



Trainer

Exercises Catalogue



TRAINER

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travelers 



Milton Education's **Trainer** is a compilation of exercises in six key language skill areas: **grammar, listening, reading, speaking, vocabulary** and **writing**. The Trainer is organised in six levels covering from pre-A1 to B1 CEFR levels. It was designed with official Cambridge and Trinity exam preparation in mind, but the exercises are a powerful way to reinforce classroom learning at home for any purpose.

This document lists all of the exercises in each level of the Trainer by section. On the first page of each level, you will find some introductory tables with the characteristics of the exercises in the level. This includes an overview of the vocabulary and grammar covered in that level as well as the “technological ability” of the user according to age.

Following the introductory page is a list of the exercises including the title, whether or not it contains audio, and the number of questions in the exercise. In any given exercise, the student is shown a random selection of questions from the exercise and should they repeat the exercise, they will see different questions pulled from the question bank. For the reading and listening sections, we have also provided the correspondence to the section of the Cambridge exam for which the exercise provides real practice.

We are continuously adding exercises to the Trainer and this document will be updated periodically.

Happy teaching!

Trainer 1	Grade	Age	CEFR	Cambridge equivalence
	1st grade	5 - 6	Pre-A1	YLE Starters

Main Vocabulary Concepts	Main Grammar Concepts
<ul style="list-style-type: none"> ● numbers ● alphabet ● animals ● body and face ● clothing ● family ● food ● house and home ● hobbies and sports ● school ● transportation 	<ul style="list-style-type: none"> ● verbs: present simple, present continuous, interrogatives, imperatives. ● pronouns ● prepositions

Listening exercises	Reading exercises
<ul style="list-style-type: none"> ● Simple, everyday conversations ● Introducing yourself ● Listening to descriptions of things 	<ul style="list-style-type: none"> ● Read a sentence and choose the correct picture ● True/false sentences based on a picture ● Read a short gapped text and choose a word to fill the gap

Writing exercises	Speaking exercises
<ul style="list-style-type: none"> ● Word-ordering exercises (composing a short, grammatically correct sentence with a given set of words.) 	<ul style="list-style-type: none"> ● Repeat a word or a complete sentence. Audio available for help ● Answer simple personal questions

Technological ability
<ul style="list-style-type: none"> ● Basic navigational skills ● Click to choose an answer or to start listening to an audio file ● Very minimal typing required (2-3 letters maximum)



GRAMMAR

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	Present Simple - To Be	Multiple choice	50	10
2	Contractions	Fill the gap	50	10
3	Plurals	Multiple choice	50	10
4	There, Their, They're	Multiple choice	40	10
5	Present Continuous	Fill the gap	50	15
6	Present Simple & Continuous	Multiple choice	50	15
7	Present Simple	Fill the gap	50	15
8	Really, A lot	Multiple choice	50	15
9	How Many?	Fill the gap	50	10
10	This, That, These, Those - 2	Multiple choice	30	10
11	Alphabet - Listen	Multiple choice	50	15
12	Asking Questions	Unscramble words	50	10
13	Have got	Fill the gap	50	10
14	Question Words	Fill the gap	50	15
15	Present Simple - To Go	Fill the gap	30	10
16	Where is...?	Multiple choice	40	15
17	Pronouns - 1	Multiple choice	40	10
18	Can, Can't	Multiple choice	50	15
19	This, That, These, Those - 1	Multiple choice	30	10
20	Possessives	Fill the gap	50	15
21	A, An	Multiple choice	40	10
22	Mine, yours, hers, his, ours, theirs	Fill the gap	50	15
23	And, but, or	Fill the gap	45	15
24	Alphabet - What letter is next?	Multiple choice	45	10
25	Vowels	Fill the gap	25	10
26	Commands	Multiple choice	50	15



LISTENING

No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	Introducing Yourself - 1	Unscramble letters	L Part 2	10	5
2	What's for dinner?	Look and Choose	-	15	10
3	The Monster Family	Multiple Choice	L Part 2	20	10
4	Describing People	Multiple Choice	L Part 1	25	10
5	What am I?	Look and Choose	L Part 3	15	10
6	My Family	Multiple Choice	L Part 1	20	10
7	Can you...?	Multiple Choice	-	15	10
8	Introducing Yourself - 2	Multiple Choice	L Part 2	15	10
9	A birthday party	Multiple Choice	-	15	10
10	My shoes	Fill the gap	L Part 3	15	10
11	The Apples	Multiple Choice	-	15	10






READING

No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	What am I? - 1	Multiple Choice	RW Part 4	1	1
2	The Aliens	True/False	RW Part 2	20	10
3	House and Home	Read and Choose	RW Part 1	20	10
4	My Old Things	Fill the gap	RW Part 4	1	1
5	Animals	Look and Choose	RW Part 1	20	10
6	Choosing What to Wear	Multiple Choice	RW Part 5	15	10
7	At the Library	Multiple Choice	RW Part 5	15	10
8	What am I? - 2	Fill the gap	RW Part 4	1	1
9	The Elephant and the Mouse	Multiple Choice	RW Part 5	20	10
10	What am I? - 3	Fill the gap	RW Part 4	1	1
11	At the Circus	True/False	RW Part 2	20	10










SPEAKING













No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	School - Listen and Say	Listen and Say		10	5
2	Body - Listen and Say	Listen and Say		10	5
3	Toys - Listen and Say	Listen and Say		10	5
4	Winter - Listen and Say	Listen and Say		10	5
5	Family - Listen and Say	Listen and Say		10	5
6	House - Listen and Say	Listen and Say		10	5
7	Food - Listen and Say	Listen and Say		10	5
8	Farm Animals - Listen and Say	Listen and Say		10	5
9	Jungle Animals - Listen and Say	Listen and Say		10	5
10	About You	Listen and Say		3	3
11	Alphabet	Listen and Say		20	6
12	Numbers 1-10 - Listen and Say	Listen and Say		10	6
13	Months - Listen and Say	Listen and Say		12	6
14	Numbers 11-20 - Listen and Say	Listen and Say		10	6
15	Days of the Week - Listen and Say	Listen and Say		7	6
16	This, These - Listen and Say	Listen and Say		6	4
17	Colours - Listen and Say	Listen and Say		10	6
18	I have got - Listen and Say	Listen and Say		6	4
19	There is, There are - Listen and Say	Listen and Say		10	4
20	I am wearing... Listen and Repeat	Listen and Say		10	4
21	There is my... Listen and Repeat	Listen and Say		10	4
22	Where is... Listen and Repeat	Listen and Say		10	6
23	Is this...? Are those...?	Listen and Say		4	4
24	I like... I don't like... Listen and Repeat	Listen and Say		5	4
25	Can you... Listen and Repeat	Listen and Say		10	4

26	This, that, these, those... Listen and Repeat	Listen and Say		10	4
27	What are you doing... Listen and Repeat	Listen and Say		5	4
28	It has got... Listen and Repeat	Listen and Say		5	4



VOCABULARY

No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	Animals - Words and Picture	Look and Choose		25	10
2	Body - Look and Spell	Look and Spell		25	10
3	Transport Quiz	Look and Choose		45	15
4	Food and Drink - Listen and Spell	Listen and Spell		40	10
5	Hobbies and Sports - Look and Spell	Look and Spell		25	10
6	Transport - Words and Pictures	Look and Choose		25	10
7	Animals - Find the Words	Word Search		20	10
8	Proper Names	Read and Choose		25	10
9	Home Quiz	Mixed		65	15
10	Clothes Quiz	Mixed		70	15
11	Food and Drink Quiz	Mixed		80	20
12	School - Words and Pictures	Look and Choose		30	10
13	School - Listen and Spell	Listen and Spell		25	10
14	Verbs - 3	Listen and Spell		45	15
15	Food and Drink - Pictures and Words	Look and Choose		60	15
16	Animals - Look and Spell	Look and Spell		25	10
17	Food and Drink - Find the Words	Word Search		25	10
18	Animals Quiz	Listen and Spell		50	15
19	Body - Words and Pictures	Look and Spell		25	10
20	Verbs Quiz	Listen and Spell		105	10
21	Family and Friends - Look and Spell	Look and Spell		30	10
22	Hobbies and Sports - Listen and Spell	Listen and Spell		30	10
23	Hobbies and Sports Quiz	Look and Choose		75	20

24	School Quiz	Listen and Spell		60	15
25	Transport - Look and Spell	Look and Spell		15	10
26	Transport - Find the Words	Word Search		20	10
27	Verbs - 1	Listen and Spell		45	15
28	Numbers 1-10 - Listen and Say	Listen and Say		50	10
29	Body - Listen and Spell	Listen and Spell		25	10
30	Home - Find the Words	Word Search		25	10
31	School - Find the Words	Word Search		25	10
32	Numbers 11-20	Listen and Choose		50	10
33	Clothes - Look and Spell	Look and Spell		30	10
34	Home - Words and Pictures	Look and Spell		50	10
35	Home - Listen and Spell	Listen and Spell		30	10
36	Transport - Listen and Spell	Listen and Spell		20	10
37	Our World	Look and Spell		50	15
38	Clothes - Find the Words	Word Search		25	10
39	Home - Look and Spell	Look and Spell		30	10
40	Time	Look and Choose		20	10
41	Colours	Listen and Choose		55	15
42	Food and Drink - Look and Spell	Look and Spell		20	10
43	Verbs - 2	Mixed		25	15
44	Body - Find the Words	Word Search		25	10
45	Clothes - Pictures and Words	Look and Spell		30	10
46	Clothes - Listen and Spell	Listen and Spell		25	10
47	Family and Friends - Quiz	Mixed		25	10
48	School - Look and Spell	Look and Spell		20	10
49	Animals - Listen and Spell	Listen and Spell		25	10
50	Family and Friends - Listen and Spell	Listen and Spell		40	10
51	Family and Friends - Find the Words	Word Search		25	10
52	Hobbies and Sports - Words and Pictures	Look and Spell		40	10
53	Verbs - 4	Listen and Spell		35	15
54	Vocabulary Picture Challenge	Look and Spell		220	20
55	Vocabulary Quiz - Words and Pictures	Look and Spell		170	20



WRITING

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	Your Body	Write a question	10	5
2	Favourite Things	Write a sentence	10	5
3	Introducing Yourself	Write a sentence	10	5
4	Family	Write a sentence	10	5
5	Food	Write a question	10	5

Trainer 2	Grade	Age	CEFR	Cambridge equivalence
	2nd grade	6 - 7	A1	YLE Movers

Main Vocabulary Concepts		Main Grammar Concepts
<ul style="list-style-type: none"> • numbers • alphabet • animals • body and face • clothing • family • food 	<ul style="list-style-type: none"> • health • house and home • hobbies and sports • school • time • transportation • weather 	<ul style="list-style-type: none"> • verbs: present simple, present continuous, interrogatives, past simple, imperatives. • pronouns • prepositions • ordinals • modals (must, could, shall) • relative clauses • comparative and superlative adjectives

Listening exercises	Reading exercises
<ul style="list-style-type: none"> • Everyday conversations • Fill gaps to summarise audio • True/false sentences • Identify people in a picture based on descriptions 	<ul style="list-style-type: none"> • Read a sentence and choose the correct picture • True/false sentences based on a picture • Read a short gapped text and choose a word to fill the gap • Read a dialog and choose the correct response

Writing exercises	Speaking exercises
<ul style="list-style-type: none"> • Word-ordering exercises (composing a short, grammatically correct sentence with a given set of words.) 	<ul style="list-style-type: none"> • Repeat a word or a complete sentence. Audio available for help • Answer simple personal questions

Technological ability
<ul style="list-style-type: none"> • Basic navigational skills • Click to choose an answer or to start listening to an audio file • Very minimal typing required (2-3 letters maximum)



GRAMMAR

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	I went to the library to get a book	Multiple choice	30	10
2	Ordinals	Multiple choice	50	15
3	Past Simple - 2	Multiple choice	40	10
4	Verb Review	Mixed	70	20
5	At, on, or in?	Multiple choice	50	10
6	Must/Could/Shall	Multiple choice	30	15
7	Present Simple	Multiple choice	50	10
8	Present Continuous	Multiple choice	50	10
9	Present Simple & Present Continuous	Multiple choice	50	10
10	All/Any/Every	Multiple choice	50	15
11	Plurals	Multiple choice	50	10
12	Before or after?	Multiple choice	50	10
13	Question words	Multiple choice	55	15
14	My or Mine?	Multiple choice	65	10
15	Everyone or everything?	Multiple choice	50	15
16	Past Simple - 1	Multiple choice	50	10
17	Where is...?	Multiple choice	45	10
18	Who/which/when/where/that	Multiple choice	50	15
19	Then/than	Multiple choice	50	10
20	A/An/The	Multiple choice	40	10
21	Past Simple and Continuous	Multiple choice	70	15
22	Tall, taller, tallest	Multiple choice	50	15
23	Questions - 2	Multiple choice	50	10
24	Past Continuous	Multiple choice	50	15
25	And, or, but, because	Multiple choice	40	15

26	Their, there, they're	Multiple choice	50	15
27	Past Simple - 4	Multiple choice	40	10
28	Past Simple - 3	Multiple choice	40	10



LISTENING

No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	Going to the shopping center	Multiple choice	L Part 2	20	10
2	Mrs. Steele's new pet	Multiple choice	L Part 4	20	10
3	Going to the doctor	Multiple choice	-	10	10
4	My brother and I	Multiple choice	L Part 3	25	10
5	Making Plans	Multiple choice	L Part 2	20	10
6	Tom's Day	Multiple choice	-	25	10
7	My classmates	Multiple choice	-	30	10
8	Who is in the picture	Multiple choice	L Part 1	20	10
9	Charlie's Week	Multiple choice	L Part 4	20	10



READING




No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	A Rainy Day	Fill the gap	RW Part 5	20	10
2	Reading	True/False	RW Part 6	20	10
3	Goldilocks	True/False	RW Part 6	25	10
4	Feeling ill	Fill the gap	RW Part 3	1	1
5	Going to the zoo	Fill the gap	RW Part 3	1	1
6	Definitions - 1	Multiple choice	RW Part 1	20	10
7	A day at grandpas house	Multiple choice	RW Part 2	20	10
8	Cities	Fill the gap	RW Part 4	1	1
9	A birthday party	Fill the gap	RW Part 3	20	10

10	New Dresses	Multiple choice	RW Part 2	20	10
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SPEAKING









No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	School - Listen and Repeat	Listen and Say		12	5
2	Body - Listen and Repeat	Listen and Say		15	6
3	Daily Routine - Listen and Repeat	Listen and Say		10	6
4	Animals - Listen and Repeat	Listen and Say		10	6
5	Toys - Listen and Repeat	Listen and Say		10	6
6	Hobbies - Listen and Repeat	Listen and Say		10	6
7	Food - Listen and Repeat	Listen and Say		10	6
8	Places - Listen and Repeat	Listen and Say		10	6
9	Clothes - Listen and Repeat	Listen and Say		10	6
10	Numbers 1-20 - Listen and Repeat	Listen and Say		20	6
11	Numbers 21-50 - Listen and Repeat	Listen and Say		10	6
12	Colours - Listen and Say	Listen and Say		10	8
13	Months - Listen and Say	Listen and Say		12	8
14	Days of the week - Listen and Say	Listen and Say		8	7
15	About you - Listen and Say	Listen and Say		3	2
16	This, that, these, those - Listen and Repeat	Listen and Say		7	6
17	To be - Listen and Repeat	Listen and Say		4	4
18	Have got - Listen and Repeat	Listen and Say		4	4
19	Present Simple - Listen and Repeat	Listen and Say		10	6
20	Can, can't - Listen and Repeat	Listen and Say		10	6
21	Where is...? - Listen and Repeat	Listen and Say		6	4
22	Present Continuous - Listen and Repeat	Listen and Say		7	4

23	Do you like...? - Listen and Repeat	Listen and Say		6	5
24	Where were you yesterday? - Listen and Repeat	Listen and Say		5	4
25	There was/there were - Listen and Repeat	Listen and Say		4	4



VOCABULARY

No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	Animals - Look and Spell	Multiple Choice		30	10
2	Days of the week	Multiple Choice		40	10
3	Verbs - Look and Spell	Multiple Choice		65	10
4	Food and drink - Find the words	Word search		25	10
5	Home - Listen and Spell	Listen and Choose		30	10
6	Places - Look and Spell	Look and Spell		30	10
7	Animals - Words and Pictures	Multiple choice		30	10
8	Clothes - Find the words	Word search		50	10
9	Verbs Quiz	Listen and Choose		180	15
10	Body - Words and Pictures	Multiple choice		40	10
11	Telling Time	Listen and Choose		25	10
12	Clothes - Listen and Spell	Multiple choice		30	10
13	Hobbies and Sports - Listen and Spell	Multiple choice		40	10
14	Home Quiz	Listen and Choose		80	10
15	School - 1	Look and Spell		45	15
16	Body - Find the words	Word search		25	10
17	Verbs - Look and Spell	Multiple choice		100	15
18	Colours - 2	Listen and Choose		40	15
19	Numbers 21-100	Listen and Choose		55	15
20	Transport	Look and Spell		60	15
21	Body Quiz	Look and Spell		60	15
22	Family and friends - Listen and Spell	Listen and Choose		40	10
23	Hobbies and sports - Listen and Spell	Listen and Choose		35	10

24	Home - Words and Pictures	Multiple choice		70	10
25	Weather	Multiple choice		40	10
26	Home - Look and Spell	Look and Spell		35	10
27	Food/Drink - Pictures and words	Multiple choice		50	15
28	Home - Look and Spell	Look and Spell		40	10
29	Home - Find the Words	Word search		25	10
30	Numbers 1-20	Multiple choice		55	15
31	Clothes - Pictures and words	Multiple choice		40	10
32	Colours - 1	Multiple choice		40	15
33	Food and Drink - Listen and Spell	Listen and Choose		50	15
34	Hobbies and Sports Quiz	Look and Spell		90	15
35	Places - Words and Pictures	Multiple choice		20	10
36	Adjectives - Listen and Spell	Listen and Choose		40	10
37	Clothes Quiz	Multiple choice		80	15
38	Family/Friends Quiz	Word Search		60	15
39	Health	Multiple choice		25	10
40	Hobbies and Sports - Words and Pictures	Multiple choice		55	15
41	Animals - Find the words	Word Search		25	10
42	Animals Quiz	Look and Spell		25	10
43	Body - Listen and Spell	Listen and Choose		30	10
44	Clothes - Look and Spell	Look and Spell		40	10
45	Places - Listen and Spell	Listen and Spell		20	10
46	Proper Names	Listen and Spell		45	15
47	School - 2	Look and Spell		40	15
48	Verbs - Pictures and Words	Multiple choice		60	15
49	Food and Drink - Look and Spell	Look and Spell		45	15
50	Food and Drink Quiz	Multiple choice		80	20
51	Places - Find the words	Word Search		25	10
52	Adjectives - Look and Spell	Look and Spell		30	10
53	Body - Look and Spell	Look and Spell		30	10
54	Family and Friends - Look and Spell	Look and Spell		40	10
55	Family and Friends - Find the words	Word Search		25	10
56	Places Quiz	Multiple choice		50	15
57	Vocabulary Quiz - Words and Pictures	Multiple choice		170	15

58	Vocabulary Picture Challenge	Multiple choice		200	15
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WRITING

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	Health	Write a sentence	10	5
2	Friends	Write a sentence	10	5
3	Your week	Write a question	10	5
4	Family	Write a sentence	10	5
5	Food	Write a sentence	10	5
6	Who/Which/When/Where/That	Write a sentence	10	5

Trainer 3	Grade	Age	CEFR	Cambridge equivalence
	3rd grade	7 - 8	A1 - A2	YLE Flyers

Main Vocabulary Concepts		Main Grammar Concepts
<ul style="list-style-type: none"> • numbers • alphabet • animals • body and face • clothing • family • food 	<ul style="list-style-type: none"> • health • house and home • hobbies and sports • school • time • transportation • weather • work 	<ul style="list-style-type: none"> • verbs: present simple, present continuous, interrogatives, past simple, past continuous, present perfect, future simple, imperatives, infinitive of purpose. • pronouns (including reflexive) • prepositions • ordinals • modals • relative clauses • comparative and superlative adjectives • tag questions

Listening exercises	Reading exercises
<ul style="list-style-type: none"> • Filling a gapped text based on a recording. • Identifying proper names in a conversation. • Cloze and fill the gap questions. 	<ul style="list-style-type: none"> • Paraphrasing a short text • True/false sentences based on a picture • Read a short gapped text and choose a word to fill the gap.

Writing exercises	Speaking exercises
<ul style="list-style-type: none"> • Write short texts (stories and messages) • Answer personal questions in writing. 	<ul style="list-style-type: none"> • Repeat a word or a complete sentence. Audio available for help. • Read sentences from a story aloud. • Answer simple personal questions.

Technological ability
<ul style="list-style-type: none"> • Basic navigational skills. • Click to choose an answer or to start an audio. • Some typing required (10 - 25 words for writing exercises).



GRAMMAR

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	Past Simple - 2	Write	80	15
2	Present Perfect - 2	Multiple choice	50	15
3	Verb Review - 2	Multiple choice	65	15
4	Someone somewhere is doing something	Multiple choice	50	15
5	I went to the library to get a book	Word Scramble	40	10
6	A/An/The	Fill the gap	50	15
7	Verb Review - 1	Read and Choose	40	15
8	Who/Which/When/Where/That	Fill the gap	50	15
9	Present Perfect - 1	Fill the gap	50	15
10	Nice weather we're having, isn't it?	Multiple choice	50	10
11	Are we there yet?	Fill the gap	50	10
12	I will/I won't	Fill the gap	30	10
13	Then/Than	Multiple choice	50	15
14	Questions	Word Scramble	50	10
15	I'll do it myself	Multiple choice	50	10
16	There/Their/They're	Multiple choice	50	15
17	At/On/In	Multiple choice	40	10
18	Tall/Taller/Tallest	Fill the gap	50	15
19	Ordinals	Mixed	50	15
20	Must/Might/May/Shall/Should/Could	Word Scramble	50	10
21	Because/So/And	Fill the gap	40	10
22	I do/I make/I take	Multiple choice	50	15
23	Zero Conditional - 1	Fill the gap	50	10
24	Past Participles - All	Write	80	15
25	Where is...?	Fill the gap	50	15
26	Before or after?	Multiple choice	50	15
27	Past Participles - 4	Fill the gap	60	15

28	Past Participles - 2	Write	60	15
29	Past Participles - 5	Fill the gap	60	15
30	Past Participles - 3	Write	60	15
31	Past Simple - 1	Fill the gap	100	15
32	Past Participles - 1	Write	60	15
33	Question Words	Fill the gap	60	15



LISTENING

No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	Jobs	Listen and Choose	L Part 3	20	10
2	A Science Experiment	Watch and Answer	-	10	10
3	Winter Shopping	Listen and Choose	L Part 4	20	10
4	Dictation - 1	Listen and Write	-	30	15
5	Our new uniforms	Listen and Choose	L Part 4	20	10
6	A lost item	Listen and Write	L Part 2	10	10
7	Lost Animal	Listen and Write	L Part 2	15	10
8	Dictation - 2	Listen and Write	-	30	15
9	Music Lessons	Listen and Choose	L Part 4	15	10
10	My Cousin	Listen and Choose	L Part 4	30	10
11	Food in Space	Watch and Answer	-	10	10
















READING

No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	Definitions - 1	Read and Choose	RW Part 1	20	10
2	Camels	Fill the Gap	RW Part 4	1	1
3	Snowboarding	Multiple choice	RW Part 2	20	10
4	Buying a present	Read and Choose	RW Part 2	20	10
5	Little Chefs	True/False	-	20	10

6	Definitions - 2	Read and Choose	RW Part 1	20	10
7	Dinosaurs	True/False	-	20	10
8	Alex's Day	Fill the Gap	RW Part 5	20	10
9	George's Holiday	Read and Choose	RW Part 5	20	10
10	Great White Sharks	Read and Choose	RW Part 4	1	1









SPEAKING

No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	Birthday Present - Listen and Repeat	Listen and Say		10	5
2	Hair - Listen and Repeat	Listen and Say		10	5
3	Daily Activities - Listen and Repeat	Listen and Say		10	5
4	Cooking - Listen and Repeat	Listen and Say		10	5
5	Winter Clothes - Listen and Repeat	Listen and Say		10	5
6	Doctor - Listen and Repeat	Listen and Say		10	5
7	Town - Listen and Repeat	Listen and Say		10	5
8	Forest - Listen and Repeat	Listen and Say		10	5
9	Animal - Listen and Repeat	Listen and Say		10	5
10	Introduce Yourself	Listen and Say		5	5
11	Dates - Listen and Repeat	Listen and Say		10	5
12	Has got/is - Read and Say	Read and Say		10	5
13	Present Simple/Present Continuous - Read and Say	Read and Say		10	5
14	The snail wears a scarf - Listen and Repeat	Listen and Say		10	10
15	Stay Healthy - Listen and Repeat	Listen and Say		5	5
16	Trip to London - Read and Say	Read and Say		10	10
17	Past Tense - Read and Say	Read and Say		10	5
18	Comparing Animals - Read and Say	Read and Say		10	5



VOCABULARY

No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	Transport - Words and Pictures	Multiple choice		30	10
2	Verbs Quiz	Listen and Write		110	15
3	Places - Listen and Write	Listen and Write		35	10
4	Adjectives Quiz	Multiple choice		50	15
5	Body Parts - 1	Listen and Write		60	15
6	Clothes - 2	Listen and Write		70	10
7	Numbers 100-1000	Multiple choice		50	15
8	Places - Words and Picture	Multiple choice		50	15
9	Body Parts - 2	Listen and Write		50	15
10	Clothes - 1	Multiple choice		50	15
11	Food and Drink - Listen and Write	Listen and Write		60	10
12	Home - Words and Pictures	Multiple choice		80	15
13	School - 1	Look and Spell		50	10
14	Materials	Multiple choice		20	10
15	Adjectives - Words and Pictures	Multiple choice		30	10
16	Animals - 3	Look and Spell		70	15
17	Colours	Multiple choice		60	15
18	Health	Multiple choice		30	15
19	Time	Multiple choice		60	15
20	Verbs - Words and Pictures	Multiple choice		80	15
21	Adjectives - Opposites	Multiple choice		40	10
22	Family and Friends	Listen and Write		70	15
23	Food and Drink - Words and Pictures	Multiple choice		80	15
24	Home Quiz	Multiple choice		80	15
25	Numbers 1-100	Multiple choice		60	15
26	School - 2	Multiple choice		40	10
27	Months	Listen and Write		30	10
28	Hobbies and Sports - Listen and Write	Listen and Write		50	10
29	Clothes - 3	Multiple choice		80	15

30	Places Quiz	Look and Spell		50	15
31	Transport - Listen and Write	Listen and Write		20	10
32	Verbs - Listen and Write	Listen and Write		125	10
33	Animals - 1	Multiple choice		60	15
34	Body Parts - 3	Multiple choice		60	15
35	Home - Listen and Write	Listen and Write		35	10
36	Transport Quiz	Multiple choice		35	10
37	Weather	Multiple choice		50	15
38	Hobbies and Sports - Words and Pictures	Multiple choice		80	15
39	Animals - Listen and Write	Listen and Write		70	10
40	Food and Drink Quiz	Multiple choice		120	15
41	Hobbies and Sports Quiz	Multiple choice		85	15
42	Work - Words and Pictures	Multiple choice		50	10
43	Work - Listening	Listen and Write		50	10
44	Adjectives - Listen and Write	Listen and Write		50	10



WRITING

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	Finish the story - 2	Free Writing	1	1
2	Finish the story - 1	Free Writing	2	1
3	About You	Free Writing	10	5
4	Finish the story - 3	Free Writing	2	1
5	About your week	Free Writing	10	5
6	Your summer	Free Writing	10	5
7	Describing things	Free Writing	10	5
8	Finish the story - 5	Free Writing	2	1
9	Your favourite things	Free Writing	10	5
10	Finish the story - 4	Free Writing	2	1

Trainer 4	Grade	Age	CEFR	Cambridge equivalence
	4th Grade	8 - 9	A1 - A2	Pre-KET

Main Vocabulary Concepts		Main Grammar Concepts
<ul style="list-style-type: none"> ● numbers ● alphabet ● animals ● body and face 	<ul style="list-style-type: none"> ● geography ● health ● house and home ● hobbies and sports 	<ul style="list-style-type: none"> ● Present simple, present continuous, past simple, past continuous, present perfect, future simple. ● Zero conditional and first conditional.

<ul style="list-style-type: none"> ● clothing ● family ● food 	<ul style="list-style-type: none"> ● school ● time ● transportation ● weather 	<ul style="list-style-type: none"> ● Phrasal verbs. ● Wide range of adverbs, prepositional phrases.
<p>Increased emphasis on straight recall - fewer multiple choice questions</p>		

Listening exercises	Reading exercises
<ul style="list-style-type: none"> ● Dictation and homophones. ● Note-taking exercises. ● Cloze and fill the gap questions. 	<ul style="list-style-type: none"> ● True/false based on a long text ● Fill the gap in a short non-fiction text ● Vocabulary definition questions ● Complete a dialogue with appropriate answers.

Writing exercises	Speaking exercises
<ul style="list-style-type: none"> ● Write short texts (stories and messages) 	<ul style="list-style-type: none"> ● Repeat a word or a complete sentence. Audio available for help. ● Read a question and answer using a defined grammatical structure. ● Answer personal questions.

Technological ability
<ul style="list-style-type: none"> ● Fluent navigational skills (able to move backwards and forwards within an exercise) ● Able to type one word on a time limit. ● Able to type short texts of 25 - 35 words on a time limit.



GRAMMAR

No.	Title	Type of Exercise	Questions available	Questions shown to student
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1	Past Simple	Write	90	20
2	Passive Voice - 1	Fill the gap	50	15
3	I will/I won't	Fill the gap	40	10
4	Then/Than	Multiple choice	30	10
5	Present Simple	Fill the gap	60	20
6	Are you bored?	Multiple choice	50	15
7	Zero Conditional	Fill the gap	50	10
8	Question Words	Fill the gap	60	20
9	My big old red car	Word Scramble	30	10
10	A/An/The	Multiple choice	65	20
11	Phrasal Verbs	Fill the gap	50	15
12	Ordinals	Multiple choice	50	20
13	Some/Any/Every/All	Fill the gap	40	10
14	Verb Review - 1	Mixed	50	10
15	Plurals	Fill the gap	55	15
16	Verb Review - 2	Multiple choice	90	20
17	As...As	Fill the gap	50	15
18	I'll do it myself	Multiple choice	50	15
19	Tall/Taller/Tallest	Fill the gap	60	20
20	Asking Questions	Word Scramble	60	20
21	Have/Do/Make/Take/Get	Fill the gap	60	20
22	There/Their/They're	Multiple choice	40	15
23	Already/Still/Yet	Fill the gap	50	20
24	First Conditional	Read and Choose	35	10
25	Passive Voice - 2	Read and Write	35	10
26	Linking Words	Read and Choose	40	10
27	Present Perfect	Fill the gap	50	15
28	Someone somewhere is doing something	Multiple choice	50	20
29	Must/Might/May/Shall/Could/Should/Would	Multiple choice	40	20
30	At/On/In	Multiple choice	40	20
31	Past Participles - 1	Matching	10	10
32	Past Participles - 2	Matching	10	10
33	Past Participles - 3	Matching	10	10
34	Past Participles - 4	Matching	10	10
35	Past Participles - 5	Matching	10	10
36	Past Participles - 6	Matching	10	10
37	Past Participles - 7	Matching	10	10
38	Past Participles - 8	Matching	10	10
39	Past Participles - 9	Matching	10	10

40	Plurals - f words	Read and Write	10	5
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LISTENING

No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	Shopping	Fill the gap	L Part 5	20	10
2	Food around the world	Multiple choice	-	20	10
3	A special dog	Watch and answer	-	10	10
4	The weather	Listen and Choose	L Part 1	10	10
5	Dictation	Fill the gap	-	20	15
6	Taking the train	Watch and answer	-	10	10
7	The competition	Multiple choice	L Part 4	20	10
8	An airport announcement	Fill the gap	L Part 2	10	5
9	New shoes	True/False	L Part 4	20	10
10	Shopping	Multiple choice	-	10	5
11	A 10-year-old in ancient Rome	Watch and answer	-	10	5
12	Tricky words	Listen and Choose	-	40	20



READING





No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	A postcard from Barcelona	Read and Write	RW Part 5	1	1

2	Places	Read and Write	RW Part 7	20	10
3	Family	Read and Write	RW Part 6	20	10
4	Giraffes	Read and Choose	RW Part 5	10	5
5	Busy Eric	Read and Write	RW Part 7	1	1
6	Complete the conversation	Read and Choose	RW Part 3	15	10
7	A strange job	Read and Choose	RW Part 4	15	10
8	A postcard from Rio	Read and Write	RW Part 5	1	1
9	Sam's first surf lesson	Read and Choose	RW Part 4	15	10
10	Humpback Whales	Read and Choose	RW Part 5	10	5
11	Daisy goes around the world	Read and Choose	RW Part 4	15	10
12	Lost gloves	Read and Choose	RW Part 3	10	5










SPEAKING











No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	Summer Holidays	Read and Say		10	5
2	Summer - Listen and Repeat	Read and Say		10	5
3	School - Listen and Repeat	Read and Say		10	5
4	Adjectives - Listen and Repeat	Read and Say		10	5
5	Jobs - Listen and Repeat	Read and Say		10	5
6	Free time - Listen and Repeat	Read and Say		10	5
7	Space - Listen and Repeat	Read and Say		10	5
8	Shopping - Listen and Repeat	Read and Say		10	5
9	House - Listen and Repeat	Read and Say		10	5
10	Feelings - Listen and Repeat	Read and Say		10	5
11	Grammar - Read and Say	Read and Say		10	5
12	Travelling - Read and Say	Read and Say		10	5
13	Comparisons - Read and Say	Read and Say		10	5
14	Interrogatives - Read and Say	Read and Say		10	5
15	Interests - Read and Say	Read and Say		10	5
16	Ever/Never - Read and Say	Read and Say		10	5

17	Say the price - Read and Say	Read and Say		10	5
18	Mustn't - Read and Say	Read and Say		10	5
19	Say how you feel - Read and Respond	Read and Say		10	5
20	Years - Listen and Say	Read and Say		10	5



VOCABULARY

No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	Clothes - 1	Multiple choice		70	15
2	Clothes - Listen and Write	Listen and Write		50	15
3	Entertainment and Media	Listen and Write		50	15
4	Countries, Continents, and Nationalities	Multiple choice		50	15
5	Body Parts	Multiple choice		75	20
6	Animals	Read and Write		75	20
7	Clothes - 3	Multiple choice		70	20
8	Home - Words and Pictures	Multiple choice		90	20
9	Our world - 1	Listen and Write		50	20
10	School - 1	Read and Choose		30	15
11	School - 2	Look and Choose		30	15
12	Verbs - 2	Look and Choose		30	15
13	Food and Drink - Listen and Write	Listen and Write		80	15
14	Places - Words and Pictures	Multiple choice		40	15
15	Work - Listen and Write	Listen and Write		30	15
16	Hobbies and Sports - Words and Pictures	Multiple choice		90	20
17	Home Quiz	Look and Choose		70	20
18	Weather	Look and Spell		60	20
19	Hobbies and Sports Quiz	Read and Choose		100	20
20	Food and Drink - Look and Write	Look and Write		50	20
21	Numbers - 1	Listen and Write		60	20
22	Telling time	Listen and Write		40	15

23	Technology and Communication	Read and Choose		30	15
24	Work - Words and Pictures	Multiple choice		60	20
25	Our world - 2	Look and Spell		40	20
26	Places - Listen and Write	Listen and Write		40	15
27	Days and Dates	Listen and Write		30	15
28	Verbs - 3	Multiple choice		100	20
29	Adjectives Quiz	Look and Choose		50	20
30	Family - Listen and Write	Listen and Write		50	15
31	Hobbies and Sports - Listen and Write	Listen and Write		40	15
32	Home - Listen and Write	Listen and Write		50	20
33	Places Quiz	Read and Choose		50	20
34	Travel and Transport - 2	Listen and Write		50	20
35	Adjectives - Listen and Write	Listen and Write		60	20
36	Health	Read and Choose		50	20
37	Numbers - 2	Listen and Write		60	20
38	Travel and Transport - 1	Look and Choose		50	20
39	Verbs - 1	Look and Choose		100	20
40	Adjectives - Words and Pictures	Multiple choice		30	20
41	Work Quiz	Listen and Write		50	20
42	Food and Drink Quiz	Listen and Write		60	20
43	Colours	Read and Choose		50	20
44	Clothes - Look and Write	Look Write		30	10
45	Family and Friends - Read and Write	Read and Write		20	10



WRITING

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	Asking Questions	Write a question	5	5

2	Write a message - 2	Free Writing	1	1
3	Famous People	Free Writing	1	1
4	A visit to the museum	Read and Write	10	5
5	Weekend Plans	Free Writing	1	1
6	Asking Questions	Read and Write a question	10	5
7	University	Free Writing	1	1
8	Jobs	Free Writing	1	1
9	Favourite Hobby	Free Writing	1	1
10	Write a message - 3	Free Writing	1	1
11	Write a message - 1	Free Writing	1	1
12	Art Lessons	Read and Answer	15	5

Trainer 5	Grade	Age	CEFR	Cambridge equivalence
	5th grade	9 - 10	A2	Key (KET)

Main Vocabulary Concepts	Main Grammar Concepts
<ul style="list-style-type: none"> • Full range of vocabulary topics from previous levels • Increased emphasis on straight recall and spelling • Definitions and vocabulary in reading contexts 	<ul style="list-style-type: none"> • Present simple, present continuous, past simple, past continuous, present perfect, past perfect, future simple. • Zero, first and second conditional. • Phrasal verbs. • Wide range of adverbs. • Prepositional phrases. • Conjunctions.

Listening exercises	Reading exercises
<ul style="list-style-type: none"> • Dictation and homophones. • Note-taking exercises. • Cloze and fill the gap questions. 	<ul style="list-style-type: none"> • True/False based on a long text • Fill the gap in a short non-fiction text • Definition questions • Complete a dialogue with appropriate answers.

Writing exercises	Speaking exercises
<ul style="list-style-type: none"> • Sentence transformation • Write a short message (25 - 35 words) • Write a long letter or story (100 words) 	<ul style="list-style-type: none"> • Repeat a word or a complete sentence. Audio available for help. • Read a question and answer using a defined grammatical structure. • Answer personal questions.

Technological ability
<ul style="list-style-type: none"> • Fluent navigational skills (able to move backwards and forwards within an exercise) • Able to type one word on a time limit. • Able to type up to 100 words on a time limit.



GRAMMAR

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	Who/Which/When/Where/That	Read and Choose	25	10
2	Present Perfect	Read and Write	30	10
3	Zero Conditional	Read and Choose	30	10
4	Phrasal Verbs - 2	Read and Choose	25	10
5	Passive Voice	Read and Write	20	10
6	There/Their/They're	Fill the gap	25	151
7	Verb Challenge - 1	Read and Write	80	15
8	I'll do it myself	Multiple choice	20	10
9	Are you bored?	Multiple choice	30	15
10	Asking Questions	Word Scramble	30	10
11	Past Participles - 1	Read and Write	20	10
12	My big old red car	Word Scramble	15	10
13	Phrasal Verbs - 1	Read and Choose	30	10
14	Adverbs - 1	Read and Write	50	30
15	A/An/The	Multiple choice	30	15
16	Have/Do/Make/Take/Get	Read and Choose	40	10
17	Then/Than	Multiple choice	30	10
18	Question Words	Fill the gap	30	15
19	Tall/Taller/Tallest	Read and Write	40	10
20	Plurals	Read and Write	50	15
21	Who/Which/When/Where/That	Read and Choose	50	10
22	Past Perfect - 1	Read and Write	30	10
23	Adverbs - 2	Multiple choice	30	20
24	Present Continuous	Read and Write	30	15
25	First Conditional	Read and Choose	30	10
26	Past Simple - Regular Verbs	Read and Write	30	15
27	Verb Review - 2	Read and Choose	50	15
28	Conjunctions	Read and Choose	40	10
29	Present Simple	Read and Write	40	15
30	Past Continuous	Read and Write	40	15

31	Someone somewhere is doing something	Multiple choice	30	10
32	Already/Still/Yet	Fill the gap	30	15
33	I will/I won't	Fill the gap	15	10
34	Conditional Review	Read and Choose	30	10
35	Past Simple Irregular Verbs - 1	Read and Write	40	15
36	Past Simple Irregular Verbs - 2	Read and Write	40	15
37	Past Participles - 2	Read and Write	20	10
38	Past Participles - 3	Read and Write	20	10
39	Past Participles - 4	Read and Write	20	10
40	Past Participles - 5	Read and Write	20	10



LISTENING

No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	Everyday English	Listen and Choose	L Part 1	15	10
2	A concert	Fill the gap	L Part 2	10	5
3	A kid's tour	Multiple choice	-	10	5
4	Chinese calligraphy	Multiple choice	-	10	5
5	At the airport	Multiple choice	-	15	10
6	A voicemail greeting	Fill the gap	-	10	5
7	Children and sleep	Multiple choice	-	10	5
8	Husband and Wife	Multiple choice	-	10	5
9	What do you want to be when you grow up?	Listen and Choose	L Part 1	15	10
10	Museum Information	Fill the gap	L Part 4	20	10
11	A cruise ship	Multiple choice	-	15	10
12	A radio interview	Multiple choice	-	20	10
13	Dictation - 1	Fill the gap	-	80	15





















READING

No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	J.R.R Tolkien	Read and Choose	RW Part 7	20	10
2	Sands Beach Resort	Read and Answer	-	10	5
3	A cooking competition	Read and Answer	-	10	5
4	Everyday reading - 2	Read and Answer	RW Part 1	10	5
5	A music review	Read and Answer	-	10	5
6	A young programmer	Read and Answer	-	15	10
7	An email	Read and Write	RW Part 7	1	1
8	Homophones	Read and Choose	-	25	10
9	Everyday reading - 1	Read and Choose	RW Part 1	10	5
10	A new apartment	Read and Write	RW Part 7	1	1
11	International Manners	Read and Choose	-	20	10














SPEAKING



No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	Describing people - Listen and Repeat	Read and Say		10	5
2	Face - Listen and Repeat	Read and Say		10	5
3	Clothes - Listen and repeat	Read and Say		10	5
4	Materials - Listen and Repeat	Read and Say		5	3
5	Places - Listen and Repeat	Read and Say		10	5
6	Underwater Life - Listen and Repeat	Read and Say		10	5
7	Adjectives - Listen and Repeat	Read and Say		10	5
8	Adventure Sports - Listen and Repeat	Read and Say		10	5
9	Social Media - Listen and Repeat	Read and Say		10	5
10	Jobs - Listen and Repeat	Read and Say		5	3
11	Read and Say Numbers	Read and Say		5	3
12	What is your favourite piece of clothing?	Read and Answer		2	1
13	Empire State Building - Say the years	Read and Say		5	5

14	Sharks - Read and Say	Read and Say		5	5
15	Sports - Read and Say	Read and Say		10	10
16	Ask and answer about technology	Read and Say		5	5
17	Read, Listen, and Repeat	Read and Say		5	5
18	Introduce Yourself	Read and Say		5	5



VOCABULARY

No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	Food and Drink Quiz	Listen and Write		90	20
2	Countries, Continents, and Nationalities	Multiple choice		25	10
3	Hobbies	Look and Choose		40	10
4	Clothes - 1	Listen and Write		50	15
5	Our World	Look and Write		30	15
6	Places - Listen and Repeat	Listen and Write		30	15
7	Entertainment and Media	Multiple choice		40	25
8	Numbers	Listen and Write		90	25
9	Travel and Transport	Multiple choice		30	15
10	Adjectives - Listen and Write	Listen and Write		25	10
11	Verbs - Listen and Write	Listen and Write		125	20
12	Animals	Multiple choice		50	20
13	Body Parts	Look and Choose		40	15
14	Health	Look and Write		20	10
15	Sports	Look and Choose		50	15
16	Weather	Look and Choose		40	15
17	Work	Listen and Write		30	15
18	Colours	Listen and Write		50	30
19	Home	Listen and Write		20	10
20	Family and Friends	Read and Write		20	15
21	Clothes - 2	Listen and Choose		35	15
22	Food and Drink	Listen and Write		50	15

23	Days and Dates	Listen and Write		20	10
24	School	Look and Choose		25	15
25	Home Quiz	Look and Choose		50	15
26	Telling time	Listen and Choose		15	10
27	Opposites	Read and Choose		15	10



WRITING

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	Write a message - 2	Free Writing	1	1
2	Write a letter - 4	Free Writing	1	1
3	Write a letter - 1	Free Writing	1	1
4	Write a story - 2	Free Writing	1	1
5	Giovanni's Holiday	Free Writing	15	5
6	Write a letter - 3	Free Writing	1	1
7	A guitar player	Free Writing	10	5
8	Write a story - 1	Free Writing	1	1
9	A new pet	Free Writing	1	1
10	Siblings	Free Writing	1	1
11	A new computer	Free Writing	10	5
12	Write a message - 1	Free Writing	1	1
13	Write a letter - 2	Free Writing	1	1

Trainer 6	Grade	Age	CEFR	Cambridge equivalence
	6th grade	10 - 11	A2 - B1	Preliminary (PET)

Main Vocabulary Concepts	Main Grammar Concepts
<ul style="list-style-type: none"> • Full range of vocabulary topics from previous levels • Increased emphasis on straight recall and spelling • Definitions and vocabulary in reading contexts • Synonyms and antonyms 	<ul style="list-style-type: none"> • Present simple, present continuous, past simple, past continuous, present perfect, past perfect, future simple. • Zero, first and second conditional. • Phrasal verbs. • Wide range of adverbs. • Prepositional phrases. • Conjunctions.

Listening exercises	Reading exercises
<ul style="list-style-type: none"> • Dictation and homophones. • Note-taking exercises. • Cloze and fill the gap questions. • Authentic news and videos. 	<ul style="list-style-type: none"> • True/False based on a long text • Fill the gap in a short non-fiction text • Definition questions • Complete a dialogue with appropriate answers.

Writing exercises	Speaking exercises
<ul style="list-style-type: none"> • Sentence transformation • Write a short message (25 - 35 words) • Write a long letter or story (100 words) 	<ul style="list-style-type: none"> • Repeat a word or a complete sentence. Audio available for help. • Read a question and answer using a defined grammatical structure. • Answer personal questions.

Technological ability
<ul style="list-style-type: none"> • Fluent navigational skills (able to move backwards and forwards within an exercise) • Able to type one word on a time limit. • Able to type up to 100 words on a time limit.



GRAMMAR

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	Prefixed	Read and Choose	50	15
2	Accept/Expect/Except	Read and Choose	40	15
3	Second Conditional	Read and Choose	50	10
4	Past Perfect - 2	Read and Choose	40	10
5	On business or on holiday?	Multiple choice	50	15
6	Linking words	Read and Choose	30	10
7	My big old red car	Word Scramble	15	10
8	Present Simple	Read and Write	40	15
9	Are you bored?	Multiple choice	30	15
10	Question Words	Read and Choose	30	15
11	Present Continuous	Read and Write	30	15
12	A/An/The	Multiple choice	30	15
13	Past Simple - Regular Verbs	Fill the gap	10	10
14	Past Simple - Irregular Verbs 1	Read and Write	10	10
15	Past Simple - Irregular Verbs 2	Read and Write	10	10
16	Past Simple - Irregular Verbs 3	Read and Write	10	10
17	Past Simple - Irregular Verbs 4	Read and Write	10	10
18	Past Simple - Irregular Verbs 5	Read and Write	10	10
19	Then/Than	Multiple choice	30	10
20	There/They're/Their	Read and Write	30	15
21	Past Continuous	Read and Write	30	15
22	Who/Which/When/Where/That	Read and Choose	30	10
23	Asking Questions	Word Scramble	30	10
24	Past Participles - 1	Read and Write	10	10
25	Past Participles - 2	Read and Write	10	10
26	Past Participles - 3	Read and Write	10	10
27	Past Participles - 4	Read and Write	10	10
28	Past Participles - 5	Read and Write	10	10
29	Present Perfect	Read and Write	30	15
30	Already/Still/Yet	Read and Choose	30	15
31	Past Perfect - 1	Read and Write	30	10
32	Zero Conditional	Read and Choose	20	10

33	I will/I won't	Read and Write	15	10
34	First Conditional	Read and Choose	20	10
35	Conditional Review	Read and Choose	20	10
36	Have/Do/Make/Take/Get	Read and Choose	30	15
37	Past Simple - Irregular Verbs 6	Read and Write	10	10
38	Past Simple - Irregular verbs 7	Read and Write	10	10
39	Passive Voice	Read and Write	20	10
40	Phrasal Verbs - 1	Read and Choose	25	10
41	Phrasal Verbs - 2	Read and Choose	25	10
42	Someone somewhere was doing something	Multiple choice	30	10
43	I'll do it myself	Multiple choice	20	10
44	Plurals	Matching	30	15
45	A pair of socks	Multiple choice	10	10



LISTENING

No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	The Empire State Building	Fill the gap	-	15	10
2	The Octopus Brain	True/False	-	5	5
3	A flight announcement	Listen and Match	L Part 3	10	5
4	Chores	Listen and Choose	L Part 1	5	5
5	Adjectives	Fill the gap	-	10	10
6	Holidays	Listen and Match	-	5	5
7	The Origins of English	True/False	-	5	5
8	Life Advice	Fill the gap	-	10	5
9	Brookfield Farm	Fill the gap	L Part 3	10	5
10	Colours and Culture	Listen and Answer	-	5	5






READING

No.	Title	Type of Exercise	Cambridge Exam Practice	Questions available	Questions shown to student
1	Bill Gates	Read and Match	RW Part 2	10	5
2	Medicine and Technology	Read and Choose	-	10	10
3	Homophones	Read and Choose	-	20	10
4	Everyday Reading - 1	Read and Choose	RW Part 1	10	3
5	Honeybees	Read and Choose	-	10	5
6	A trip to Italy	Read and Write	RW Part 3	5	5
7	Fifty years of flying	Read and Write	RW Part 3	10	5
8	Health Advice	Read and Choose	-	4	4











SPEAKING

No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	Airport - Listen and Repeat	Read and Say		10	5
2	Chores - Listen and Repeat	Read and Say		10	5
3	Festivals - Listen and Repeat	Read and Say		10	5
4	The doctor - Listen and Repeat	Read and Say		10	5
5	Technology - Listen and Repeat	Read and Say		10	5
6	Natural Disasters - Listen and Repeat	Read and Say		10	5
7	Sports - Listen and Repeat	Read and Say		10	5
8	Introduce Yourself	Listen and Answer		5	5
9	Read and Answer about travelling	Listen and Answer		5	5
10	Look - Answer in past simple	Look and Answer		5	5
11	Ask and Answer - Chores	Read and Answer		10	5
12	Read and Say - Polite Questions	Read and Say		5	5
13	Choose the correct modal verb	Read and Say		5	5

14	Talk about technology	Read and Say		1	1
15	Read and say the sentences	Read and Say		10	10
16	If you lived on a boat	Read and Say		5	5



VOCABULARY

No.	Title	Type of Exercise	Audio	Questions available	Questions shown to student
1	Telling time	Listen and Write		40	10
2	Back to basics	Listen and Write		25	10
3	Days and Dates	Listen and Write		20	10
4	Food and Drink	Listen and Write		40	20
5	School	Multiple choice		25	15
6	Friends and Family	Multiple choice		25	15
7	Adjectives - 1	Multiple choice		10	10
8	Animals	Multiple choice		50	20
9	Body Parts	Listen and Write		40	15
10	Countries, Languages, and Nationalities	Multiple choice		25	15
11	Sports	Look and Write		25	15
12	Clothes - 2	Listen and Choose		20	15
13	Clothes - 3	Look and Click		15	1
14	Work	Listen and Write		30	15
15	Weather	Multiple choice		20	10
16	Our World	Look and Write		25	10
17	Travel and Transport	Multiple choice		30	15
18	Shopping	Multiple choice		10	5
19	Places	Multiple choice		30	15
20	Home	Listen and Write		20	10
21	Hobbies	Look and Write		30	10
22	Health Advice	Look and Write		25	10
23	Food and Drink Quiz	Look and Write		50	20
24	Home Quiz	Read and Match		10	5
25	Technology	Read and Match		10	5



WRITING

No.	Title	Type of Exercise	Questions available	Questions shown to student
1	Sentence Transformation	Fill the gap	10	5
2	Write a story	Free Writing	1	1
3	Sentence Transformation - 2	Fill the gap	10	5
4	Write an email	Free Writing	1	1
5	Write about your town or city	Free Writing	1	1
6	Sentence Transformation - 3	Fill the gap	10	5
7	Write an email	Free Writing	1	1
8	Write a story or essay	Free Writing	1	1