

C1.1 - Empower C1

Unit 1 – Language

Lesson	Grammar	Vocabulary	Pronunciation	Everyday English
1A	Adverbs and adverbial phrases	Language learning; Noun forms	Word stress: noun forms -ion/-ity	
1B	The perfect aspect	Describing changes	Sentence stress	
1C			Sound/spelling: ea, ee, ie	Expressing yourself in an inexact way
1D				Write a web forum post

Unit 2 – Going to Extremes

Lesson	Grammar	Vocabulary	Pronunciation	Everyday English
2A	Comparison	Multi-word verbs: social interaction	Consonant-vowel linking	
2B	Intentions and arrangements	Verbs of movement	Word groups & main stress; Emphatic stress	
2C				Giving advice
2D				Write a report

Unit 3 – Travel and Adventure

Lesson	Grammar	Vocabulary	Pronunciation	Everyday English
3A	Complex structures	Landscape features	Intonation in inversion structures;	

			Word stress	
3B	Future in the past; Narrative tenses	Landscape features	Pronunciation of 't'	
3C			Consonant clusters across words	Paraphrasing and summarising
3D				Write a travel review

Unit 4 – Consciousness

Lesson	Grammar	Vocabulary	Pronunciation	Everyday English
4A	Noun phrases	Instinct and reason	Sound/spelling: /ʃ/, /tʃ/, /dʒ/	
4B	Structures with have and get	Memory	Sentence stress	
4C			Homophones; connected speech	Being tactful in formal discussions
4D				Write a profile article

Unit 5 – Fairness

Lesson	Grammar	Vocabulary	Pronunciation	Everyday English
5A	Relative clauses	Crime and justice	Sound/spelling: s and ss	
5B	Obligation, necessity, permission	Employment	Word stress: nouns vs verbs	
5C			Main stress	Recalling and speculating
5D				Write an

opinion essay

Unit 6 – Perspectives

Lesson	Grammar	Vocabulary	Pronunciation	Everyday English
6A	Simple & continuous verbs	Adjectives: describing images	Main/emphatic stress	
6B	Participle clauses	Emotions	Main stress & emphatic stress	
6C			Intonation in comment phrases	Organising a presentation
6D				Write an application email

Unit 7 – Connections

Lesson	Grammar	Vocabulary	Pronunciation	Everyday English
7A	Speculation & deduction	Compound adjectives	Main stress: compound adjectives	
7B	Cleft sentences	Nouns with suffixes	Intonation in cleft structures	
7C			Sound/spelling: ou/ough	Apologising and admitting fault
7D				Write a proposal

Unit 8 – Body and Health

Lesson	Grammar	Vocabulary	Pronunciation	Everyday English
8A	Gerunds and infinitives	Sleep	Stress in fixed expressions	

8B	Conditionals	Ageing and health	Pitch: extra information	
8C			Intonation in implied questions	Negotiating
8D				Write promotional material

Unit 9 – Cities

Lesson	Grammar	Vocabulary	Pronunciation	Everyday English
9A	Reflexive & reciprocal pronouns	Verbs with re-	Sound/spelling: re-	
9B	Ellipsis & substitution	Describing buildings	Word stress	
9C			Sound/spelling: foreign words	Dealing with conflict
9D				Write a discussion essay

Unit 10 – Occasions

Lesson	Grammar	Vocabulary	Pronunciation	Everyday English
10A	Report & criticism structures	Communication verbs	Word groups & main stress	
10B	Passive reporting verbs	Superstitions, customs & beliefs	Consonant clusters	
10C			Intonation in question tags	Turn-taking
10D				Write a film

review