



Starter Unit

Talking about myself and other people

Key topics:

- Be (am/is/are)
- Subject pronouns
- Possessive adjectives
- Introducing people

1 Verb BE (am / is / are)

We use **am**, **is** and **are** to introduce ourselves and give basic information.

Subject	Be	Example
I	am	I am a student.
You	are	You are my friend.
He	is	He is 15 years old.
She	is	She is Malaysian.
It	is	It is a cat.
We	are	We are students.
They	are	They are happy.

2 Negative form

We add **not** to make a **negative sentence**.

I **am not** tired.
You **are not** my friend.

He **isn't** Malaysian.
She **isn't** a doctor.
It **isn't** a cat.

We **aren't** students.
They **aren't** happy.



3 Question form

We put **am**, **is** or **are** at the beginning.

- **Are you** a student?
- **Is she** Malaysian?
- **Is it** a cat?
- **Are they** friends?

Short answers

- Yes, I **am**. / No, I'm **not**.
- Yes, she **is**. / No, she **isn't**.
- Yes, it **is**. / No, it **isn't**.
- Yes, they **are**. / No, they **aren't**.

4 Subject pronouns

We use subject pronouns to talk about people or things.

I	you	he	she	it	we	they
I am Ali.	You are my friend.	He is my brother.	She is my sister.	It is a cat.	We are friends.	They are students.

5 Possessive adjectives

We use possessive adjectives to show who something belongs to.

Subject	I	you	he	she	it	we	they
Possessive adjective	my	your	his	her	its	our	their
Example	my book	your bag	his pen	her phone	its tail	our house	their school



6 Useful vocabulary and examples

 This is my family.	 She is my friend.	 My name is Ali.	 I am 10 years old.	 I am from Malaysia.
 I like music.	 I go to school.	 She is a doctor.	 It is a cat.	 My favourite subject is English.

UNIT 1 - TOWNS AND CITIES

Vocabulary and Language Focus

1 Places in a town or city



restaurant



school



park



bank



hospital



library



post office



shop



market



town



city

2 There is / There are

There is + singular noun

There is a park in my town.



There are + plural noun

There are two schools in the city.



There isn't + a singular noun

There isn't a bank near my house.



There aren't any + plural noun

There aren't any restaurants here.



3 Questions

Is there a ... ?

Is there a hospital?

Yes, there is.

No, there isn't.

Are there any ... ?

Are there any shops?

Yes, there are.

No, there aren't.

How many ... are there?

How many schools are there?

There are two schools.

There are three parks.

4 Comparing places

old → older

quiet → quieter

pretty → prettier

big → bigger

small → smaller

- The city is **bigger** than the town.
- This park is **prettier** than that park.
- My street is **quieter** than the main road.

5 Question words and conjunctions

Where ... ?

Where is the library?

What ... ?

What is there in your town?

Who ... ?

Who lives in your city?

and / or / but

I like the park **and** the library.

We can go by bus **or** train.

It's old, **but** it's beautiful.

6 Useful phrases

- There is a ...** There is a park.
- There are some ...** There are some shops.
- There aren't any ...** There aren't any buses.
- It's old / quiet / pretty.** It's a quiet town.
- I like my town because ...** I like my town because it's friendly.

7 Examples

- There is a big park in my town.
- There are many shops in the city.
- The city is bigger than the town.
- I like my town because it's quiet and pretty.





Days

Talking about daily routines



Key topics:

- Present simple
- Adverbs of frequency
- Days and daily activities

1 Days of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



2 Daily activities (verbs)



get up



have breakfast



go to school



study



have lunch



play sports



watch TV



go to bed

3 Present simple – affirmative

We use the **present simple** to talk about routines and things we do regularly.

Subject	Verb form	Example
I	verb	I play football.
You	verb	You go to school.
We	verb	We study English.
They	verb	They watch TV.
He	verb + s	He plays football.
She	verb + s	She goes to school.
It	verb + s	It starts at 8 o'clock.

4 Present simple – negative

We use **don't** / **doesn't** to make negative sentences.

Subject	Negative form	Example
I	don't + verb	I don't play tennis.
You	don't + verb	You don't go to school.
We	don't + verb	We don't like coffee.
They	don't + verb	They don't watch TV.
He	doesn't + verb	He doesn't play football.
She	doesn't + verb	She doesn't like milk.
It	doesn't + verb	It doesn't start at 9.

5 Adverbs of frequency

We use **adverbs of frequency** to say how often we do something.

always	100%
usually	80%
often	60%
sometimes	40%
rarely	20%
never	0%



Position:

Usually before the main verb.

Examples:

- I **always** go to school.
- She **usually** studies.
- They **often** play football.
- I **sometimes** watch TV.
- He **rarely** eats sweets.
- We **never** go to bed late.

6 Spelling rules (verb + s)

For he, she, it, we add -s or -es.

Rule	Example	Verb form
Most verbs	play → plays	add -s
Ends in -s, -sh, -ch, -x, -o	go → goes watch → watches	add -es
Ends in consonant + y	study → studies	change y to i + es

7 Questions

We use **do** / **does** to make questions.

Subject	Question form	Example
I	Do + verb?	Do you play football?
You	Do + verb?	Do you go to school?
We	Do + verb?	Do we study English?
They	Do + verb?	Do they watch TV?
He	Does + verb?	Does he play football?
She	Does + verb?	Does she like coffee?
It	Does it verb?	Does it start at 8?

8 Short answers

We use short answers to reply to questions.

Yes	No
Yes, I do .	No, I don't .
Yes, you do .	No, you don't .
Yes, we do .	No, we don't .
Yes, they do .	No, they don't .
Yes, he does .	No, he doesn't .
Yes, she does .	No, she doesn't .
Yes, it does .	No, it doesn't .

9 Useful expressions

- What time **do** you get up?
I get up at 6 o'clock.
- I go to school every day.
- We have lunch at 1 p.m.
- I usually **do** my homework in the evening.
- I go to bed at 10 p.m.
- What **do** you **do** on Sunday?
I often play football on Saturday.



UNIT 3

Wild Life

Talking about animals and the natural world



1 Vocabulary: Animals



3 Short adjectives

We add **-est** to short adjectives.

Adjective	Superlative form
tall	the tallest
fast	the fastest
big	the biggest
small	the smallest
young	the youngest
strong	the strongest
heavy	the heaviest



5 Irregular adjectives

Some **adjectives** have special forms.

Adjective	Superlative form
good	the best
bad	the worst
far	the farthest / the furthest



2 Superlative adjectives

We use superlative adjectives to compare three or more people, animals or things. We use **the** to show the **highest level**.

Used for **3 or more** people, animals or things.

4 Long adjectives

We use **the most** before long adjectives.

Adjective	Superlative form
beautiful	the most beautiful
dangerous	the most dangerous
intelligent	the most intelligent
expensive	the most expensive
popular	the most popular
interesting	the most interesting
colourful	the most colourful



The peacock is **the most colourful** bird.

6 Spelling rules

- For one-syllable adjectives, add **-est**.
tall → the **tallest**
- If the adjective ends in a **consonant + y**, change **y** to **i** and add **-est**.
happy → the **happiest**
- For some two-syllable and long adjectives, use **the most**.
beautiful → the **most beautiful**



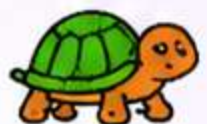
7 Example sentences



The elephant is **the biggest** animal in the zoo.



The blue whale is **the heaviest** animal in the world.



The turtle is **the slowest** animal.



The mouse is **the smallest** animal.

9 Comparison: positive – comparative – superlative

Positive	Comparative (2 things)	Superlative (3 or more things)
tall	taller	the tallest
big	bigger	the biggest
fast	faster	the fastest
dangerous	more dangerous	the most dangerous
beautiful	more beautiful	the most beautiful

8 Complete the sentences

- The elephant is _____ (big) than the tiger.
- The giraffe is _____ (tall) animal.
- The cheetah is _____ (fast) animal.
- The blue whale is _____ (heavy) animal.
- The mouse is _____ (small) animal.
- The lion is _____ (dangerous) animal.
- The panda is _____ (cute) animal.
- The eagle is _____ (good) at flying.

10 Useful vocabulary



UNIT 4

Learning World

Talking about school subjects and learning



1 Vocabulary: School subjects



2 Present continuous – affirmative

We use the **present continuous** to talk about actions happening **now** or around now.

Subject	Be	Verb + -ing	Example
I	am	studying	I am studying English.
You	are	reading	You are reading a book.
We	are	writing	We are writing a story.
They	are	listening	They are listening to music.
He	is	doing	He is doing his homework.
She	is	watching	She is watching a video.
It	is	working	It is working now.

3 Present continuous – negative

We add **not** after **am**, **is** or **are**.

Subject	Negative form	Example
I	am not (I'm not)	I am not studying.
You	are not (aren't)	You aren't reading.
We	are not (aren't)	We aren't writing.
They	are not (aren't)	They aren't listening.
He	is not (isn't)	He isn't doing.
She	is not (isn't)	She isn't watching.
It	is not (isn't)	It isn't working.

4 Present continuous – questions

We put **am**, **is** or **are** at the beginning.

Question form	Example
Am I + verb-ing?	Am I studying?
Are you + verb-ing?	Are you reading?
Are we + verb-ing?	Are we writing?
Are they + verb-ing?	Are they listening?
Is he + verb-ing?	Is he doing?
Is she + verb-ing?	Is she watching?
Is it + verb-ing?	Is it working?

Short answers

Yes, I **am**. / No, I'm **not**.
 Yes, you **are**. / No, you **aren't**.
 Yes, we **are**. / No, we **aren't**.
 Yes, they **are**. / No, they **aren't**.
 Yes, he **is**. / No, he **isn't**.
 Yes, she **is**. / No, she **isn't**.
 Yes, it **is**. / No, it **isn't**.

5 Spelling rules (verb + -ing)

1 Most verbs: add -ing

study → **studying**
 read → **reading**
 play → **playing**



2 Verbs ending in -e: remove -e and add -ing

write → **writing**
 have → **having**
 make → **making**



3 Short verbs: double the consonant

run → **running**
 swim → **swimming**
 sit → **sitting**



6 Present simple vs present continuous

Present simple (habits, routines, facts)	Present continuous (happening now/around now)
I study English.	I am studying English now.
She goes to school.	She is going to school now.
We play football.	We are playing football now.
They watch TV.	They are watching TV now.

7 Time expressions

We often use these time words with the present continuous.

- **now**
- **at the moment**
- **right now**
- **today**
- **this week**
- **these days**
- **at present**
- **Look!**



8 Study strategy: Thinking about learning



Good ways to learn:

- ✓ make notes
- ✓ use flashcards
- ✓ watch videos
- ✓ practise regularly
- ✓ ask questions
- ✓ work with friends

Useful phrases:

- I am learning ...
- I am practising ...
- I am finding ... difficult.
- I am improving ...
- I am enjoying ...

9 Example sentences

- I **am studying** for a test.
- She **is reading** a book.
- They **are doing** a project.
- We **are listening** to the teacher.
- He **is using** a computer.
- We **aren't watching** TV.
- **Are you learning** a new language?
- She **isn't playing** football now.



10 Useful vocabulary (learning activities)



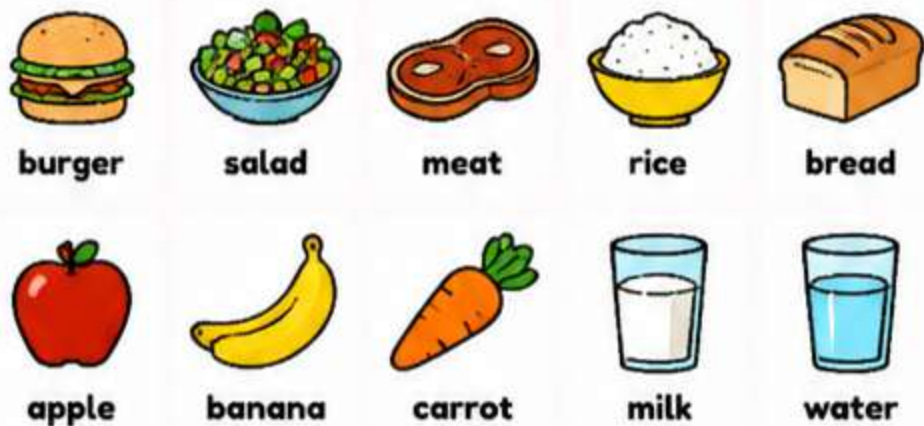
UNIT 5

Food and Health

Talking about food, healthy habits and lifestyle



1 Vocabulary: Food



3 Some and any

We use **some** and **any** with both countable and uncountable nouns.

Some

- Used in **positive** sentences.
- Means **an unspecified amount**.

- I have **some** apples.
- There is **some** milk.
- She has **some** sandwiches.



Any

- Used in questions and negative sentences.
- Means **an unspecified amount**.

- Do you have **any** apples?
- There **isn't any** milk.
- I **don't have any** sandwiches



5 Examples: some/any/much/many

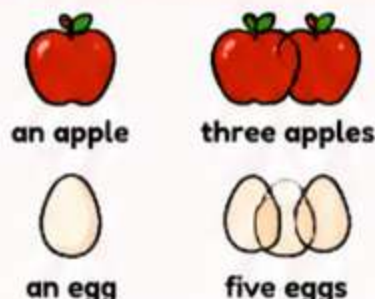
- I have **some** fruit.
- Do you have **any** water?
- There **isn't much** sugar.
- She has **many** vegetables.
- We **don't have any** bread.
- How **many** eggs are there?



2 Countable and uncountable nouns

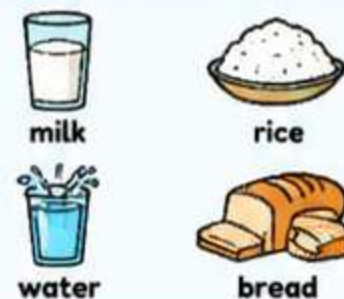
Countable nouns

- We can count them.
- They have a singular and plural form. **students are people.**
- We can use **a/an** and numbers. **numbers.**



Uncountable nouns

- We **cannot** count them. **the radio are a dictionary.**
- They do not have a plural form.
- We do not use **a/an**.



4 Much and many

Many

- Used with **countable** nouns.
- We use **many** in questions and negative sentences.

- How **many** apples?
- There **aren't many** eggs.
- I **don't have many** sandwiches



Much

- Used with **uncountable** nouns.
- We use **much** in questions and negative sentences.

- How **much** milk?
- There **isn't much** rice.
- I **don't have much** time.



6 Vocabulary: Health and lifestyle



7 Adjectives: Health



8 Sentence examples

- I eat **healthy** food.
- She **doesn't** eat **much** sugar.
- We have **some** fruit every day.
- Do you drink **any** milk?
- How **many** **vegetables** do you have?
- He **goes** to the gym to keep **fit**.
- I am **thirsty**. I need **some** water.
- They **don't** have **many** sweets.

I drink **some** water every day to stay healthy.



UNIT 6

Sport

Talking about sports and the past



1 Sports vocabulary



football



athletics



cycling



swimming



basketball



tennis



volleyball



race



winner



competitor



swimmer

2 Was / Were

We use **was** and **were** to talk about the past.

I / He / She / It

was

You / We / They

were

Examples:

- I **was** at the stadium.
- She **was** happy.
- They **were** excited.
- We **were** tired.



3 There was / There were

- There **was** + singular noun
- There **were** + plural noun

Examples:

- There **was** a football match.
- There **were** many athletes.
- There **wasn't** a race yesterday.
- There **weren't** any tickets.



4 Past simple

We use the **past simple** for actions in the past.

Regular verbs

- play → **played**
- watch → **watched**
- jump → **jumped**
- visit → **visited**

Irregular verbs

- go → **went**
- see → **saw**
- win → **won**
- become → **became**
- have → **had**
- run → **ran**

Examples:

- I **played** tennis last weekend.
- She **watched** the Olympics.
- They **went** cycling.
- He **won** the race.



5 Past time expressions

yesterday



last weekend



last night



last year



two days ago



in 2025



6 Useful questions



What sport do you like?

I like football.



What **did** you do last weekend?

I **played** badminton.



Was there a match?

Yes, there **was**.



Were there many people?

Yes, there **were**.



Who **won** the race?

Ali **won** the race.



7 Examples



- There **was** a big game on Saturday.



- We **were** at the sports centre.

- My brother **played** football.

- The swimmer **won** a medal.

- The X Games **were** exciting.



8 Common mistakes



✗ He **were** happy. → ✓ He **was** happy.

✗ There **was** many players. → ✓ There **were** many players.

✗ She **goed** home. → ✓ She **went** home.

✗ We **was** at school. → ✓ We **were** at school.



Growing Up

Talking about childhood, changes and life events



1 Vocabulary: Growing up



baby



child



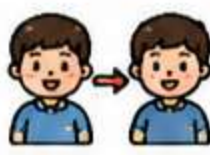
teenager



adult



grow



change



give



become

3 Past simple – affirmative

We use the **past simple** to talk about actions that happened in the past.

Subject	Verb form	Example
I	visited	I visited my grandparents.
You	played	You played football.
We	watched	We watched a movie.
They	lived	They lived in Melaka.
He	helped	He helped his mother.
She	studied	She studied English.
It	rained	It rained yesterday.

5 Spelling rules (past simple -ed)

1 Regular verbs Add **-ed**.

play → **played**
watch → **watched**
visit → **visited**
help → **helped**



2 Verbs ending in **-e** Add **-d**.

live → **lived**
like → **liked**
change → **changed**
dance → **danced**



3 Verbs ending in **consonant + y**

Change **y** to **i** and add **-ed**.
study → **studied**
cry → **cried**
try → **tried**



7 Time expressions

We often use these words with the **past simple**.

- yesterday
- last week
- last month
- last year
- ago (two days ago)
- in 2019
- when I was younger
- at the weekend



9 Life events



be born



go to school



graduate



get a job



get married



move house

2 Object pronouns

We use **object pronouns** after a verb or a preposition.

Subject pronoun	Object pronoun	Example
I	me	She helps me .
You	you	I can see you .
He	him	I call him .
She	her	He likes her .
It	it	I have it .
We	us	She invites us .
They	them	I meet them .



Object pronouns receive the action of the verb.

4 Past simple – negative

We use **didn't + base verb** to make negative sentences.

Subject	Negative form	Example
I	didn't + verb	I didn't play tennis.
You	didn't + verb	You didn't go to school.
We	didn't + verb	We didn't like the food.
They	didn't + verb	They didn't watch TV.
He	didn't + verb	He didn't help me.
She	didn't + verb	She didn't study .
It	didn't + verb	It didn't rain .

6 Past simple – irregular verbs

Some verbs have **special past forms**.

Base verb	Past form	Base verb	Past form
go	went	take	took
see	saw	come	came
eat	ate	find	found
have	had	get	got
make	made	become	became

8 Example sentences

- I **played** football yesterday.
- She **didn't go** to school last week.
- They **visited** their grandparents.
- He **didn't like** the movie.
- We **lived** in Kuala Lumpur two years ago.
- I **met** many new friends when I was younger.



10 Useful phrases

- ★ When I was a child, I ...
- ★ I used to ...
- ★ I didn't use to ...
- ★ I have **grown** up.
- ★ A lot of things have changed.

I used to play with toys when I was younger.



UNIT

8

Going Away

Talking about holidays, travel and future plans

1 Vocabulary: Holidays and travel



2 Be going to – affirmative

We use **be going to + verb** to talk about future plans and intentions.

Subject	Form	Example
I	am going to	I am going to travel.
You	are going to	You are going to visit Spain.
We	are going to	We are going to stay at a hotel.
They	are going to	They are going to go to the beach.
He	is going to	He is going to take photos.
She	is going to	She is going to buy a souvenir.
It	is going to	It is going to be a great trip.

3 Be going to – negative

We use **am not / isn't / aren't going to + verb**.

Subject	Negative form	Example
I	am not going to	I'm not going to travel.
You	aren't going to	You aren't going to buy it.
We	aren't going to	We aren't going to stay long.
They	aren't going to	They aren't going to go there.
He	isn't going to	He isn't going to swim.
She	isn't going to	She isn't going to buy a ticket.
It	isn't going to	It isn't going to rain.

4 Be going to – questions

We put **am, is or are** before the subject.

Question form	Example
Am I going to + verb?	Am I going to travel?
Are you going to + verb?	Are you going to visit London?
Are we going to + verb?	Are we going to stay at a hotel?
Are they going to + verb?	Are they going to go to the beach?
Is he going to + verb?	Is he going to take photos?
Is she going to + verb?	Is she going to buy a ticket?
Is it going to + verb?	Is it going to rain?

Short answers

Yes, I **am**. / No, I'm **not**.
Yes, you **are**. / No, you **aren't**.
Yes, we **are**. / No, we **aren't**.
Yes, they **are**. / No, they **aren't**.
Yes, he **is**. / No, he **isn't**.
Yes, she **is**. / No, she **isn't**.
Yes, it **is**. / No, it **isn't**.

5 Useful time expressions

We often use these time expressions with **be going to**.

- tomorrow
- next week
- next month
- next year
- this weekend
- in the future
- later
- soon
- on Monday
- after the holidays



6 Weather conditions



- It's **sunny** today.
- It's going to be **rainy** tomorrow.
- It **isn't going to be** stormy.
- It's cold in the mountains.
- It's **hot** at the beach.



7 Example sentences

- 1 I **am going to visit** my grandparents next week.
- 2 We **are going to travel** to Japan.
- 3 She **is going to stay** at a hotel.
- 4 They **aren't going to** swim.
- 5 **Are you going to buy** a souvenir?
- 6 **Is it going to be** sunny tomorrow?



8 Useful vocabulary: Holiday activities



9 Dialogue

- A: **Are you going to** go on holiday?
B: Yes, I **am**.
A: Where **are you going to** go?
B: I'm **going to** visit Bangkok.
A: **Are you going to** stay at a hotel?
B: Yes, I **am**. I'm **going to** stay for five days.
A: What **are you going to** do there?
B: I'm **going to** go sightseeing and try local food.



10 Writing ideas

Use these prompts to write about your holiday plans.

- Where are you going to go?
- When are you going to go?
- Who are you going to go with?
- What are you going to do there?
- What is the weather going to be like?

Useful phrases:

- I am going to ...
- I want to ...
- I am looking forward to ...
- It is going to be ...
- I think it will be ...