

# Personal Best

*Do your personal best with English!* ♥

**B1+**  
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.

# Personal Best



## Unit 1

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### IN-CLASS ACTIVITIES

- Student's Book: 1A, 1B, 1C, 1D (all the main activities).
- Student's Book: Communication practice. **p. 156, 166**
- Teacher's Resource Book: **p. 8-9, p. 10-11, p. 12-13, p. 14-15, p. 16-17**
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

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### BLENDED ACTIVITIES

- Student's Book: **p. 6-7 (reading comprehension, activities 1-6)**
- Student's Book: Personal Best activities. **p. 5, p. 7, p. 9, p. 11**
- Student's Book: **p. 112, 113, Grammar practice 1A and 1C (exercises 1-3 in both cases).**
- Student's Book: **p. 136 Vocabulary practice 1A (exercise 2), Vocabulary practice 1C (exercises 2, 3)**
- Workbook: all the activities. **p. 2-7**

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### ONLINE ACTIVITIES

- Platform: reading, vocabulary and writing activities).
- Platform: "Skill Boost" activities (Listening, Reading).
- APP Personal Best B1+: all the activities.



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## Unit 2

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### IN-CLASS ACTIVITIES

- Student's Book: 2A, 2B, 2C, 2D (all the main activities).
- Student's Book: Communication practice. **p. 157-167**
- Student's Book: **p. 13, Personal Best activity**
- Teacher's Resource Book: **p. 18-19, p. 20-21, p. 22-23, p. 24-25, p. 26-27**
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

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### BLENDED ACTIVITIES

- Student's Book: **Personal Best activities (p. 15, p. 17, p.19)**
- Student's Book: **p. 18-19, Reading comprehension (exercises 1 and 3-6)**
- Student's Book: **p. 20-21, review and practice**
- Student's Book: **p. 114, p. 115 Grammar practice 2A (exercises 1-3) and 2C (exercises 1, 2)**
- Student's Book: **p. 137, Vocabulary practice 2A (exercise 2), p. 138, Vocabulary practice 2B (exercise 3)**

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### ONLINE ACTIVITIES

- Student's Book: **p. 18-19, "Write a blog post", exercise 6 (adaptable to the forum)**
  - Student's Book: **p. 15, Personal Best activity (adaptable to the forum)**
  - Workbook: **p. 11, exercise 4 (adaptable to the forum)**
  - Workbook: **p. 74, Writing practice, exercise 4 (adaptable to the forum)**
  - Platform: grammar, pronunciation, vocabulary, listening, video and writing activities.
  - Platform: "Skill Boost" activities (Listening, Reading).
  - APP Personal Best B1+: all the activities.
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## Unit 3

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### IN-CLASS ACTIVITIES

- Student's Book: 3A, 3B, 3C, 3D (all the main activities).
- Student's Book: **p. 139, Vocabulary practice 3A and 3C (all the exercises)**
- Student's Book: Communication practice. **p. 158, p. 158, 168**
- Student's Book: Personal Best activities. **p. 23, p. 25**
- Teacher's Resource Book: **p. 28-29, p. 30-31, p. 32-33, p. 34-35, p. 36-37**
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

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### BLENDED ACTIVITIES

- Student's Book: **p. 24-25 (Reading comprehension, exercises 2-5)**
- Student's Book: **Personal Best activities (p. 23 adapted as homework, p. 25 adapted as homework, p. 27, p. 29)**
- Student's Book: **p. 116, p. 117 Grammar practice 3A (exercises 1, 2) and 3C (exercises 1-3)**
- Workbook: all the activities. **p. 14-19**
- Workbook: **p. 74, Writing practice**
- Platform: "Skill Boost" activities (Listening, Reading).

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### ONLINE ACTIVITIES

- Teacher's Resource Book: Personal Best activities **p. 32-33, p. 34-35 adaptable to the forum**
- Workbook: **p. 17, writing activity, adaptable to the forum**
- Platform: grammar, pronunciation, vocabulary, reading, video and speaking activities.
- Platform: "Skill Boost" activities (Listening, Reading).
- APP Personal Best B1+: all 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. 140 Vocabulary practice 4A (exercise 1), p. 141 Vocabulary practice 4B (exercise 1), p. 142 Vocabulary practice 4C (exercises 1, 3 and 4)
- Student's Book: Communication practice. p. 159-167, 169
- Teacher's Resource Book: p. 38-39, p. 40-41, p. 42-43, p. 44-45, p. 46-47, p. 48-49
- Photocopiable activities on 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: p. 36-37 Writing activity (exercises 1-7 and "prepare")
- Student's Book: p. 38-39, Review and practice
- Student's Book: p. 118, p. 119 Grammar practice 4A and 4C (exercises 1, 2 in both cases)
- Student's Book: p. 140 Vocabulary practice 4A (exercise 2), p. 141 Vocabulary practice 4B (exercises 2 and 3), p. 142 Vocabulary practice 4C (exercise 2)
- Workbook: All the activities (p. 20-25)
- Workbook: p. 75, Writing practice

### ONLINE ACTIVITIES

- Student's Book: p. 36-37, Writing activity (exercise 9, adaptable to the forum)
- Workbook: p. 23, writing activity (adaptable to the forum)
- Workbook: p. 75, Writing practice, exercise 3 (adaptable to the forum)
- Teacher's Resource Book: p. 44-45, Personal Best activity (adaptable to the forum)
- Platform: grammar, pronunciation, vocabulary, listening, video and writing activities.
- Platform: "Skill Boost" activities (Listening, Reading).
- APP Personal Best B1+: all the activities.

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## Unit 5

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### IN-CLASS ACTIVITIES

- Student's Book: 5A, 5B, 5C, 5D (all the main activities).
- Student's Book: Communication practice. **p. 159, 169; p. 160**
- Student's Book: **p. 143 Vocabulary practice 5A and 5C (all exercises)**
- Teacher's Resource Book: **p. 50-51, p. 52-53, p. 54-55, p. 56-57, p. 58-59**
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

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### BLENDED ACTIVITIES

- Student's Book: Personal Best activities. **p. 41, p. 43, p. 45, p. 47**
- Student's Book: **p. 120, p. 121, Grammar practice 5A (exercises 1-3) and 5C (exercises 1, 2)**
- Student's Book: **p. 143, Vocabulary practice 5C (exercise 2A)**
- Workbook: all the activities. **p. 26-31**

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### ONLINE ACTIVITIES

- Teacher's Resource Book: **p. 54-55, p. 56-57, Personal Best activities (adaptable to the forum)**
  - Platform: grammar, pronunciation, vocabulary, reading, speaking and video activities.
  - Platform: "Skill Boost" activities (Listening, Reading).
  - APP Personal Best B1+: all the activities.
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## Unit 6

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### IN-CLASS ACTIVITIES

- Student's Book: 6A, 6B, 6C, 6D (all the main activities).
- Student's Book: p. 144 Vocabulary practice 6A (exercise 1), 6B (exercise 1), p. 145 Vocabulary practice 6C (exercises 1-3)
- Student's Book: Communication practice. 6A (p. 160, 169), 6C (p. 160, 170)
- Teacher's Resource Book: p. 60-61, p. 62-63, p. 64-65, p. 66-67, p. 68-69, p. 70-71
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

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### BLENDED ACTIVITIES

- Student's Book: Personal Best activities. p. 49, p. 51, p. 53, p. 55
- Student's Book: p. 144 Vocabulary practice 6A (exercise 2), 6B (exercise 2), p. 145 Vocabulary practice 6C (exercise 4)
- Student's Book: p. 122, p. 123, Grammar practice 6A (exercises 1-3) and 6C (exercises 1, 2)
- Student's Book: p. 56-57, Review and practice
- Workbook: all the activities. p. 32-37
- Workbook: p. 76, Writing practice
- Teacher's Resource Book: p. 68-69, Personal Best activity, adaptable for homework.

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### ONLINE ACTIVITIES

- Student's Book: p. 51, Personal Best activity (adaptable to the forum)
- Workbook: p. 76, Writing practice, exercise 3 (adaptable to the forum)
- Teacher's Resource Book p. 62-63, p. 70-71, 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 7

### IN-CLASS ACTIVITIES

- Student's Book: 7A, 7B, 7C, 7D (all the main activities).
- Student's Book: **p. 146 Vocabulary practice 7A (all exercises), p. 147 Vocabulary practice 7C (all exercises)**
- Student's Book: Communication practice. **7A, 7C(p. 161, 170) and 7D (p. 161, 165)**
- 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. 60-61, Reading comprehension (exercises 1-5)**
- Student's Book: **p. 124, p. 125 Grammar practice 7A (exercises 1, 2) and 7C (exercises 1-3)**
- Workbook: all the activities. **p. 38-43**
- Workbook: all the activities. **p. 32-37**
- Teacher's Resource Book: **p. 74-75, Personal Best activity (adaptable for homework)**

### ONLINE ACTIVITIES

- Teacher's Resource Book: **p. 72-73, p. 78-79 (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. 148, p. 149, Vocabulary practice 8A (all exercises), 8B (exercise 1)**
- Student's Book: Communication practice. **8A, 8C (p. 162, 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. 149, Vocabulary practice 8C (exercise 2)**
- Student's Book: **p. 126, p. 127, Grammar practice 8A and 8C (exercises 1, 2 in both cases)**
- Student's Book: **p. 70, Reading (exercises 1-3)**
- Student's Book: **p. 73, writing activity (exercises 5 and 6 – prepare and practise)**
- Student's Book: **p. 74-75, Review and practice**
- Workbook: all the activities. **p. 44-49**
- Workbook: **p. 77, writing practice**

### ONLINE ACTIVITIES

- Workbook: **p. 47, writing (exercise 4)**
- Workbook: **p. 77, Writing practice, exercise 4 (adaptable to the forum)**
- Teacher's Resource Book: **p. 90-91 (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 9

### IN-CLASS ACTIVITIES

- Student's Book: 9A, 9B, 9C, 9D (all the main activities).
- Student's Book: **p. 150, Vocabulary practice 9A (exercises 1, 2), p. 151, Vocabulary practice 9C (exercises 1B, 2)**
- Student's Book: Communication practice. **p. 162, 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. 150, Vocabulary practice 9A (exercise 2B), p. 151, Vocabulary practice 9B (exercise 1A)**
- Student's Book: **p. 128, p. 129, Grammar practice 9A and 9C (exercises 1, 2 in both cases)**
- Student's Book: **p. 78-79, reading comprehension (exercises 1-5)**
- Student's Book: **p. 73, writing activity (exercises 5 and 6 – prepare and practise)**
- Workbook: all the activities. **p. 50-55**

### ONLINE ACTIVITIES

- Workbook: **p. 53 (speaking, exercise 3, adapted to the forum)**
- Teacher's Resource Book: **p. 92-93 (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 10

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### IN-CLASS ACTIVITIES

- Student's Book: 10A, 10B, 10C, 10D (all the main activities)
- Student's Book: p. 152, Vocabulary practice 10A (exercises 1B, 2, 3), p. 149 Vocabulary practice 10B (exercise 1)
- Student's Book: Communication practice p. 163, 172; p. 164, 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).

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### 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 1A), p. 149 Vocabulary practice 10B (exercise 2)
- Student's Book: p. 130, p. 131, Grammar practice 10A (exercises 1, 2) and 10C (exercises 1-3)
- Student's Book: p. 92-93, Review and practice
- Workbook: all the activities. p. 56-61
- Workbook: all the activities. p. 78, Writing practice

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### ONLINE ACTIVITIES

- Student's Book: Personal Best activities. p. 87, p. 89), adaptable to the forum
  - Teacher's Resource Book: p. 104-105, p. 108-109 (Personal Best activities, adaptable to the forum)
  - Workbook: p. 59, Writing exercise 5 (adaptable to the platform)
  - 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 11

### IN-CLASS ACTIVITIES

- Student's Book: 11A, 11B, 11C, 11D (all the main activities).
- Student's Book: p. 153, Vocabulary practice 11A, p. 154 Vocabulary practice 11C (exercise 1)
- Student's Book: p. 164, 173, Communication practice 11A, 11C, 11D
- Teacher's Resource Book: p. 164, 173, Communication practice 11A, 11C, 11D
- 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. 96-97, Reading (text and exercises 1-4)
- Student's Book: p. 132, p. 133, Grammar practice 11A (exercises 1-3), and Grammar practice 11C (exercises 1, 2)
- Student's Book: p. 154, Vocabulary practice 11C (exercise 2)
- Student's Book: p. 73, writing activity (exercises 5 and 6 – prepare and practise)
- Workbook: all the activities. p. 62-67

### ONLINE ACTIVITIES

- Teacher's Resource Book: p. 112-113, 114-115, 116-117, p. 120-121 (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 12

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### IN-CLASS ACTIVITIES

- Student's Book: 12A, 12B, 12C, 12D (all the main activities)
- Student's Book: Personal Best activities **p. 103, p. 107**
- Student's Book: **p. 154 Vocabulary practice 12A (exercise 1), p. 155 Vocabulary practice 12B (exercise 1)**
- Student's Book: **Communication practice 12A and 12C (p. 165-173, p. 165-174)**
- Teacher's Resource Book: **p. 122-123, p. 124-125, p. 126-127, p. 128-129, p. 130-131**
- Photocopiable activities on the platform: "Skill Boost" exercises (Listening, Reading).

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### BLENDED ACTIVITIES

- Student's Book: **p. 109, Personal Best activity**
- Student's Book: **p. 152 Vocabulary practice 10A (exercise 1A), p. 149 Vocabulary practice 10B (exercise 2)**
- Student's Book: **p. 134, p. 135 Grammar practice (exercises 1,2 in both cases)**
- Student's Book: **p. 109, Writing, prepare and practise**
- Student's Book: **Review and practice p. 110-111**
- Workbook: all the activities. **p. 68-73**
- Workbook: **p. 79, writing practice**

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### ONLINE ACTIVITIES

- Student's Book: **p. 109, Writing, prepare and practise (adaptable to the forum)**
- Student's Book: **p. 109, Personal Best activity (adaptable to the forum)**
- Workbook: **p. 71, writing activity 3 (adaptable to the forum)**
- Workbook: **p. 79, Writing practice, exercise 3 (adaptable to the forum)**
- Teacher's Resource Book: **p. 126-127, p. 128-129, p. 130-131 (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.