

Personal Best

Do your personal best with English! ♥

B1

Pre-intermediate

Personal Best B1 Mapping: In-class, Blended and Online Teaching

The following mapping has been designed considering the current necessities in the EOIs and other schools where blended and online teaching is becoming more and more common. All the activities are in the **Personal Best B1** course. We have tried to make an activity guide or a series of proposals for teachers who need to teach in the different classroom environments. Along with the blended learning activities, we have included exercises that can be done at home (without the internet) and then revised in class.



Richmond

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Unit 1

IN-CLASS ACTIVITIES

- Student's Book: 1A, 1B, 1C, 1D (all the main activities).
- Students Book: Communication practice . **p. 158, 166**
- Teacher's Resource Book: **p. 8-9, p. 10-11, p. 12-13, p. 14-15, p. 16-17, p. 18-19**
- Photocopiable activities from the platform: "Skill Boost" exercises (Listening, Reading).

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. **p. 5, p. 7, p. 9**
- Student's Book: Grammar practice. **Ex. 1-3, p.112; Ex. 1-3, p. 113**
- Student's Book: Vocabulary practice. **Ex. 3, Ex. 2, Ex. 2A-2B**
- Workbook: all the activities. **p. 2-7 Activity number 4 "Writing" (p. 5) may also be done online.**
- Workbook: Writing practice. **p.74**
- Teacher's Resource Book: Personal Best activity. **p. 19**
- Platform: "Skill Boost" exercises (Listening, Reading).

ONLINE ACTIVITIES

- Student's Book: A blog about personal objects. **1D, ex. 8, p. 11**
- Workbook: Writing practice. **p. 74 (activity number 5 adaptable to the forum)**
- Teacher's Resource Book: **p. 11 Personal Best activity**
- Platform: grammar, pronunciation, vocabulary, oral comprehension, video and written expression exercises.
- APP Personal Best B1: all the exercises.

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Unit 2

IN-CLASS ACTIVITIES

- Student's Book. **2A, 2B, 2C, 2D (all the main activities)**
- Student's Book: Communication practice. **p. 158-159, 166-167**
- Teacher's Resource Book: **p. 20-21, p. 22-23, p. 24-25, p. 26-27, p. 28-29**
- Photocopiable activities from the platform: "Skill Boost" exercises (Listening, Reading).

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. **p. 13, p. 15, p. 17**
- Student's Book: Reading comprehension + exercises 2 and 3. **p. 14-15**
- Student's Book: Review and practice. **p. 20-21**
- Student's Book: Grammar practice. **Ex. 1-3, p.114; Ex. 1-3, p. 115**
- Student's Book: Vocabulary practice. **Ex. 2, p. 139; Ex. 2, 3, p. 140**
- Workbook: all the activities. **p. 8-13**
- Teacher's Resource Book: **p. 24-25 ("prepare the activity")**
- Platform: "Skill Boost" exercises (Listening, Reading).

ONLINE ACTIVITIES

- Platform: grammar, pronunciation, vocabulary; reading comprehension, oral expression and video activities.
 - Platform: "Skill Boost" exercises (Listening, Reading).
 - APP Personal Best B1: all the activities + "review: Units 1-2".
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Unit 3

IN-CLASS ACTIVITIES

- Student's Book: 3A, 3B, 3C, 3D (all the main activities).
- Student's Book: **p. 141, Vocabulary practice 3A (exercise 1), p. 138 Vocabulary practice 3B**
- Teacher's Resource Book: **p. 30-31, p. 32-32, p. 34-35**
- Photocopiable activities from the platform: "Skill Boost" exercises (Listening, Reading).

BLENDED ACTIVITIES

- Student's Book: **p. 26 (Reading comprehension)**
- Student's Book: Personal Best activities. **p. 23, p. 25, p. 27, p. 29**
- Student's Book: Grammar practice. **p. 116, p. 117**
- Student's Book: **p. 141 Vocabulary practice 3A (exercises 2, 3)**
- Workbook: all the activities. **p. 14-19**
- Workbook: Writing practice. **p. 75**

ONLINE ACTIVITIES

- Teacher's Resource Book: **p. 34-35 and p. 36-37), adaptable to the forum**
- Workbook: **p. 17 (Writing a narrative), adaptable to the forum**
- Platform: grammar, pronunciation, vocabulary, reading comprehension and oral expression activities.
- Platform: "Skill Boost" exercises (Listening, Reading).
- APP Personal Best B1: all the activities.

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Unit 4

IN-CLASS ACTIVITIES

- Student's Book: 4A, 4B, 4C, 4D
(all the main activities).
- Student's Book: **p. 142 Vocabulary practice 4A (exercise 1),
p. 143 Vocabulary practice 4C**
- Student's Book: Communication
Practice. **p. 160- 168, p. 159-167**
- Teacher's Resource Book: **p. 40-41, p. 42-43, p. 44-45,
p. 46-47, p. 48-49**
- Photocopiable activities from the
platform: "Skill Boost" exercises
(Listening, Reading).

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. **p. 31, p. 33, p. 35, p. 37**
- Student's Book: Reading comprehension. **p. 33 (and exercises 2-4 p. 32)**
- Student's Book: **p. 38-39, Review and practice**
- Student's Book: Grammar Practice. **(p. 118, p. 119)**
- Student's Book: **p. 142 Vocabulary practice 4A (exercises 2, 3),
p. 143 Vocabulary practice 4C (exercises 2, 4)**
- Workbook: all the activities. **p. 20-25**
- Platform: activities "Skill Boost"
(Listening, Reading).

ONLINE ACTIVITIES

- Teacher's Resource Book: **Personal Best activity (p. 44-45),
adaptable to the forum**
 - Platform: grammar, pronunciation,
vocabulary, reading comprehension
and oral expression activities.
 - Platform: "Skill Boost" exercises
(Listening, Reading).
 - APP Personal Best B1: all the activities.
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Unit 5

IN-CLASS ACTIVITIES

- Student's Book: 5A, 5B, 5C, 5D (all the main activities).
- Student's Book: p. 144 Vocabulary practice 5A (exercise 1), p. 145 Vocabulary Practice 5B (exercise 1)
- Student's Book: Communication practice. p. 161, 169
- Teacher's Resource Book: p. 50-51, p. 52-53, p. 54-55, p. 56-57, p. 58-59, p. 60-61

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. p. 41, p. 43, p. 45, p. 47
- Student's Book: p. 46-47, Writing (read and prepare)
- Student's Book: p. 120, p. 121 Grammar practice (exercises 1-3, and 1, 2)
- Student's Book: p. 144 Vocabulary practice 5A (exercise 2), p. 145 Vocabulary practice 5B (exercise 2)
- Workbook: all the activities. p. 26-31
- Workbook: Writing practice. p. 76, Writing practice

ONLINE ACTIVITIES

- Workbook: p. 29 (writing activity, adaptable to the forum on the platform)
- Workbook: p. 76, Writing practice (activity 4, adaptable to the forum)
- Teacher's Resource Book: p. 50-51 (Personal Best activity, adaptable to the forum)
- Platform: grammar, pronunciation, vocabulary, listening, video and written expression activities.
- Platform: "Skill Boost" exercises (Listening, Reading).
- APP Personal Best B1: all the activities.

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Unit 6

IN-CLASS ACTIVITIES

- Student's Book: 6A, 6B, 6C, 6D (all the main activities).
- Student's Book: p. 145 Vocabulary practice 6A (exercises 1, 2), p. 147 Vocabulary practice 6C (exercise 1)
- Student's Book: Communication practice (p. 161, 169)
- Teacher's Resource Book: p. 62-63, p. 64-65, p. 66-67, p. 68-69, p. 70-71

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. p. 49, p. 51, p. 53, p. 55
- Student's Book: p. 145 Vocabulary practice 6A (exercise 3), p. 147 Vocabulary practice 6C (exercises 2, 3)
- Student's Book: p. 50-51, Reading, except ex. 1
- Student's Book: p. 122, p. 123, Grammar practice (exercises 1-3 in both cases)
- Student's Book: p. 56-57, Review and practice
- Workbook: Writing practice. All the activities (p. 32-37)
- Teacher's Resource Book. p. 62-62 (Personal Best activity)

ONLINE ACTIVITIES

- Teacher's Resource Book: p. 66-67, p. 68-69 (Personal Best activities, adaptable to the forum)
- Platform: grammar, pronunciation, vocabulary, reading comprehension, oral expression and video activities.
- Platform: "Skill Boost" exercises (Listening, Reading).
- APP Personal Best B1: all the exercises.

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Unit 7

IN-CLASS ACTIVITIES

- Student's Book: 7A, 7B, 7C, 7D (all the main activities).
- Student's Book: p. 148 Vocabulary practice 7A (exercise 1), 7B (both exercises)
- Student's Book: Communication practice (p. 162, 170)
- Teacher's Resource Book: p. 72-73, p. 74-75, p. 76-77, p. 78-79, p. 80-81
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. p. 59, p. 61, p. 63, p. 65
- Student's Book: p. 65, Writing (prepare and practise)
- Student's Book: p. 124, p. 125 Grammar practice 7A and 7C (exercises 1-3 in both cases)
- Student's Book: p. 148 Vocabulary practice 7A (exercise 2)
- Workbook: all the activities. p. 38-43
- Workbook: p. 77, Writing practice

ONLINE ACTIVITIES

- Workbook: p. 41 (writing activity, adaptable to the forum on the platform)
- Teacher's Resource Book: p. 74-75, p. 76-77 (Personal Best activities, adaptable to the forum)
- Platform: grammar, pronunciation, vocabulary, listening, video and written expression activities.
- Platform: "Skill Boost" exercises (Listening, Reading).
- APP Personal Best B1: all the activities.

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Unit 8

IN-CLASS ACTIVITIES

- Student's Book: 8A, 8B, 8C, 8D (all the main activities).
- Student's Book: p. 149 Vocabulary practice 8A (exercise 1), p. 150 Vocabulary practice 8C (exercise 1)
- Student's Book: Communication practice (p. 162, 163, p. 170, 171)
- Teacher's Resource Book: p. 82-83, p. 84-85, p. 86-87, p. 88-89, p. 90-91
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. p. 67, p. 69, p. 71, p. 73
- Student's Book: p. 145 Vocabulary practice 8A (exercise 2), p. 150 Vocabulary practice 8C (exercise 2)
- Student's Book: p. 68-69, Reading (exercises 2-4)
- Student's Book: p. 126, p. 127 Grammar practice 8A and 8C (exercises 1-3 in both cases)
- Student's Book: p. 74-75, Review and practice
- Workbook: all the activities. p. 44-49

ONLINE ACTIVITIES

- Teacher's Resource Book. p. 84-85, p. 88-89, p. 90-91 (Personal Best activities, adaptable to the forum)
 - Platform: grammar, pronunciation, vocabulary, reading, oral expression and video activities.
 - Platform: "Skill Boost" exercises (Listening, Reading).
 - APP Personal Best B1: all the activities.
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Unit 9

IN-CLASS ACTIVITIES

- Student's Book: 9A, 9B, 9C, 9D (all the main activities).
- Student's Book: **p. 151 Vocabulary practice 9A (exercise 1), Vocabulary practice 9B (exercises 1, 2)**
- Student's Book: **Communication practice (p. 163, 171)**
- Teacher's Resource Book: **p. 92-93, p. 94-95, p. 96-97, p. 98-99, p. 100-101**
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. **p. 77, p. 79, p. 81, p. 83**
- Student's Book: **p. 83, Writing (prepare and practise)**
- Student's Book: **p. 128, p. 129, Grammar practice (exercises 1-3 in both cases)**
- Student's Book: **p. 151, Vocabulary practice 9A (exercise 2), Vocabulary practice 9B (exercise 3)**
- Workbook: **All the activities (p. 50-55)**
- Workbook: **p. 78, Writing practice**

ONLINE ACTIVITIES

- Workbook: **p. 53 (writing activity, adaptable to the forum on the platform)**
- Workbook: **p. 78, Writing practice (activity 4, adaptable to the forum)**
- Teacher's Resource Book: **p. 96-97 (Personal Best activity, adaptable to the forum)**
- Platform: grammar, pronunciation, vocabulary, reading, oral expression and video activities.
- Platform: "Skill Boost" exercises (Listening, Reading).
- APP Personal Best B1: all the activities.

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Unit 10

IN-CLASS ACTIVITIES

- Student's Book: 10A, 10B, 10C, 10D (all the main activities).
- Student's Book: **p. 152 Vocabulary practice 10A (exercises 1, 2, 3), p. 153 Vocabulary practice 10C (exercise 1)**
- Student's Book: **Communication practice (p. 164, p. 172)**
- Teacher's Resource Book: **p. 102-103, p. 104-105, p. 106-107, p. 108-109, p. 110-111.**
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. **p. 85, p. 87, p. 89, p. 91**
- Student's Book: **p. 152 Vocabulary practice 10A (exercise 4), p. 153 Vocabulary practice 10C (exercise 2)**
- Student's Book: **p. 86-89, Reading (exercises 1-6)**
- Student's Book: **p. 130, p. 131 Grammar practice 10A, 10C (exercises 1-3 in both cases)**
- Student's Book: **p. 92-93, Review and practice**
- Workbook: all the activities. **p. 56-61**

ONLINE ACTIVITIES

- Teacher's Resource Book: **p. 104-105, p. 106-107, p. 110-111 (Personal Best activities, adaptable to the forum)**
 - Platform: grammar, pronunciation, vocabulary, reading comprehension, speaking and video activities.
 - Platform: "Skill Boost" exercises (Listening, Reading).
 - APP Personal Best B1: all the activities.
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Unit 11

IN-CLASS ACTIVITIES

- Student's Book: 11A, 11B, 11C, 11D (all the main activities).
- Student's Book: p. 154 Vocabulary practice 11A (exercise 1), p. 155 Vocabulary practice 11B (exercise 1), p. 156 Vocabulary practice 11C (exercises 1, 2)
- Student's Book: Communication practice (p. 165, 173, p. 174)
- Teacher's Resource Book: p. 112-113, p. 114-115, p. 116-117, p. 118-119, p. 120-121, p. 122-123
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. p. 95, p. 97, p. 99, p. 101
- Student's Book: p. 101, Writing (prepare and practise)
- Student's Book: p. 132, p. 133, Grammar practice 11A (exercises 1, 2) and 11C (exercises 1-3)
- Student's Book: p. 154 Vocabulary practice 11A (exercise 2), p. 155 Vocabulary practice 11B (exercise 2), p. 156 Vocabulary practice 11C (exercise 3)
- Workbook: all the activities. p. 67-67
- Workbook: p. 79, Writing practice

ONLINE ACTIVITIES

- Workbook: p. 65 (writing, exercise 5, adaptable to the forum on the platform)
- Workbook: p. 79, Writing practice (activity 4, adaptable to the forum)
- Teacher's Resource Book: p. 118-119, p. 120-121, p. 122-123 (Personal Best activities, adaptable to the forum)
- Platform: grammar, pronunciation, vocabulary, reading comprehension, speaking and video activities.
- Platform: "Skill Boost" exercises (Listening, Reading).
- APP Personal Best B1: all the activities.

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Unit 12

IN-CLASS ACTIVITIES

- Student's Book: 12A, 12B, 12C, 12D (all the main activities).
- Student's Book: p. 157 Vocabulary practice 12A (exercise 1), 12C (exercise 1)
- Student's Book: Communication practice (p. 165, p. 173)
- Teacher's Resource Book: p. 124-125, p. 126-127, p. 128-129, p. 130-131, p. 132-133
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

BLENDED ACTIVITIES

- Student's Book: Personal Best activities. p. 103, p. 105, p. 107, p. 109
- Student's Book: p. 157 Vocabulary practice 12A (exercise 2), 12C (exercise 2)
- Student's Book: p. 104-105, Reading (exercises 2-5)
- Student's Book: p. 134, p. 135 Grammar practice (exercises 1-3 in both cases)
- Student's Book: p. 110-111, Review and practice
- Workbook: all the activities. p. 68-73
- Teacher's Resource Book: p. 128-129 (Personal Best activity)

ONLINE ACTIVITIES

- Teacher's Resource Book: p. 126-127, p. 130-131, Personal Best activities, adaptable to the forum)
- Platform: grammar, pronunciation, vocabulary, reading comprehension, speaking and video activities.
- Platform: "Skill Boost" exercises (Listening, Reading).
- APP Personal Best B1: all the activities.

