



Reflex'English Cambridge – Débutant

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Reflex'English Niveau 1 s'adresse aux débutants mais aussi à ceux qui souhaitent revoir les bases grammaticales et lexicales de l'anglais. Le contenu pédagogique est divisé en 12 unités. Chaque unité est composée de 4 leçons : 2 leçons d'apprentissage, 1 leçon de révision permettant de consolider les connaissances acquises dans les deux leçons précédentes, puis, selon le cas, 1 leçon vidéo ou 1 leçon de test portant sur le contenu des trois unités précédentes. Le cours du niveau 1 se termine par un test de connaissances général qui sert à évaluer les progrès de l'apprenant sur l'ensemble du contenu.

Les compétences linguistiques sont développées simultanément par le biais d'exercices interactifs, d'animations multimédias, d'enregistrements sonores et de vidéos. Chaque leçon est organisée autour d'un sujet à étudier et permet de réviser le vocabulaire, la grammaire et les spécificités linguistiques. L'interface graphique, soignée et intuitive, permet un accès permanent et pertinent aux éléments de vocabulaire, de grammaire ou de révision. Des outils supplémentaires (précis de grammaire, dictionnaire, expressions, reconnaissance vocale) viennent compléter l'apprentissage et sont accessibles à tout moment.

Parmi les objectifs de ce niveau : comprendre des phrases et expressions utilisées fréquemment dans les situations courantes ; communiquer de manière simple et directe sur les activités et conditions de la vie quotidienne (savoir décrire sa situation personnelle et professionnelle, son environnement, parler des métiers...).

Le contenu pédagogique de Reflex'English Niveau 1 correspond au niveau A2 du Cadre européen commun de référence. Il permet une préparation efficace à l'examen du KET (Key English Test), le premier de la série d'examens de Cambridge en anglais langue étrangère.

Titre de la leçon	Contenu	Grammaire	Vocabulaire/ Expressions	Compétences
Unit A – Lesson 1 People and places	Greetings; introductions; saying where you're from	Grammar: Pronouns; Present tense of "to be"; short forms; "This is..."		Listening: "Photos"
Unit A – Lesson 2 In the family	Talking about your family; saying how old people are		Vocabulary: people; family relationships; singular and plural nouns; numbers 1-20	Listening: "Parents and Children"
Unit A – Study Pages A	The alphabet; review – lessons 1 and 2.	Grammar: Pronouns ("my", "your", "his", "her"); "have" / "has".	Phrases: Greetings	Writing: "My friend Maria"; Pronunciation.
Unit A – Video A Who are you?	We meet presenters Liz and David, and find out a few things about them. Then we look at the cities where they live. David lives in London and Liz in Cambridge.	Verbs <i>to be</i> and <i>to have</i>	Colours, appearance, number (age), places	
Unit B – Lesson 3 To be or not to be	Correcting people and asking questions	Negative form of "to be"; "yes/no" questions; questions with "Who", "What" and "Where"		Listening: "Spell the words"
Unit B – Lesson 4 Things around you	Describing objects; giving and receiving presents; saying where things are		Vocabulary: colours; parts of a room; everyday objects; place prepositions	Listening: "Birthday presents"
Unit B – Study Pages B	Numbers 21-100; review – lessons 3 and 4.	Grammar: "a" and "an"; "this", "that", "these", "those"	Phrases: Excuse me	Writing: "Pictures of people" Pronunciation.
Unit B – Video B Who lives here?	Liz looks around someone's house, and tries to decide who lives there: is it a man or a woman? She looks in the living room, the kitchen and the bedroom. At the end, she meets the person who lives there.	<i>There is/are</i> ; Question forms	Rooms, everyday objects	
Unit C – Lesson 5 There's ...	Describing and asking about places; finding differences	Grammar: "There is/are"; "some" and "any"; questions with "How many...?"		Listening: "Language school"

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Unit C – Lesson 6 Where you live	Talking about flats and houses		Vocabulary: rooms; furniture; things in the home; addresses and telephone numbers	Listening: “Who are you?”
Unit C – Study pages C	Possessives; review – lessons 5 and 6.	Grammar: Singular/plural; “a” and “the”; ordinals	Phrases: Can I have ...?	Writing: “Describing places” Pronunciation.
Unit C – Test of units ABC	Test of units A, B and C			
Unit D – Lesson 7 Things people do	Saying what people do and don't do	Grammar: Present simple tense; 3 rd person singular; positive and negative forms		Listening: “I like ...”
Unit D – Lesson 8 Food and drink	Saying what you eat and drink; describing dishes; asking for things in restaurants		Vocabulary: food and drink; things on the table at mealtimes	Listening: “In a restaurant”
Unit D – Study pages D	Telling the time; review – lessons 7 and 8.	Grammar: Object pronouns; frequency adverbs	Phrases: On the phone	Writing: “Breakfast” Pronunciation.
Unit D – Video D Lucy and Henry	We meet a married couple, Lucy and Henry, who are very different. We find out what they like (and don't like) doing, and what they do at the weekend.	Present simple tense; frequency expressions	Everyday activities, common verbs	
Unit E – Lesson 9 Do you...?	Asking people about what they do; talking about daily routine	Grammar: Present simple; “yes/no” questions; “Wh-” questions		Listening: “When are they together?”
Unit E – Lesson 10 Things people buy	Shopping at a market; talking about shops; saying where shops are		Vocabulary: buying and selling; shops; things you can buy in shops; place prepositions	Listening: “Shopping”
Unit E – Study pages E	Days of the week; review – lessons 9 and 10.	Grammar: Weights and measures; I like and I'd like	Phrases: What does it mean?	Writing: “My top three places” Pronunciation.
Unit E – Video E Someone's watching you	David finds out about security cameras in an English town. He shows us around the town and interviews a security officer. In the final section, we see a real crime filmed by a security camera.	Present simple and continuous; question forms	Place prepositions, towns and shops	

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Unit F – Lesson 11 What's going on?	Saying what people are doing and where they are; asking what people are doing	Grammar: Present continuous tense; "yes/no" and "Wh-" questions; place expressions		Listening: "On the phone"
Unit F – Lesson 12 Describing people	Saying what people are wearing and what they look like; talking about jobs		Vocabulary: clothes; jobs and places of work; adjectives for describing people	Listening: "Where are the Browns?"
Unit F – Study pages F	Imperatives; review – lessons 11 and 12.	Grammar: Expressions with "have"; "at" + place	Phrases: Hurry up!	Writing: "People doing things" Pronunciation.
Unit F – Test of units DEF	Test of units D, E and F			
Unit G – Lesson 13 How much?	Talking and asking about quantity; asking people for things	Grammar: count and non-count nouns; "much" and "many"; "some" and "any"; forms of "have got"		Listening: "I want..."
Unit G – Lesson 14 Around the year	Talking about seasons, climate and weather		Vocabulary: words for describing the weather; seasons; months of the year	Listening: "Good times, bad times"
Unit G – Study pages G	Can; review – lessons 13 and 14	Grammar: "have" and "have got"; numbers over 100;	Phrases: Would you like ... ?	Writing: "Birthdays" Pronunciation.
Unit G – Video G A carnival in London	David visits the Notting Hill Carnival in London. He listens to the music, watches the dancing, tries some Caribbean food - and buys a hat.	Past simple; Present simple & continuous; quantity	Weather, food, prices	
Unit H – Lesson 15 In the past 1	Talking about past actions; telling a story; describing something in the past	Grammar: Past simple tense; Past tense of the verb "to be"; irregular past forms; past time expressions		"The next morning"
Unit H – Lesson 16 Around the world	Describing countries; talking about languages		Vocabulary: geographical terms; names of countries and continents; languages	Listening: "Other languages"
Unit H – Study pages H	Dates; review – lessons 15 and 16.	Grammar: Verbs with two objects; "in" and "on" + place	Phrases: I'm not sure	Writing: "and", "so", "because" Pronunciation.

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Unit H – Video H We went to Paris : A video diary	In this video diary, we follow Lee and Tina as they travel to Paris for the weekend. They see the sights, go on a boat trip and have dinner in a restaurant - as well as visiting Disneyland.	Past simple	Transport, places	
Unit I – Lesson 17 In the past 2	Saying what people did and didn't do; asking questions about the past; remembering	Grammar: Past simple tense, positive and negative; "yes/no" and "Wh-" questions; more irregular past forms		Listening: "Can you remember?"
Unit I – Lesson 18 How to get there	Talking about ways of travelling and moving around; giving directions		Vocabulary: direction prepositions; public transport; expressions for giving directions	Listening: "Bags of gold"
Unit I – Study pages I	Short answers; review – lessons 17 and 18.	Grammar: Consolidation: "very", "quite" and "not very"; years	Phrases: Let's ...	Writing: "Then ..." Pronunciation.
Unit I – Test of units GHI	Test of units G, H and I			
Unit J – Lesson 19 You mustn't do that!	Explaining rules; asking for and giving permission; saying what you have to and don't have to do	Grammar: "must" and "mustn't"; "can" and "can't"; "have to" and "don't have to"		Listening: "House rules"
Unit J – Lesson 20 The body	Describing bodies and actions; describing physical appearance; describing actions		Vocabulary: parts of the body; adjectives describing physical appearance; action verbs	Listening: "Exercises"
Unit J – Study pages J	Adverbs; review – lessons 19 and 20.	Grammar: Verbs with "to", "at" and "about"	Phrases: Could you ... ?	Pronunciation. Writing: "Animals"
Unit J – Video J A tropical island	We visit Fraser Island, off the coast of Australia, and meet David, who works there as a ranger. David shows us around the island, which has lakes, tropical rainforest and wildlife, and tells us a little about its history.	Comparison; obligation; present & past forms	Geographical features, animals	

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Unit K – Lesson 21 Good, better, best	Making comparisons; describing outstanding features	Grammar: comparative adjectives; “than”; superlative adjectives		Listening: “Buying things”
Unit K – Lesson 22 Free time	Talking about leisure activities and sport; talking about likes and dislikes		Vocabulary: leisure activities and sports; leisure facilities; “like/enjoy” + “-ing”	Listening: “At the weekend”
Unit K – Study pages K	Verb + “to” + infinitive; review – lessons 21 and 22.	Grammar: Expressions with “go”	Phrases: What did you say?	Writing: “and”, “but”, “also” Pronunciation.
Unit K – Video K Surfing the sky	Our presenter David does a parachute jump. We meet his instructor, see their preparations, and follow them during the jump itself. In the second part of the programme, we see people sky-surfing.	Future with <i>going to</i>	Leisure activities	
Unit L – Lesson 23 Future plans	Talking and asking questions about future plans; talking about future arrangements	Grammar: “going to”; questions with “going to”; Present continuous tense with future meaning		Listening: “At the airport”
Unit L – Lesson 24 Feelings	Describing feelings; expressing opinions about films and TV programmes		Vocabulary: physical feelings; emotions; adjectives describing quality	Listening: “Three stories”
Unit L – Final Review	Final review			
Unit L – Test of units JKL	Test of units J, K and L			
Summary Test - Beginner	Test of all units			