward collaborative task by stating the aim and explaining in a simple manner the main issue that needs to be resolved. **TRB p. 37**

Can convey information given in clear, well-structured informational texts on subjects that are familiar or of personal or current interest, although his/her lexical limitations cause difficulty with formulation at times. **p. 160 (summary)**

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks. **p. 27**

Building on pluricultural repertoire

Can explain features of his/her own culture to members of another culture or explain features of the other culture to members of his/her own culture. **p. 25**



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Unit 4

Reading as a leisure activity

Can read newspaper / magazine accounts of films, books, concerts etc. written for a wider audience and understand the main points.

p. 30, p. 33

Overall MEDIATION

Can collaborate with people from other backgrounds, showing interest and empathy by asking and answering simple questions, formulating and responding to suggestions, asking whether people agree, and proposing alternative approaches.

p. 35



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Unit 5

Reading as a leisure activity

Can understand the description of places, events, explicitly expressed feelings and perspectives in narratives, guides and magazine articles that are written in high frequency, everyday language.

p. 40, p. 44

Overall MEDIATION

Can collaborate with people from other backgrounds, showing interest and empathy by asking and answering simple questions, formulating and responding to suggestions, asking whether people agree, and proposing alternative approaches.

TRB p. 61

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks.

p. 43, p. 45



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Unit 6

Reading as a leisure activity

Can understand the description of places, events, explicitly expressed feelings and perspectives in narratives, guides and magazine articles that are written in high frequency, everyday language.

p. 48, p. 51

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks.

p.49, p. 53

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Unit 7

Reading as a leisure activity

Can understand the description of places, events, explicitly expressed feelings and perspectives in narratives, guides and magazine articles that are written in high frequency, everyday language.

p. 58, p. 62

Overall MEDIATION

Can collaborate with people from other backgrounds, showing interest and empathy by asking and answering simple questions, formulating and responding to suggestions, asking whether people agree, and proposing alternative approaches.

TRB p. 75, p. 79,
p. 81

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks.

p. 59, p. 63



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Unit 8

Reading as a leisure activity

Can understand the description of places, events, explicitly expressed feelings and perspectives in narratives, guides and magazine articles that are written in high frequency, everyday language.

p. 66, p. 69,
p. 70

Overall MEDIATION

Can collaborate with people from other backgrounds, showing interest and empathy by asking and answering simple questions, formulating and responding to suggestions, asking whether people agree, and proposing alternative approaches.

p. 162
TRB p. 89,
p. 91

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks.

p. 67, p. 71

Building on pluricultural repertoire

Can generally respond appropriately to the most commonly used cultural cues.

p. 73, p. 163
TRB p. 91



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Unit 9

Reading as a leisure activity

Can understand the description of places, events, explicitly expressed feelings and perspectives in narratives, guides and magazine articles that are written in high frequency, everyday language.

p. 76, p. 81

Overall MEDIATION

Can collaborate with people from other backgrounds, showing interest and empathy by asking and answering simple questions, formulating and responding to suggestions, asking whether people agree, and proposing alternative approaches.

TRB p. 95

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks.

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Unit 10

Reading as a leisure activity

Can read newspaper / magazine accounts of films, books, concerts etc. written for a wider audience and understand the main points.

p. 84, p. 87

Overall MEDIATION

Can collaborate with people from other backgrounds, showing interest and empathy by asking and answering simple questions, formulating and responding to suggestions, asking whether people agree, and proposing alternative approaches.

TRB p. 111

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks.

p. 89

Building on pluricultural repertoire

Can generally respond appropriately to the most commonly used cultural cues.

p. 90, p. 91,
p. 164

Can explain features of his/her own culture to members of another culture or explain features of the other culture to members of his/her own culture.

TRB p. 107



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Unit 11

Reading as a leisure activity

Can understand the description of places, events, explicitly expressed feelings and perspectives in narratives, guides and magazine articles that are written in high frequency, everyday language.

p. 94, p. 98,
p. 100

Overall MEDIATION

Can convey information given in clear, well-structured informational texts on subjects that are familiar or of personal or current interest, although his/her lexical limitations cause difficulty with formulation at times.

TRB p. 115

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks.

p. 95

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Unit 12

Reading as a leisure activity

Can read newspaper / magazine accounts of films, books, concerts etc. written for a wider audience and understand the main points.

p. 102, p. 105,
p. 106

Overall Phonological Control

Pronunciation is generally intelligible; can approximate intonation and stress at both utterance and word levels. However, accent is usually influenced by other language(s) he/she speaks.

p. 103, p. 107

Building on pluricultural repertoire

Can generally respond appropriately to the most commonly used cultural cues.

p. 108, p. 109,
p. 165
