

# Unit 1 - People





# Lesson 1A



"Who are you?"





# Lesson 1A

## "Who are you?"

### **Objective:**

By the end of the lesson, you will be able to differentiate the use of Present Simple and Present Continuous to describe and talk about different people and relationships in your life.

### **Vocabulary:**

People and  
relationships

Personality  
Adjectives

### **Grammar:**

- Present Simple vs Present Continuous
- State Verbs
- Frequency Adverbs

### **Speaking:**

To talk about  
important people in  
your life.



*Speaking!*

What different groups  
of people are there in  
your life?

How often do you see  
each group?  
What activities do you  
do together?





Who do you think they are in Pedro's life?

Which different groups of people and activities do you think are important for Pedro?





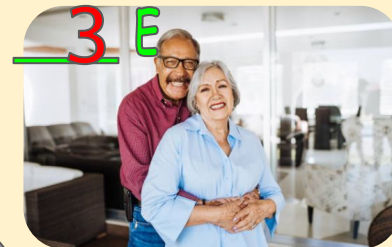
Read what Pedro says about the different people and activities in his life. Find them in the photos

1. I'm part of a football team and I **get on well with** my **teammates**. We usually go out together after a match. I think it's really important that teammates can get on with each other on and off the pitch. It helps you to play a better game.

2. Every day I work with the same people. Luckily, I'm **friendly with** most of my **colleagues**. I also have a really good **manager**. I **look up to** her.

3. I message my parents a lot. I like to **stay in touch with** them by video call, too. My **grandparents** were very important to me so I want my children to have a good relationship with my parents. My daughter **takes after** my mother. They're very similar in many ways.

4. I would say my **partner** is my best friend, but I also have a group of **close friends** and we sometimes play music together. We try to meet once a month.





Vocabulary!

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# People and Relationships







# Vocabulary!

SB. Page 8

## People in your life

*Teammates*

*Colleagues*

*Close friends*

*Grandparents*

*Manager*

*Partner*



# Teammates

Members of a team / People who are in the same team as you.

Example: He is playing rugby with his teammates.





# Colleagues / Co-workers

People who you work with.

Example: Her work is highly appreciated by all her colleagues.





# Manager

A person whose job is to organize and control a business (or a part of a business)

Example: *I would like to speak to the manager.*



**CAN I SPEAK TO  
THE MANAGER?**

NETFLIX



# Close friends

People who you have a strong connection with and like a lot.

Example: *I don't have a large friendship group, but I have three close friends.*





# Partner

- A person who you are having a romantic relationship with.
- A person who you are doing an activity with, such as dancing or playing a game.
  - One of the owners of a company.

Example: *I invited David and his partner over for dinner.*

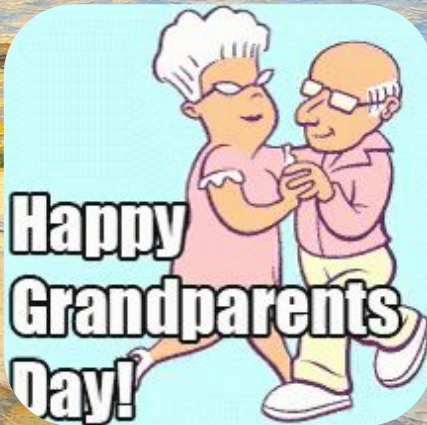




# Grandparents

People who are the parents of your mother or father.

Example: I visit my grandparents every summer.





Can you guess the meaning of the highlighted phrases in the texts?

1. I'm part of a football team and I **get on well with** my **teammates**. We usually go out together after a match. I think it's really important that teammates can get on with each other on and off the pitch. It helps you to play a better game.

2. Every day I work with the same people. Luckily, I'm **friendly with** most of my **colleagues**. I also have a really good **manager**. I **look up to** her.

3. I message my parents a lot. I like to **stay in touch with** them by video call, too. My **grandparents** were very important to me so I want my children to have a good relationship with my parents. My daughter **takes after** my mother. They're very similar in many ways.

4. I would say my **partner** is my best friend, but I also have a group of **close friends** and we sometimes play music together. We try to meet once a month.





# Vocabulary!

## Verbs describing relationships

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*Get on well with*

*Stay in touch with*

*(be) friendly with*

*Take after*

*Look up to*



# Get on / Get along well with (someone).

To have a good relationship with someone.

Example: She gets on well with her colleague.  
I don't get along very well with my grandparents.





# *(be) friendly with someone*

To have a positive, polite, and relaxed relationship with someone

Example: I'm friendly with my teammates.





# Stay / Keep in touch with someone

To continue communicating with someone over time.

Example: How do you stay in touch with your close friends?

Keep in Touch



Keep in touch





# Take after someone

To be similar to an older member of your family in appearance or character.

Example: *I hope the children don't take after their grandfather.*





# Look up to someone

To admire and respect someone.

Example: I always look up to my partner for her generous spirit.





## 2C. Match the phrases below with the meanings (1–4).

get on well with

be friendly with

look up to

stay in touch with

take after

1. have a good relationship with someone *Get on well with* and *Be friendly with*

2. be similar to a parent or relative *Take after*

3. respect someone *Look up to*

4. see, talk or write to someone *Stay in touch with*





☰ 1A. Choose the correct word to complete the sentences.

1. I'm going to ask my **B** if she can increase my pay.

- ☐ a. colleague
- ☒ b. manager
- ☐ c. teammate

3. My **C** and I first met at a party last year, but we didn't become a couple until recently.

- ☐ a. daughter
- ☐ b. parents
- ☒ c. partner

5. My **B** and I played well, but we lost the match.

- ☐ a. partners
- ☒ b. teammates
- ☐ c. colleagues

2. I know a lot of people, but only a few of them are **B** friends.

- ☐ a. big
- ☒ b. close
- ☐ c. near

4. I work for a small company, so I have few **A**.

- ☒ a. colleagues
- ☐ b. neighbours
- ☐ c. teammates

6. When I was very young at school, I spent my summers at my **C** farm in the country.

- ☐ a. children's
- ☐ b. daughter's
- ☒ c. grandparent's



**1B. Complete the sentences. Use a preposition and the correct form of the words in brackets.**

I (1) **'m friendly with** (**be / friendly**) lots of people in the area, but only a few of them are close friends – old school friends and a couple of teammates from the football club.

My grandparents are both really funny. I (2) **look up** (**look**) to them because they can make anyone laugh. Unfortunately, I (3) **don't take after** (**not take**) either of them. I'm more similar to my dad, who is very serious!

My partner and I (4) **got on well** (**get / well**) when we first met, but these days we have a lot of arguments.

I changed jobs last year, but I still (5) **stay in touch** (**stay / touch**) with my old colleagues.

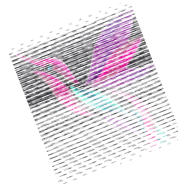




4A. Work in pairs. Read the descriptions (a–c) that the speakers use. Which people are they talking about? Then answer the questions (1–3).



- a. They're so **funny**, and great to be with.
- b. She's such a **kind** and **generous** person, and she's always **cheerful**.
- c. They are **hard-working** and very **reliable**.



Speaker A says that people on his course / his close friends are funny and great to be with.

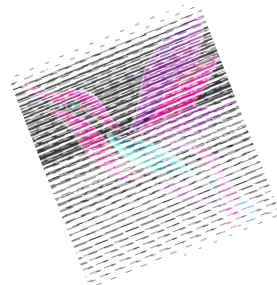
Speaker B says that her grandmother is kind, generous and she's always cheerful.

Speaker C says that \_\_\_\_\_ are hard-working and reliable.  
her colleagues / team members / teammates





4A. Work in pairs. Read the descriptions (a–c) that the speakers use. Which people are they talking about? Then answer the questions (1–3).



- a. They're so **funny**, and great to be with.
- b. She's such a **kind** and **generous** person, and she's always **cheerful**.
- c. They are **hard-working** and very **reliable**.

1. Do the adjectives in bold have a positive or negative meaning?
2. Who in your life would you describe with these adjectives?
3. What other adjectives can you use to describe personality?

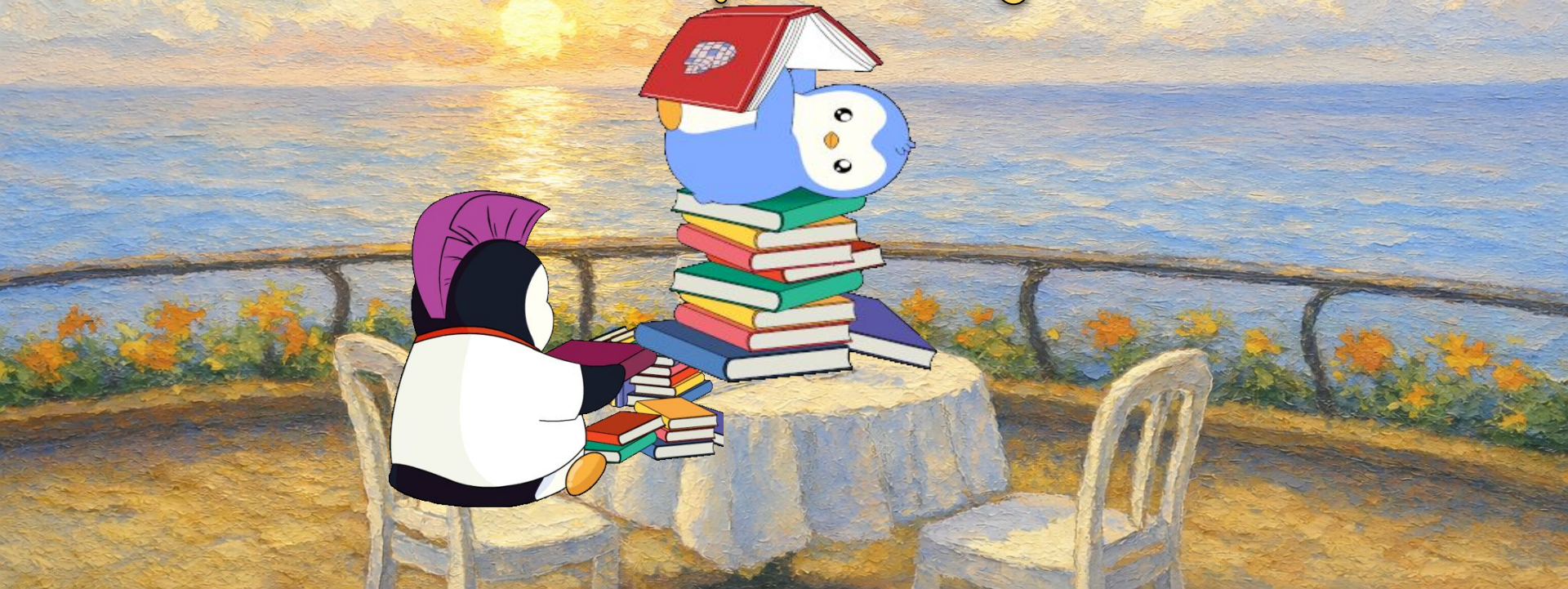




Vocabulary!

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# Personality Adjectives





# Vocabulary!

## Personality Adjectives

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*Bossy*

*Generous*

*Noisy*

*Polite*

*Crazy*

*Patient*

*Helpful*

*Reliable*

*Funny*

*Rude*

*Cheerful*

*Serious*

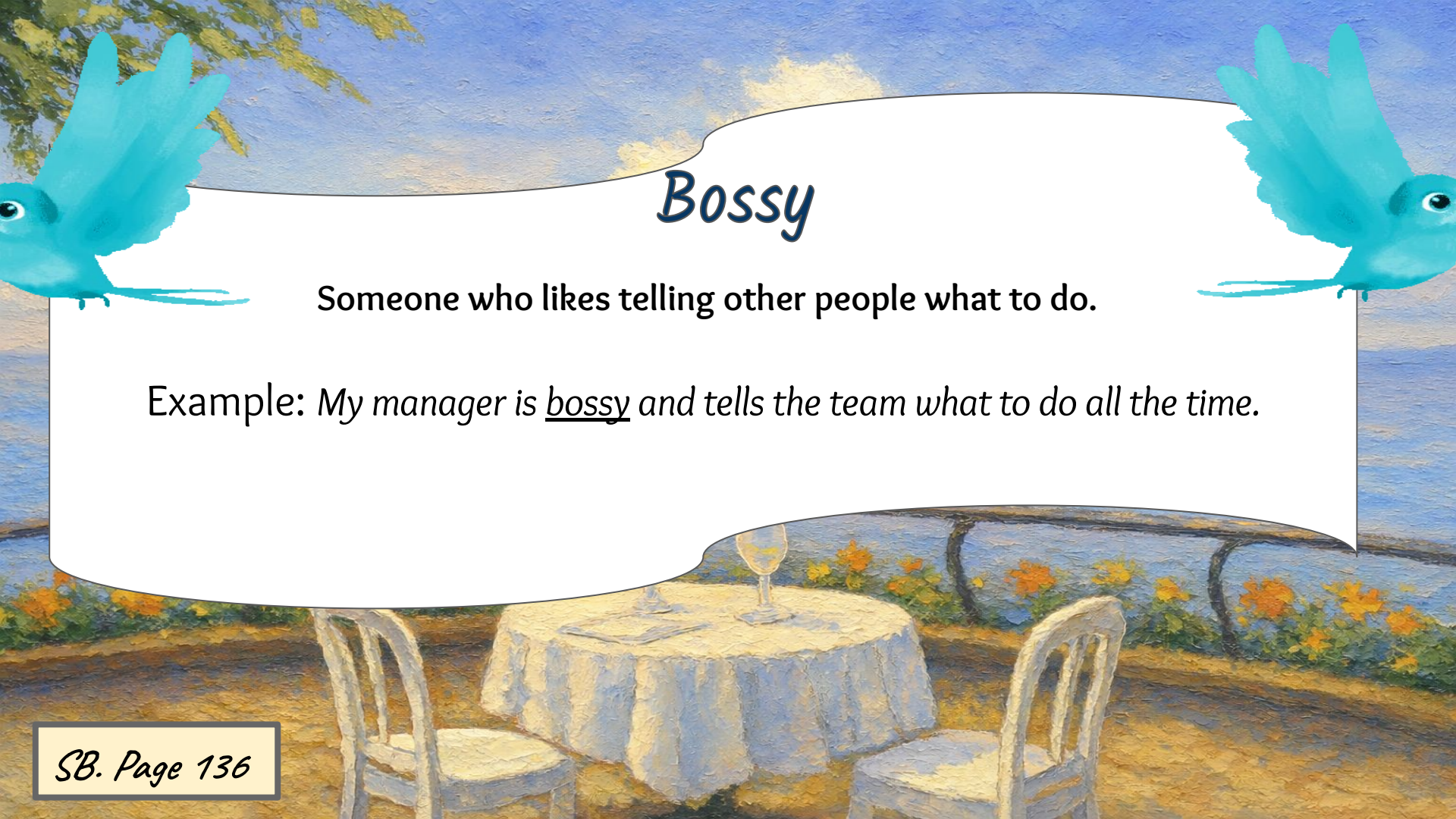
*Hard-working*

*Easy-going*

*Tidy*

*Kind*



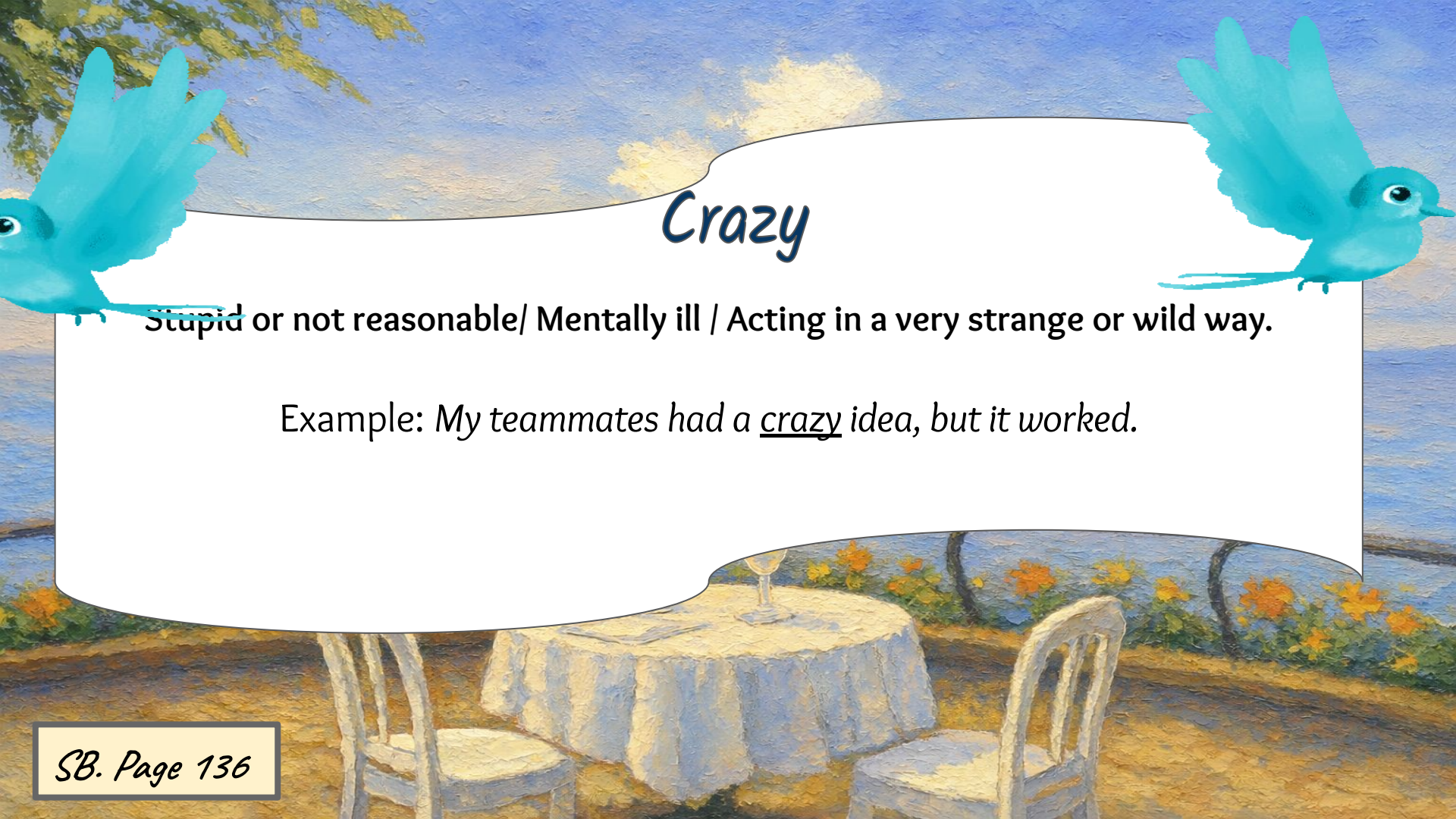


# Bossy

Someone who likes telling other people what to do.

Example: *My manager is bossy and tells the team what to do all the time.*



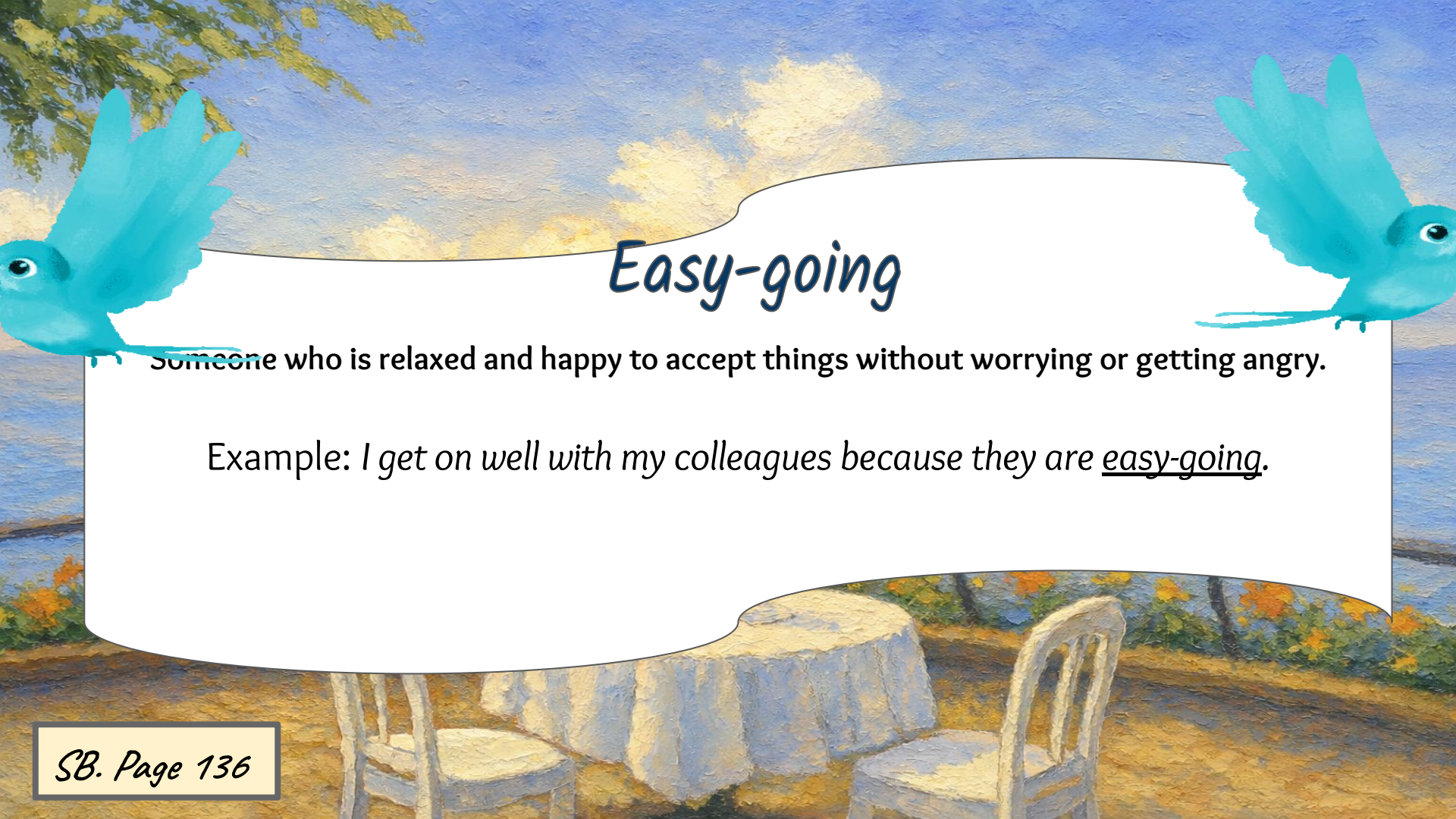


# Crazy

Stupid or not reasonable/ Mentally ill / Acting in a very strange or wild way.

Example: My teammates had a crazy idea, but it worked.





# Easy-going

Someone who is relaxed and happy to accept things without worrying or getting angry.

Example: *I get on well with my colleagues because they are easy-going.*



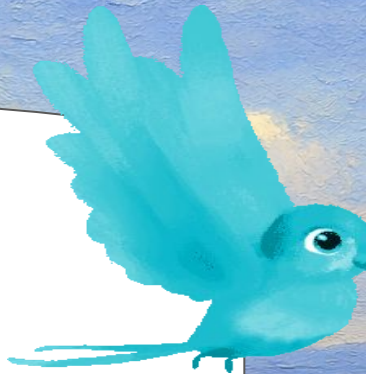


# Funny

Makes people laugh.

Example: *She takes after her father because they're both funny.*





# Generous

Likes giving or sharing.

Example: *I look up to my grandparents because they are generous.*





# Helpful

Ready and glad to help.

Example: My colleagues are helpful when I have problems at work.



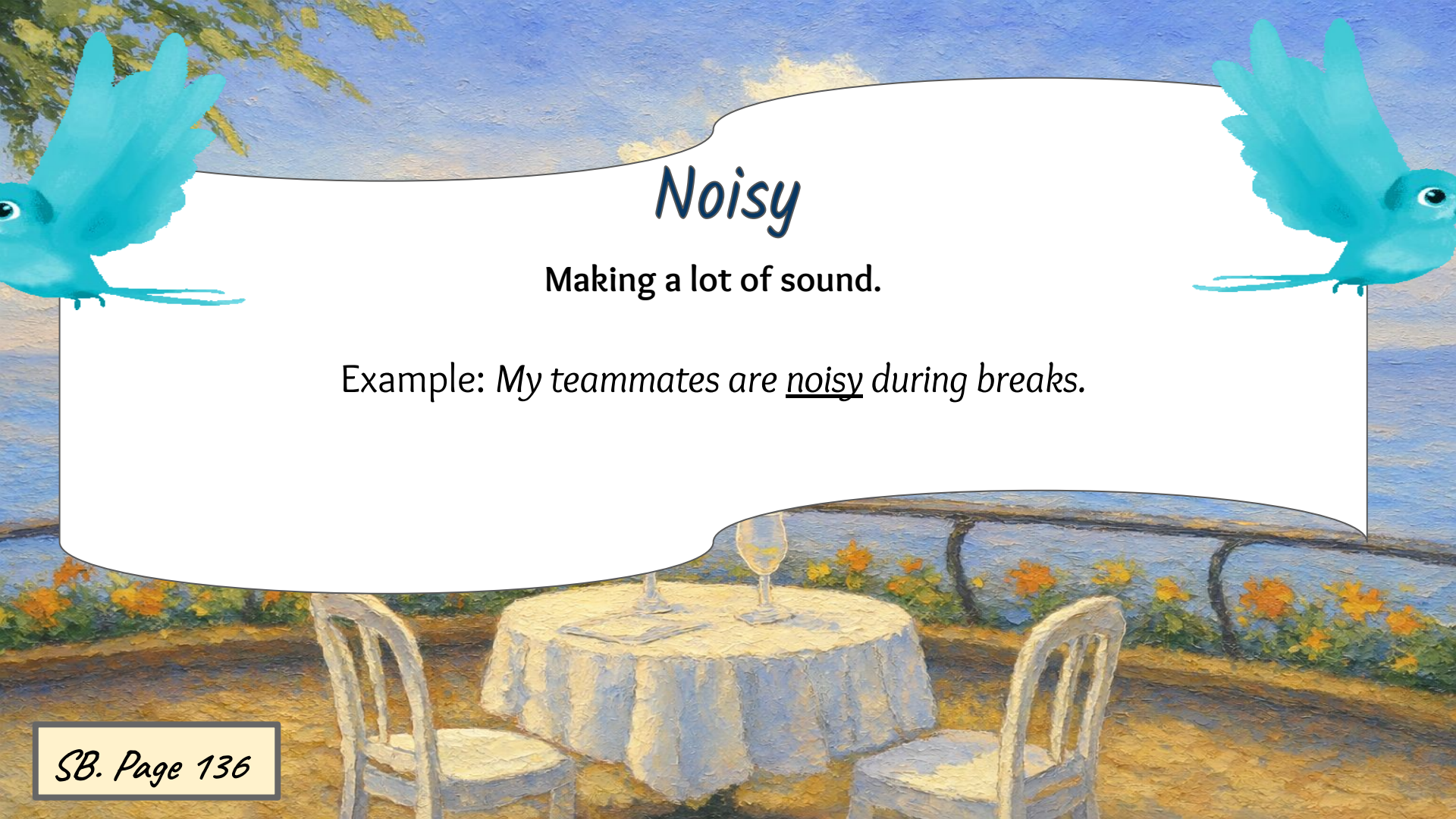


# Kind

Gentle, caring, helpful, and thinking about other people's feelings.

Example: She is kind and friendly with everyone in the office.





# Noisy

Making a lot of sound.

Example: My teammates are noisy during breaks.





# Patient

Able to wait for a long time or accept annoying behaviour or difficulties without becoming angry.

Example: Our manager is patient with new employees.



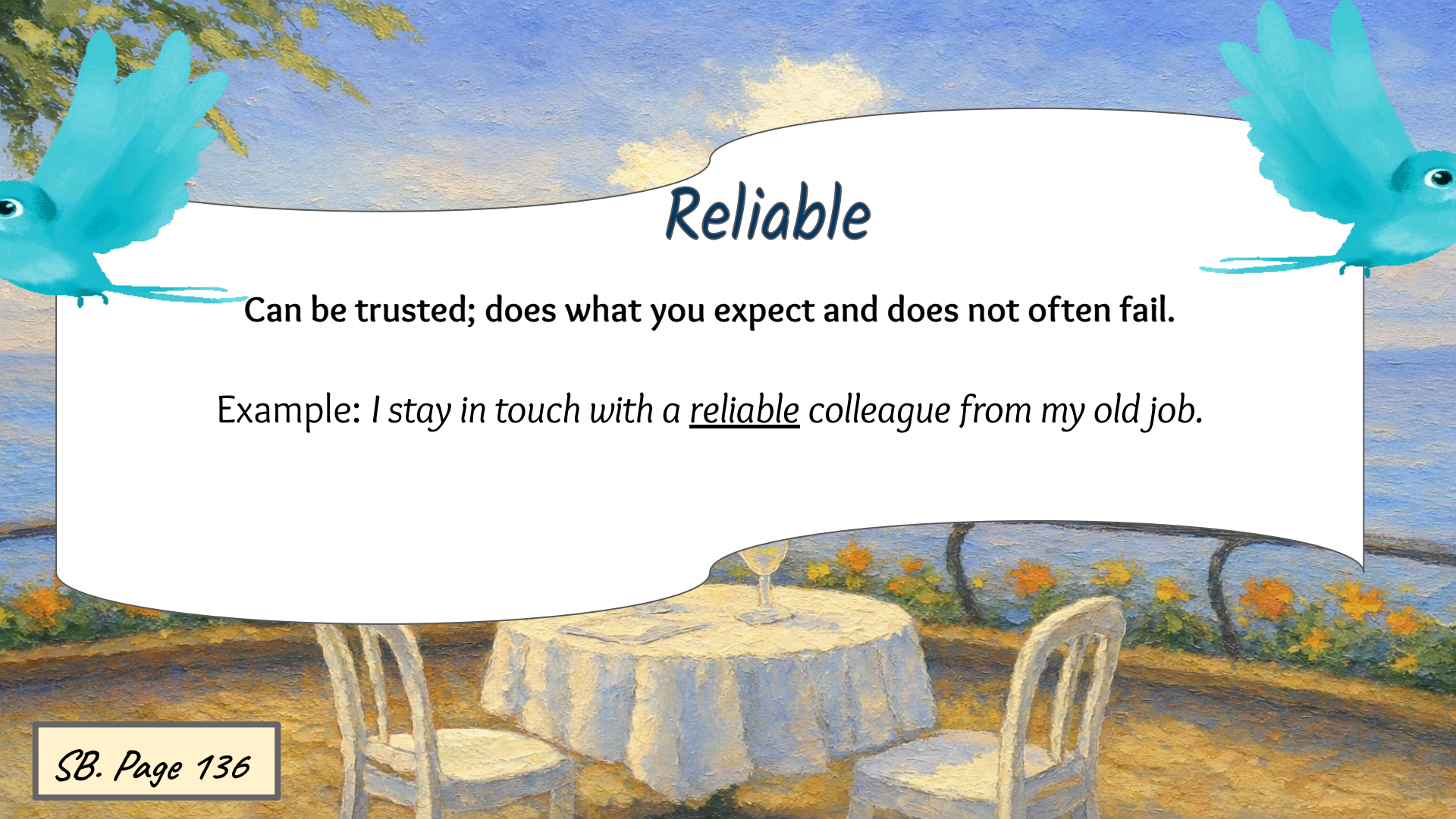


# Polite

Shows good manners; socially correct.

Example: My partner is polite and friendly with my grandparents.



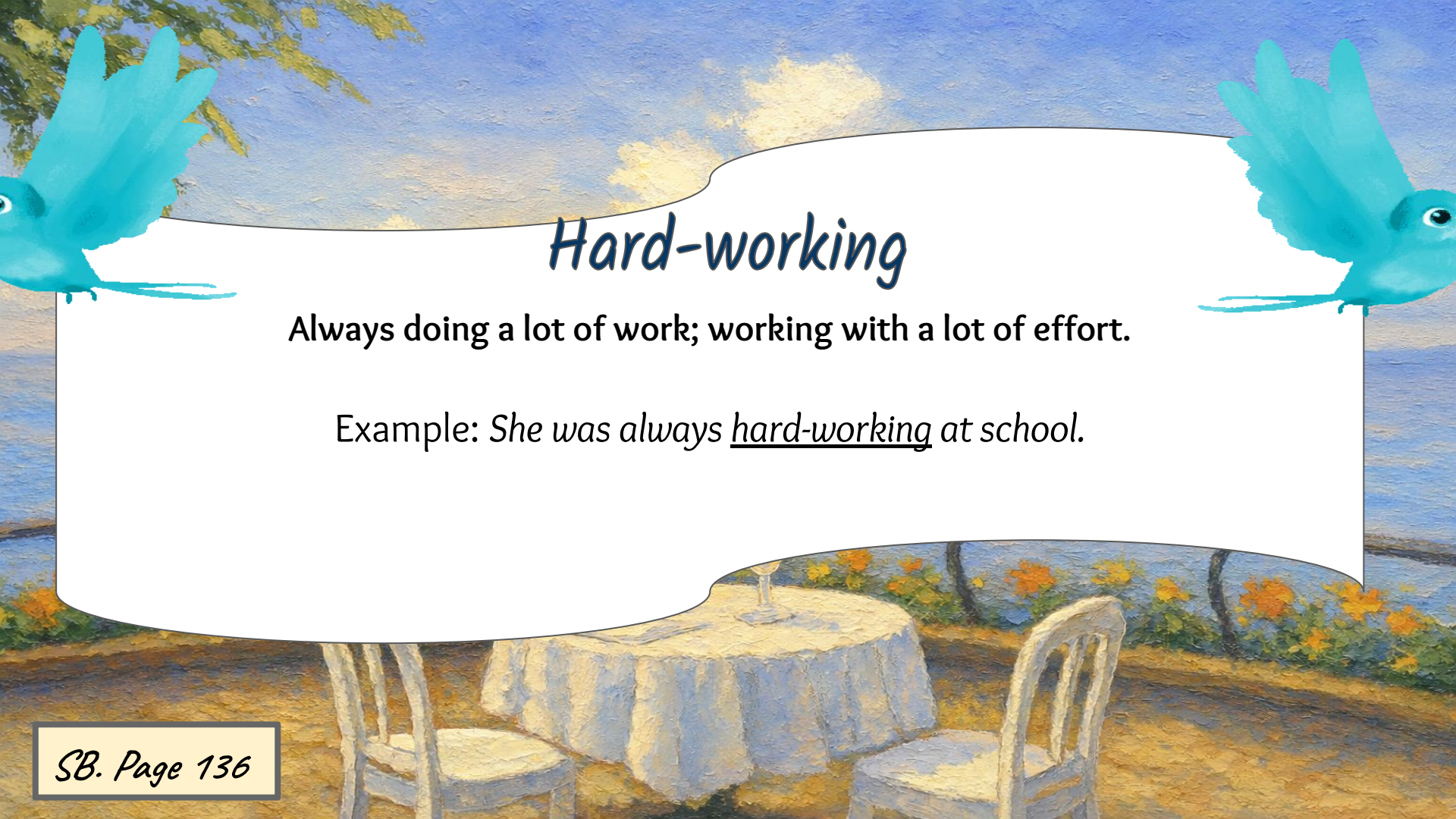


# Reliable

Can be trusted; does what you expect and does not often fail.

Example: *I stay in touch with a reliable colleague from my old job.*





# Hard-working

Always doing a lot of work; working with a lot of effort.

Example: She was always hard-working at school.





# Cheerful

Happy or positive; making you feel happy.

Example: Her grandparents are always cheerful.



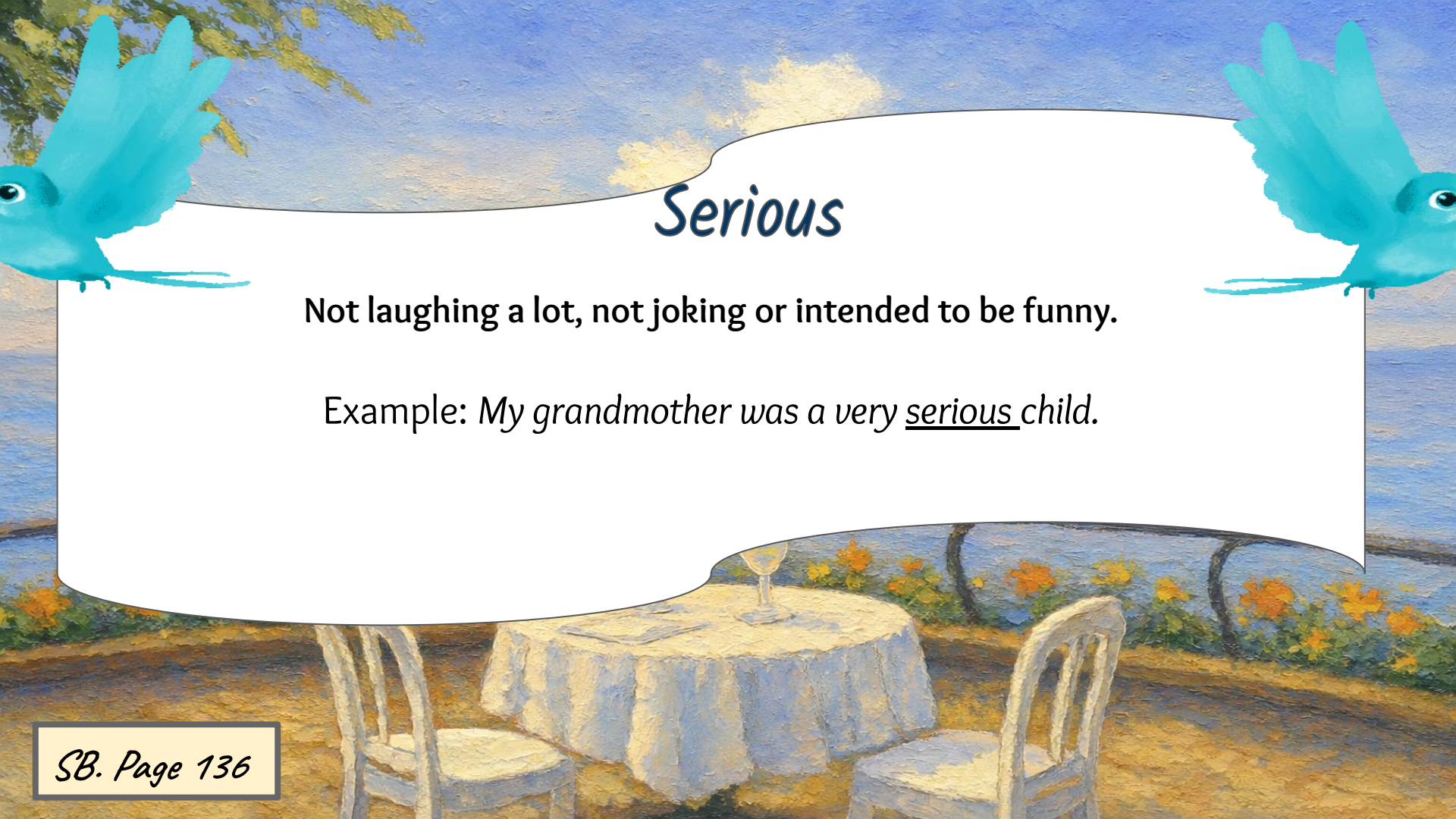


# Tidy

Keeping things in order.

Example: *Her colleague keeps her desk tidy.*





# Serious

Not laughing a lot, not joking or intended to be funny.

Example: *My grandmother was a very serious child.*





# Rude

Not polite, offensive, showing a lack of manners to other people.

Example: Sometimes, my close friends can be a little bit rude.



1A. Complete the sentences with the adjectives below.



1. My parents are pretty **easy-going** and relaxed. They don't mind if I stay out late.
2. It's very  of him to donate so much money to helping homeless people. *generous / kind*
3. Jack never says please or thank you. He's so **rude**!
4. My dad is a very **serious** and thoughtful man. He doesn't joke very much.
5. At first, my parents thought I was **crazy** when I told them my plans to quit my nice job and travel for six months.
6. I'm not very **patient**. I hate waiting for things.
7. I don't think it's very **polite** to leave without saying thank you.
8. My brother and I are complete opposites. He's really messy and I'm very **tidy**.
9. The teacher was very **helpful** and gave me some good advice.
10. My neighbours are too **noisy**. They play loud music all the time!
11. She is such a  lady, always trying to do things for other people. *generous / kind*
12. My sister is really **bossy**. She's always telling me what to do!
13. I laugh so much when I'm with Tom – he's really **funny**.
14. I know that if I ask Chloe to do the job, she will do it well. She's very **reliable**.



**1C. Look at the adjectives in the box in Ex 1A again. Are the characteristics positive, negative or neutral?  
Which words can you use to describe yourself?**

bossy

crazy

easy-going

funny

generous

helpful

kind

noisy

patient

polite

reliable

rude

serious

tidy

*Positive*

*Neutral*

*Negative*





### 2A. Complete the sentences with a personality adjective. The first letter is given.

1. A reliable person always does what they promise.
2. A helpful person does things to support other people.
3. Someone who is easy - going is quite relaxed about things.
4. If a person is patient, they don't mind waiting in a queue.
5. Someone who doesn't hold doors open for people behind them is rude.
6. A person who makes people laugh is funny.
7. Someone who is kind is nice to other people.
8. A person who often gives their time, gifts or money to other people is generous.
9. Someone who loves telling other people what to do is bossy.
10. A tidy person likes to put things away.



# Grammar!







5A. Look at sentences 1–6 Which tenses are the verbs in bold?

1. I'm **studying**  design and I **love**  it!
2. I'm **living**  with a few of the people on my course at the moment.
3. We **study**  during the day and then we usually **cook**  together in the evening.
4. My parents **live**  back home in Poland.
5. When they **come**  home, we always **try**  to meet up.



# Present Simple



We use the Present Simple for things that we do regularly, and for facts, habits, truths and permanent situations.

*I study English every day.*

*Tiffany does yoga every morning.*

*My brother wakes up at 7am.*

How do we create sentences in Present Simple?





# Let's review the Present Simple !

Subject + Verb + Complement

|     |          |               |
|-----|----------|---------------|
| He  | likes    | PC games.     |
| You | need     | a better car. |
| I   | remember | this content. |

Remember to add  
“-s” or “-es” at the  
end of the verb for  
she/he/it

Positive  
Sentences

Subject + Auxiliary + Verb + Complement  
(don't/doesn't)

|         |         |            |           |
|---------|---------|------------|-----------|
| You     | don't   | love       | me.       |
| John    | doesn't | study      | here.     |
| My cats | don't   | understand | my words. |

Negative  
Sentences

# Let's review the Present Simple !

Auxiliary + Subject + Verb + Complement + ?

(Do/Does)

|      |              |      |                   |
|------|--------------|------|-------------------|
| Does | he           | have | money?            |
| Do   | we           | need | water to survive? |
| Do   | your parents | live | in Chile?         |

"Yes/no"  
Questions

Wh question + Auxiliary + Subject + Verb + Complement + ?

(Do/Does)

|           |      |              |      |               |
|-----------|------|--------------|------|---------------|
| What      | do   | you          | do   | for a living? |
| Where     | does | she          | work | ?             |
| How often | does | your partner | yell | at you?       |

Wh  
Questions



# Adverbs of frequency



Adverbs of frequency tell us how often something happens. We usually use them with the Present Simple. The most common ones are: always, usually, often, sometimes, occasionally, rarely, hardly ever, never.

# Adverbs of frequency



We usually put adverbs of frequency before the main verb, or after the verb "be".

"I always eat healthy"

"She is sometimes late"



# Adverbs of frequency



We can also put adverbs of frequency at the beginning, in the middle or at the end of a sentence.

But we do not normally put negative adverbs (rarely, hardly ever, seldom) at the beginning or end of sentences.

"Sometimes, I'm a good person."

"I go to the gym usually"

"I visit my grandparents rarely" → Uncommon

# Adverbs of frequency



ALWAYS and NEVER do not normally go at the beginning or end of sentences.

*"Always, I sleep a lot" ❌*

*"They apologize never" ❌*

With the Verb to Be, we don't normally put any frequency adverb at the end of sentences.

*"Cadets are tired usually" ❌*



# Adverbs of Frequency



**ALWAYS**(every time)

Examples:

- She always arrives on time.
- I'm always late.

Always is placed before the main verb in the first example.  
Always is placed after "am" in the second example.



**USUALLY**(most times)

Examples:

- We don't usually eat junk food.
- He's usually mad at me.

Usually is placed before the main verb in the first example.  
Usually is placed after "is" in the second example.



**OFTEN**(many times)

Examples:

- They often visit their grandparents.
- Days are often cloudy in my city.

Often is placed before the main verb in the first example.  
Often is placed after "are" in the second example.

# Adverbs of Frequency



**SOMETIMES** (almost half the time)

Examples:

-Sometimes, he eats pizza.

-Sometimes I copy in exams.

Sometimes is placed at the beginning of the sentences in these examples.



**OCCASIONALLY** (not frequently)

Examples:

-I see my aunt occasionally.

-We go hiking occasionally.

Occasionally is placed at the end of the sentences in these examples.



**RARELY** (few times)

Examples:

-He rarely watches TV.

-I rarely play sports.

Rarely is placed in the middle of the sentences in these examples.



# Adverbs of Frequency



**HARDLY EVER** (almost never)

Examples:

- He hardly ever goes to concerts.
- It hardly ever rains.

Hardly ever is placed before the main verb in the examples and it's placed in the middle.



**NEVER** (zero times)

Examples:

- You never wash the dishes.
- She is never online.

Never is placed before the main verb in the first example.  
Never is placed after "is" in the second example.



# Adverbs of Frequency



**ALWAYS** and **NEVER**  
do not normally go at  
the beginning or end  
of sentences.

- He eats meat never.
- Never you call me.
- I'm happy always.
- Always she forgets  
her homework.



With the Verb to Be,  
we don't normally  
put any frequency  
adverb at the end of  
sentences.

- I'm smart usually.
- She is upset  
sometimes.
- They are late rarely.







Expressions of frequency are phrases that tell us how often something happens. Some of them are:

*Every day / month / year*

*Once / twice a day / week / month*

*Two / three times a day*

*Once in a while*

*"Once in a while he sends flowers."*

*"We work together every day."*

Expressions of frequency usually go at the beginning or the end of the sentence.

# Kahoot

## Adverbs of Frequency

<https://create.kahoot.it/details/81fad78f-001d-4275-a9f1-e06025aea970?draw=er=>





# Present Continuous



We use the Present Continuous to talk about:

- Activities or actions that are happening right now.
- Temporary activities or situations happening around now.

*The cadets are marching now. -> activity that is happening now.*

*I am staying with friends this week. -> temporary situation.*

# Present Continuous



We often use now, right now, just now, at the moment, currently, this month with the Present Continuous.

He's living with her grandmother at the moment.

The manager is currently having a conversation with the CEO.

The mechanic is repairing my car this month.



How do we create sentences in Present Continuous?



# Let's review the Present Continuous !

Subject + to be + Verb-ing + Complement  
(am/is/are)

|     |     |          |            |
|-----|-----|----------|------------|
| He  | is  | studying | right now. |
| You | are | paying   | attention. |
| I   | am  | thinking | about you. |



Positive  
Sentences

Subject + to be + not + Verb-ing + Complement  
(am/is/are)

|            |     |     |          |                |
|------------|-----|-----|----------|----------------|
| You        | are | not | dancing  | now.           |
| Anna       | is  | not | working  | at the moment. |
| The cadets | are | not | marching | right now.     |



Negative  
Sentences



Grammar!

# Let's review the Present Continuous !

to be + Subject + Verb-ing + Complement + ?  
(am/is/are)

|     |            |          |                |
|-----|------------|----------|----------------|
| Is  | she        | partying | just now ?     |
| Are | the cadets | eating   | their colacha? |
| Am  | I          | thinking | carefully?     |

→  
"Yes/no"  
Questions

Wh question + to be + Subject + Verb-ing + Complement + ?  
(am/is/are)

|       |     |     |        |            |
|-------|-----|-----|--------|------------|
| What  | are | you | doing  | now?       |
| Where | are | you | going  | ?          |
| Why   | is  | he  | crying | over this? |

→  
Negative  
Sentences

# Present Continuous



We can also use the Present Continuous to talk about fixed future plans!

*We are meeting at 7pm tomorrow.*

*She's starting her new job next Monday.*

*They are flying to Paris on Saturday.*



|                                 | <b><i>Present Simple</i></b>                                                                                    | <b><i>Present Continuous</i></b>                                                                                                                 |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Use</b>                      | To talk about routines, habits, and permanent situations.                                                       | To talk about actions happening now, temporary actions/activities, or future arrangements.                                                       |
| <b>Form</b>                     | Subject + base verb (+ -s/es for he/she/it)<br><i>She works every day.</i>                                      | Subject + am/is/are + verb + -ing<br><i>She is working right now.</i>                                                                            |
| <b>Signal Words</b>             | always, usually, often, sometimes, every day/week, on Mondays, etc.                                             | now, right now, at the moment, currently, these days, today                                                                                      |
| <b>Adverbs of Frequency</b>     | Used before the main verb (e.g. <i>I often go to the gym.</i> ) or after 'be' (e.g. <i>She is never late.</i> ) | Occasionally used to describe repeated temporary actions (e.g. <i>He is always losing his keys!</i> ) This often conveys annoyance or criticism. |
| <b>Expressions of Frequency</b> | Used at the end or beginning of the sentence (e.g. <i>They visit their grandparents every weekend.</i> )        | Possible with temporary repeated activities (e.g. <i>She is taking the bus these days.</i> )                                                     |
| <b>Examples in Contrast</b>     | <i>I usually drink coffee in the morning.</i>                                                                   | <i>This week, I'm drinking tea because I ran out of coffee.</i>                                                                                  |



# State verbs



Some verbs are not normally used with continuous tenses. They describe thoughts, feelings, sense and perceptions.

They are called "State Verbs"

Common states verbs are:

**Believe - Need – Prefer - Know - Realise - Belong - Want**

*"I'm believing in God."* ❌

*"My flowers are needing some water."* ❌

*"She is knowing the answer."* ❌

*"I believe in God."* ✅

*"My flowers need some water."* ✅

*"She knows the answer."* ✅



## Grammar Reference

**1. Complete the sentences with the present simple or present continuous form of the verbs in brackets.**

1. **Are** you **living** with your parents at the moment? (**live**)
2. **Does** your partner **know** how to cook? (**know**)
3. What song **are** you **listening** to? I've never heard it before. (**listen**)
4. How often **do** you **see** your family? (**see**)
5. This month I **'m trying** to finish this new project. (**try**)
6. When we go to Rome, we usually **stay** with my sister. (**stay**)

3. Complete the sentences. Choose the correct place (a or b) for the adverb or expression of frequency.

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Ex. 3

1. I (a) *Usually* our manager deals (b)  with problems. It's her job.
2. I (a)  get up early (b) *every day* and go for a run.
3. She's a close friend but (a)  we (b) *rarely* see each other – maybe only once a year.
4. I (a) *Always* clean the house at the weekend (b) . I hate it when it's a mess.
5. (a) *Once in a while*, I (b)  speak to my manager – maybe once a month.
6. (a)  I (b) *never* work late at night because I get too tired and I can't concentrate.
7. We go (a)  out for a meal together (b) *occasionally*.
8. I (a) *sometimes* wish I worked part-time because I'd love to spend (b)  more time with my family.



 **3A. The sentences below have a mistake. Choose the best option to correct the mistake.**

**1. I usually sit in an office all day, but I work from home right now.**

☐ a. I worked

☐ b. I've worked

 c. I'm working

*WB. Page 4  
Ex. 3A & B*

**2. I like tea, but I'm preferring coffee these days.**

 a. I prefer

☐ b. I've preferred

☐ c. I preferred

**3. My car is needing a good clean at the moment.**

☐ a. needed

 b. needs

☐ c. has needed

**4. This week and next week, my friend and I travel around the country.**

☐ a. travelled

☐ b. have travelled

 c. are travelling

Hi Jen,

How are things? Life's not very exciting here but it's OK. I

- (1) **am saving** (**save**) up to buy a flat at the moment, so I  
(2) **am living** (**live**) with my parents for a few months. I spend most evenings with my parents. We (3) **'re watching** (**watch**) this really good series on TV at the moment. We all (4) **like** (**like**) it a lot. My closest friend (5) **is studying** (**study**) for a PhD right now, so she (6) **is usually** (**usually / be**) busy, but we often get together and play tennis. She (7) **always wins** (**always / win**) unfortunately. She (8) **doesn't know** (**not know**) it, but I (9) **'m not working** (not work) this week. So, I (10) **am practising** (**practise**) tennis and maybe I'll win for a change!

Love, Becky

WB. Page 4  
Ex. 3A & B



**7A. Make six true sentences about your life, job and studies. Use words and phrases from box A. Use the ideas in box B or your own ideas.**

**A**

always    at the moment    hardly ever    occasionally    never    nowadays  
often    sometimes    usually

**B**

cook dinner    do sport    eat out in a restaurant    go on holiday  
stay in touch with friends    visit my grandparents    enjoy my job  
get up before 6 a.m.    go out with colleagues    learn something new  
start a new project    enjoy my course    find my course difficult    study for exams

**Examples:**

I always get up before 6 a.m.  
Nowadays, I'm studying for exams.

*SB. Page 9  
Ex. 7A*

*Speaking!*



Work in pairs. Introduce your classmate to the rest of the class. Use personality adjectives to describe them. Use the Present Simple to talk about their daily routine and the Present Continuous to talk about what they are doing these days outside the Navy School. Remember to use frequency adverbs, expressions of frequency, and time expressions.





# Example



Alice is my best friend. She's really funny, and she's a bit crazy sometimes. That's why I like her. We get on really well. I see her every week, and we often go shopping together. At the moment, we're planning a holiday. I can't wait!

