








Contents

 **Oxford 3000™** *Navigate* has been based on the Oxford 3000 to ensure that learners are only covering the most relevant vocabulary.

		GRAMMAR	
1 Your world page 6 <ul style="list-style-type: none"> Talk about countries, nationalities and languages Describe people using the verb <i>to be</i> Talk about your family Use possessive 's and possessive determiners Understand positive and negative contractions Use regular and irregular plural nouns Ask for personal information and check you understand Write a personal profile 	1.1	Multicultural cities p6	Present simple <i>to be</i> p7
	1.2	Family p8	Possessive determiners p8 Possessive 's p9
	1.3	Vocabulary and skills development p10	
	1.4	Speaking and writing p12	
	1.5	 Video Brighton language exchange p14	Review p15
2 My day page 16 <ul style="list-style-type: none"> Talk about everyday actions Use the present simple positive to talk about your day Tell the time Use the present simple negative Understand conjunctions in reading Use verb + preposition phrases Make suggestions and arrangements Describe where you live 	2.1	A day in the life of a scientist p16	Present simple positive p16 Adverbs of frequency p17
	2.2	Spending time p18	Present simple negative p19
	2.3	Vocabulary and skills development p20	
	2.4	Speaking and writing p22	
	2.5	 Video The Menna family p24	Review p25
3 The world of work page 26 <ul style="list-style-type: none"> Talk about jobs Ask <i>yes/no</i> questions Talk about work Ask <i>Wh-</i> questions Recognize the schwa sound Use the suffix <i>-er</i> Make requests Use opening and closing phrases in an email 	3.1	Jobs p26	<i>yes/no</i> questions p27
	3.2	What do you do? p28	<i>Wh-</i> questions p29
	3.3	Vocabulary and skills development p30	
	3.4	Speaking and writing p32	
	3.5	 Video An Iranian doctor in the USA p34	Review p35
4 Places and things page 36 <ul style="list-style-type: none"> Talk about places in towns and cities Use <i>There is/There are</i> Talk about rooms and furniture Use prepositions of place Use articles Understand pronoun referencing Use opposite adjectives Ask for and give directions Use the imperative to give instructions 	4.1	Underground towns p36	<i>there is/there are</i> p37
	4.2	Where I live p38	Articles <i>a/an, the, -</i> p39
	4.3	Vocabulary and skills development p40	
	4.4	Speaking and writing p42	
	4.5	 Video Almas Tower p44	Review p45
5 Clothes and shopping page 46 <ul style="list-style-type: none"> Talk about shopping Use <i>can</i> and <i>could</i> to talk about possibility and ability Talk about clothes Use the present continuous to talk about actions at the moment Understand similar vowel sounds Use adjectives and adverbs Buy things in a shop Write an online product review 	5.1	Shopping p46	<i>can, can't, could, couldn't</i> p47
	5.2	What is he wearing? p48	Present continuous p48 Present continuous or present simple p49
	5.3	Vocabulary and skills development p50	
	5.4	Speaking and writing p52	
	5.5	 Video Camden Market p54	Review p55
6 The past page 56 <ul style="list-style-type: none"> Use <i>was/were</i> to talk about the past Use past time expressions Use regular verbs to talk about what happened in the past Use common collocations Understand present and past simple verbs Use adverbs of degree Tell a story Show interest Write a tweet or text message 	6.1	Don't give up! p56	<i>was and were</i> p56
	6.2	Stories p58	Past simple regular verbs p58
	6.3	Vocabulary and skills development p60	
	6.4	Speaking and writing p62	
	6.5	 Video Istanbul p64	Review p65

VOCABULARY	PRONUNCIATION	LISTENING/READING	SPEAKING/WRITING
Countries, nationalities and languages p6			
Family p9	Similar sounding words p9	 Video Vox pops 1 p9	
Regular and irregular plural nouns p11		Listening positive and negative contractions p10	
			Speaking asking for personal information and checking you understand p12 Writing a personal profile p13
Daily activities p17	Third person -(e)s p17	 Video Vox pops 2 p17	
Telling the time p18	Saying the time p18		
Verb + preposition p21		Reading understanding conjunctions p20	
			Speaking making suggestions and arrangements p22 Writing describe where you live p23
Jobs p26	<i>Do</i> and <i>does</i> p27		
Work p28	<i>Wh-</i> questions p29	 Video Vox pops 3 p29	
-er suffix p31		Listening the schwa /ə/ p30	
			Speaking making requests p32 Writing opening and closing an email p33
Places in a town p36	Word stress p37		
Rooms, furniture and prepositions of place p38	The schwa /ə/ p39	 Video Vox pops 4 p39	
Opposite adjectives p41		Reading pronoun referencing p40	
			Speaking asking for and giving directions p42 Writing imperatives p43
Shopping p46	<i>Can</i> p47		
Clothes and accessories p48		 Video Vox pops 5 p49	
Adjectives and adverbs p51		Listening understanding similar vowel sounds p50	
			Speaking in a shop p52 Writing a product review p53
Time expressions p57	the past of <i>to be</i> p57	 Video Vox pops 6 p57	
Common regular verb collocations p59	-ed ending in past simple verbs p58		
Adverbs of degree p61	Sentence stress p61	Listening understanding present and past simple verbs p60	
			Speaking showing interest as a listener p62 Writing write a tweet or text message p63

GRAMMAR

7 Health and fitness page 66

- Use collocations for a healthy lifestyle
- Use past simple irregular verbs
- Talk about sports and fitness
- Use the past simple negative
- Understand time sequencers in a text
- Understand easily confused words
- Ask for and give opinions
- Agree and disagree
- Post a website comment

7.1 My health, my business p66

7.2 Sporting heroes p68

7.3 Vocabulary and skills development p70

7.4 Speaking and writing p72

7.5 **Video** *Health and fitness in New York* p74

Past simple irregular verbs p67

Past simple negative p69

Review p75

8 Travel and transport page 76

- Talk about holidays
- Ask questions using the past simple
- Talk about transport
- Use *should, shouldn't, have to, don't have to*
- Use expressions with *get, take* and *have*
- Understand present and past questions
- Ask for information at the train station
- Write an email about your perfect holiday

8.1 I went to ... p76

8.2 Journeys p78

8.3 Vocabulary and skills development p80

8.4 Speaking and writing p82

8.5 **Video** *Adventure holidays* p84

Past simple questions p77

should, shouldn't, have to, don't have to p79

Review p85

9 Cooking and eating page 86

- Talk about food and drink
- Use countable/uncountable nouns with *some/any*
- Use quantifiers
- Talk about cooking
- Understand numbers
- Say numbers
- Ask about and recommend a place to eat
- Order food in a restaurant

9.1 Food and drink p86

9.2 In the kitchen p88

9.3 Vocabulary and skills development p90

9.4 Speaking and writing p92

9.5 **Video** *Making a pizza* p94

Countable and uncountable nouns p86

Quantifiers p88

Review p95

10 The world around us page 96

- Describe the weather
- Use comparative adjectives
- Describe nature and geography
- Use superlative adjectives
- Understand comparison
- Use adjective + noun collocations
- Give preferences and reasons
- Write a description of a place

10.1 The weather p96

10.2 Natural wonders p98

10.3 Vocabulary and skills development p100

10.4 Speaking and writing p102

10.5 **Video** *The Grand Canyon* p104

Comparatives p97

Superlatives p99

Review p105

11 Working together page 106

- Use verb + noun phrases (1)
- Use *going to* for plans and intentions
- Talk about technology
- Say why you do things
- Use the infinitive of purpose
- Deal with unknown words
- Make adjectives stronger
- Write a formal/informal notice
- Offer to do something

11.1 Community spirit p106

11.2 Challenges p108

11.3 Vocabulary and skills development p110

11.4 Speaking and writing p112

11.5 **Video** *Silicon Fen* p114

going to p107

Infinitive of purpose p109

Review p115

12 Culture and arts page 116

- Talk about past experience and events using the present perfect
- Use verb + noun phrases (2)
- Talk about films
- Use the present perfect and past simple
- Form past participles
- Understand past simple and present perfect verb forms
- Speak on the phone
- Write a review
- Use pronouns in writing

12.1 Artistic ability p116

12.2 At the movies p118

12.3 Vocabulary and skills development p120

12.4 Speaking and writing p122

12.5 **Video** *Park Theatre* p124

Present perfect simple p116

Present perfect and past simple p118

Review p125

VOCABULARY	PRONUNCIATION	LISTENING/READING	SPEAKING/WRITING
A healthy lifestyle p66	Past simple irregular verbs p67		
Sports and fitness p68	Past simple negative p69	Video Vox pops 7 p69	
Easily confused words p71		Reading time sequencers p70	
			Speaking opinions, agreeing and disagreeing p72 Writing post a website comment p73
Talking about holidays p76	<i>did</i> in past simple questions p77	Video Vox pops 8 p77	
Transport p78	sentence stress p79		
Expressions with <i>get</i> , <i>take</i> and <i>have</i> p80		Listening present simple and past simple questions p81	
			Speaking at the train station p82 Writing email: a perfect holiday p83
Food and drink p86	sentence stress p87		
In the kitchen p89		Video Vox pops 9 p89	
Say numbers p91		Listening understanding numbers p90	
			Writing asking about and recommending a place p92 Speaking in a restaurant p93
The weather p96	<i>than</i> in comparative sentences p97		
Nature and geography p98	<i>the ... -est</i> in sentences p99	Video Vox pops 10 p99	
Adjective + noun collocations p101		Reading understanding comparison p100	
			Speaking reasons and preferences p102 Writing describe places p103
Verb + noun phrases (1) p106	<i>going to</i> p107	Video Vox pops 11.1 p107	
Technology p108		Video Vox pops 11.2 p109	
Making adjectives stronger p111		Reading unknown words p110	
			Writing a notice p112 Speaking offering to do something p113
Verb + noun phrases (2) p117	sentence stress p117		
Films p118			
Past participles p120		Listening past simple and present perfect verb forms p121	
			Speaking on the phone p122 Writing a review p123