

Lesson	Topic	Language Focus	Example sentences
Lesson 1 – “Hi, My Name Is” Introductions that actually feel like conversations.	Introductions	Grammar: Present Simple of be & have, WH-questions (what, who) Vocab: hello, nice to meet you, name,	1. “My name is _____. ” 2. “I am from _____. ” 3. “What is your name?”
Lesson 2 – “In the Kitchen” Food you love (and some you don’t).	Food & Cooking	Grammar: Articles (a / an / the) + Countable & Uncountable nouns (with some / any) + Imperatives Vocab: Food + cooking vocabulary	1. “I have an apple.” 2. “I want some rice.” 3. “Put the rice in the saucepan.”
Lesson 3 – “The Daily Grind” Talk about everyday routines (coffee included)	Daily Routines	Grammar: Present Simple, Subject pronouns (I / you / he / she / they), Time phrases, adverbs of frequency Vocab: Daily routine vocabulary	1. “He works every day.” 2. “I eat breakfast in the morning.” 3. “What time do you brush your teeth?”
Lesson 4 – “Dress to Impress” Clothes, colors, and simple adjectives	Fashion	Grammar: “This is ... / It is ...” Basic adjectives big / small, happy / sad Vocab: colours / clothes Pronunciation focus: b vs p	1. “This is a blue shirt.” 2. “That is a pink dress.” 3. “My backpack is brown.”
Lesson 5 – “All About Me” You and your wonderful body	Body Parts	Vocab: Body parts + numbers 1-100	1. “I have two arms” 2. “I am 27 years old.” 3. “I am 170cm tall”
Lesson 6 – “Family Ties” Family, friends, and relationships	Family & Relationships	Grammar: Present simple Vocab: Family vocabulary	1. “This is my mother.” 2. “My dad is a banker.” 3. “Who is this?”
Lesson 7 – “For Fun” Hobbies, free time, and likes/dislikes	Hobbies & Free Time	Grammar: Present Simple (like / don’t like), gerunds, yes / no questions Vocab: Hobby vocabulary	1. “I like swimming.” 2. “She doesn’t like dancing.” 3. “Do you have any hobbies?”
Lesson 8 – “How Does It Look?” Size, shapes, colors, and the five senses	Describing Things	Vocab: Descriptive adjectives and Present continuous. Pronunciation focus: ending sounds	1. “This cup is big and round.” 2. “He’s sitting in a chair.” 3. “I have long, black hair.”
Lesson 9 – “On the Move” Travel, holidays, and escapes	Travel & Holidays (basic)	Grammar: Past simple Vocab: Prepositions of place (in, on, at) + travel vocab. Days and months vocab.	1. “We went to Phu Quoc.” 2. “Did you sleep in a hotel?” 3. “He didn’t like the food.”
Lesson 10 – “Fit & Healthy” Talk health, fitness, and how you feel	Health & Fitness (basic)	Grammar: Present simple Vocab: Basic adjectives (healthy, tired, fit + Basic intensifiers) + health and fitness related vocab Pronunciation focus: consonant clusters (initial / final)	1. “She is very healthy.” 2. “They exercise at the park.” 3. “I feel really tired.”
Lesson 11 (Review)	All topics	Review all grammar / vocabulary / pronunciation from Lessons 1-10, practice combining items	
Lesson 12 (Test)	—	Assess comprehension & use of all grammar / vocab / pronunciation introduced	