

# Elementary Self-Study Plans

## Pack A: Weeks 1 – 6

## Welcome to TREE's Elementary Self-Study Pack A

### Introduction

This pack offers links to a range of content, organised according to level and theme.

For each week we provide a link to at least three specially selected activities which you can work through in your own time. You can check answers at the end of each activity and re-do any activities which you found challenging.

If you are not sure of your level, you can do this quick online test: <https://learnenglishteens.britishcouncil.org/content>

### Organise your time



We suggest you set aside regular short periods of time during the week to work on your English. The schedule we provide allocates tasks for you to complete on Mondays, Wednesdays and Fridays, but please feel free to change the days and times to suit your schedule.

### Keep a notebook



Remember to record new words and phrases in your notebook during each session. Try to include an example of the new word in a sentence, or maybe include a drawing, or translate the word into Myanmar. All of these things will help you to remember them.

Keep any written work in this notebook too, so you can refer to it and see how your English has improved over time.

**Record your progress**

At the end of each week's schedule, there is a chart like this one:



Task	Completed v / x
LISTENING: Transport Announcements	
READING PRACTICE- Bangkok	
LISTENING: Panama Canal	

You can record your progress by ticking off the tasks as you complete them.

There is also a big chart on the last page which contains ALL of the tasks from weeks 1 – 6. If you complete all of the tasks in 6 weeks, **CONGRATULATIONS!** Give yourself a reward before you move on to the next level

**Additional Materials** When you have finished **Pack A**, you can move onto **Elementary Pack B** which contains another 6 weeks' worth of materials.



You can also supplement these activities with additional resources from our extensive reading and video packs. The **Video Packs** contain a series of short videos about real people dealing with different kinds of challenges in life and the **Extensive Reading Packs** contain links to English Readers with tasks for you to complete. Coming Soon!

In the meantime, you can also find additional free resources at <https://learnenglishteens.britishcouncil.org/> and <https://learnenglish.britishcouncil.org/>

If you are teacher, you can find resources and information about teaching English at <https://www.teachingenglish.org.uk/>

## Contents

	Theme	Grammar / Vocab	Skills
Week 1	My Town	Vocab: Places in town	READING: Places in town – the library STUDY TIPS
Week 2	Meeting People	Functional language for <ul style="list-style-type: none"> <li>meeting new people</li> <li>introducing new people</li> </ul>	WRITING: Introducing yourself LISTENING 1: Introducing a friend LISTENING 2: Meeting new people
Week 3	Busy Daisy	Present Simple for Daily Routines	LISTENING and GRAMMAR: Busy Daisy READING: An interview with a swimmer LISTENING: Interview with a swimmer
Week 4	Master Chef	Vocab: Food Have got	LISTENING and GRAMMAR: Master Chef Part 1 READING: Can you cook?
Week 5	Let's Eat	Countable and uncountable nouns Vocab and spelling game: Sushi Spell	VOCAB: At a restaurant LISTENING: Ordering food LISTENING and GRAMMAR: Master Chef Part 2
Week 6	Talking about the Past	Past simple Vocab game: Wordshake	LISTENING and GRAMMAR: Driving Test READING: Rumpelstiltskin

**Elementary Self-Study Plan: Week 1 – My Town**

Monday	Wednesday	Friday
<p><b>VOCAB:</b> <b>Places in town</b></p> <p>Match the pictures and the words to help you learn about places in a town.</p> <p>Which places do you like going to where you live?</p> <p>Write your answer in the comments section and in your notebook</p> <p><a href="https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/places-town">https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/places-town</a></p>	<p><b>MORE VOCAB:</b> <b>Things around your town</b></p> <p>Vocabulary exercises to help learn words for the things around your town.</p> <p>Which of these things can you see near your home?</p> <p><a href="https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/around-town">https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/around-town</a></p>	<p><b>READING:</b> <b>Places in town – the library</b></p> <p>Look at the library notice and answer the questions to check your understanding. Is there a good library near your home?</p> <p><a href="https://learnenglishteens.britishcouncil.org/skills/reading/beginner-a1-reading/school-library">https://learnenglishteens.britishcouncil.org/skills/reading/beginner-a1-reading/school-library</a> *****</p> <p><b>STUDY TIPS:</b> Listen to Ben’s conversation with Katy. What are his 3 study tips?</p> <p><a href="https://learnenglishteens.britishcouncil.org/skills/listening/beginner-a1-listening/study-tips">https://learnenglishteens.britishcouncil.org/skills/listening/beginner-a1-listening/study-tips</a></p>

Task	Completed √ / x
VOCAB 1: Places in town	
VOCAB 2: Things around your town	
READING: Places in town – the library	
STUDY TIPS	

**Elementary Self-Study Plan: Week 2 – People and Places**

Monday	Wednesday	Friday
<p><b>WRITING:</b> <b>Introducing yourself</b></p> <p>Look at this email and this blog post. Answer the questions then write a short post introducing yourself to a new friend.</p> <p>Remember to record your post in your notebook.</p> <p><a href="https://learnenglishteens.britishcouncil.org/skills/writing/beginner-a1-writing/introducing-yourself-email">https://learnenglishteens.britishcouncil.org/skills/writing/beginner-a1-writing/introducing-yourself-email</a></p>	<p><b>LISTENING 1:</b> <b>Introducing a friend</b></p> <p>Listen to Suml introduce her friend.</p> <p>What questions do you like to ask when you meet new people?</p> <p><a href="https://learnenglishteens.britishcouncil.org/skills/listening/beginner-a1-listening/introducing-friend">https://learnenglishteens.britishcouncil.org/skills/listening/beginner-a1-listening/introducing-friend</a></p>	<p><b>LISTENING 2:</b> <b>Meeting new people</b></p> <p>In this video, Vanya meets Emir and Yuna. Listen to the language they use for meeting new people and practise saying the useful phrases.</p> <p>Watch the video and do the exercises to check your understanding and practise the language.</p> <p><a href="https://learnenglish.britishcouncil.org/skills/speaking/beginner-a1/meeting-new-people">https://learnenglish.britishcouncil.org/skills/speaking/beginner-a1/meeting-new-people</a></p>

Task	Completed v / x
WRITING: Introducing yourself	
LISTENING 1: Introducing a friend	
LISTENING 2: Meeting new people	

**Elementary Self-Study Plan: Week 3 – Busy Daisy**

Monday	Wednesday	Friday
<p><b>VOCAB:</b> <b>Daily routines</b></p> <p>Here are some vocabulary exercises to help you learn words to talk about what you do every day.</p> <p>Remember to record any new words or phrases in your notebook.</p> <p><a href="https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/daily-routine">https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/daily-routine</a></p>	<p><b>LISTENING and GRAMMAR:</b> <b>Busy Daisy</b></p> <p>Daisy is talking to her brother Oliver and his best mate, Alfie, about her new friend.</p> <p>Watch the animation to find out about all the things Daisy and her friend do in a week, then do the tasks to check your understanding.</p> <p>Tell us about your typical day. Remember to use the present simple!</p> <p><a href="https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/present-simple">https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/present-simple</a></p>	<p><b>LISTENING:</b> <b>Interview with a swimmer</b></p> <p>Listen to Dan talk about his typical day. <a href="https://learnenglishteens.britishcouncil.org/skills/listening/beginner-a1-listening/interview-swimmer">https://learnenglishteens.britishcouncil.org/skills/listening/beginner-a1-listening/interview-swimmer</a></p> <p>*****</p> <p><b>OPTIONAL EXTRA</b> <b>More grammar: Present Simple Questions</b></p> <p>More tasks to help you make questions to ask your friends about their habits and routines.</p> <p><a href="https://learnenglish.britishcouncil.org/grammar/english-grammar-reference/present-simple">https://learnenglish.britishcouncil.org/grammar/english-grammar-reference/present-simple</a></p>

Task	Completed v / x
VOCAB: Daily routines	
LISTENING and GRAMMAR: Busy Daisy	
LISTENING: Interview with a swimmer	
OPTIONAL EXTRA: Present simple questions	

### Elementary Self-Study Plan: Week 4 – Master Chef

Monday	Wednesday	Friday
<p><b>VOCAB:</b> <b>Food</b></p> <p>Do these matching and gap fill exercises to check see how many food words you know.  <a href="https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/food">https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/food</a></p> <p><b>And more food....</b>            This time we are at the restaurant. Look at the menu. What would you like to eat?  <a href="https://learnenglishteens.britishcouncil.org/skills/reading/beginner-a1-reading/restaurant">https://learnenglishteens.britishcouncil.org/skills/reading/beginner-a1-reading/restaurant</a></p>	<p><b>LISTENING and GRAMMAR:</b> <b>Master Chef Part 1</b></p> <p>Oliver and Alfie both love watching cooking programmes on TV. Just for fun, they are preparing to have their own ‘Master Chef’ competition at home.</p> <p>What ingredients do they need to buy?            Watch the animation to find out and then do the tasks to check your understanding.  <a href="https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/have-got">https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/have-got</a></p>	<p><b>READING:</b> <b>Can you cook?</b></p> <p>Read the article to find out why Tom’s mother is so happy with him.  <a href="https://learnenglishteens.britishcouncil.org/skills/reading/beginner-a1-reading/can-you-cook">https://learnenglishteens.britishcouncil.org/skills/reading/beginner-a1-reading/can-you-cook</a></p>

Task	Completed v / x
VOCAB: Food.....and more food	
LISTENING and GRAMMAR: Master Chef	
READING: Can you cook?	



**Elementary Self-Study Plan: Week 5 – Let’s Eat!**

Monday	Wednesday	Friday
<p><b>VOCAB:</b> <b>At a restaurant</b></p> <p>Do these vocabulary exercises to help learn words to talk about things you find in a restaurant.</p> <p><a href="https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/restaurants">https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/restaurants</a> *****</p> <p><b>GAME: SUSHI SPELLING</b></p> <p>Take the sushi from the moving belt to spell as many words as you can. How many words can you <i>Sushi Spell</i> in two minutes?</p> <p>Remember to record your score in your notebook!</p> <p><a href="https://learnenglishteens.britishcouncil.org/vocabulary/vocabulary-games/sushi-spell">https://learnenglishteens.britishcouncil.org/vocabulary/vocabulary-games/sushi-spell</a></p>	<p><b>LISTENING:</b> <b>Ordering food</b></p> <p>Listen to people ordering food and drinks in a cafe. What would you order?</p> <p><a href="https://learnenglish.britishcouncil.org/skills/listening/beginner-a1/ordering-in-a-cafe">https://learnenglish.britishcouncil.org/skills/listening/beginner-a1/ordering-in-a-cafe</a> *****</p> <p><b>OPTIONAL EXTRA:</b> <b>Grammar - countable / uncountable nouns</b></p> <p>Do you know how to use <i>a, some, much, many</i>? Look at these examples to see how to use countable and uncountable nouns</p> <p><a href="https://learnenglish.britishcouncil.org/grammar/beginner-to-pre-intermediate/countable-and-uncountable-nouns-1">https://learnenglish.britishcouncil.org/grammar/beginner-to-pre-intermediate/countable-and-uncountable-nouns-1</a></p>	<p><b>LISTENING and GRAMMAR:</b> <b>Master Chef Part 2</b></p> <p>It’s the day of Oliver and Alfie’s cooking competition. Daisy is filming the chefs in action.</p> <p>The expression <i>a piece of cake</i> means something is really easy. Is speaking English a piece of cake for you?</p> <p><a href="https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/countable-uncountable-nouns">https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/countable-uncountable-nouns</a></p>

Task	Completed √ / x
VOCAB: At a restaurant / GAME: Sushi Spelling	
LISTENING: Ordering food	
OPTIONAL EXTRA: countable / uncountable nouns	
LISTENING and GRAMMAR: Master Chef Part 2	

**Elementary Self-Study Plan: Week 6 – Talking about the Past**

Monday	Wednesday	Friday
<p><b>LISTENING and GRAMMAR: Driving Test</b></p> <p>Alfie took his driving test for the second time this morning. Did he pass? What happened?</p> <p>Watch the video and notice the regular past simple verbs. Then do the tasks to check your understanding.</p> <p><a href="https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/past-simple-regular-verbs">https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/past-simple-regular-verbs</a></p>	<p><b>JUST FOR FUN: Wordshake</b></p> <p>Play Wordshake and see how many points you can get in three minutes. Longer words score more points!</p> <p><a href="https://learnenglishteens.britishcouncil.org/vocabulary/vocabulary-games/wordshake">https://learnenglishteens.britishcouncil.org/vocabulary/vocabulary-games/wordshake</a></p>	<p><b>READING: Rumpelstiltskin</b></p> <p>Are you ready for a challenge?</p> <p>Do you know the fairy tale, <i>Rumpelstiltskin</i>? Well, this is a modern version. Chloe is a young woman at the audition for <i>Find a Star</i>. But she is afraid to sing ...</p> <p>Reading is a great way to improve your vocabulary and practise your English. Do the preparation task first. Then read the text and do the exercises.</p> <p>Is there a similar fairy tale in your culture?</p> <p><a href="https://learnenglishteens.britishcouncil.org/study-break/graded-reading/elementary-a2-graded-reading/rumpelstiltskin-modern-retelling-a2">https://learnenglishteens.britishcouncil.org/study-break/graded-reading/elementary-a2-graded-reading/rumpelstiltskin-modern-retelling-a2</a></p>

Task	Completed √ / x
LISTENING and GRAMMAR: Driving Test	
JUST FOR FUN: Wordshake	
READING: Rumpelstiltskin	

## My Progress

Task	Completed √ / x
<b>Week 1: My town</b>	
VOCAB 1: Places in town	
VOCAB 2: Things around your town	
READING: Places in town – the library	
<b>Week 2 – People and Places</b>	
VOCAB 1: Places in town	
VOCAB 2: Things around your town	
READING: Places in town – the library	
STUDY TIPS	
<b>Week 3 – Busy Daisy</b>	
VOCAB: Daily routines	
LISTENING and GRAMMAR: Busy Daisy / present simple	
LISTENING: An interview with a swimmer	
GRAMMAR: Present simple questions	
<b>Week 4 – Master Chef</b>	
VOCAB: Food.....and more food	
LISTENING and GRAMMAR: Master Chef	
READING: Can you cook?	
<b>Week 5 – Let's Eat!</b>	
VOCAB: At a restaurant	
GAME: Sushi Spelling	
LISTENING: Ordering food	
LISTENING and GRAMMAR: Master Chef Part 2	

<b>Week 6 – Talking about the Past</b>	
LISTENING and GRAMMAR: Driving Test	
JUST FOR FUN: Wordshake	
READING: Rumpelstiltskin	