

## Beginner: Week 1

**key vocabulary**

---

- » ache
- » always
- » back
- » head
- » never
- » often
- » sometimes
- » stomach
- » throat
- » usually

**key idioms  
and slang**

---

- » go out
- » grow up
- » stay home
- » work hard

**key structure**

---

## Frequency adverbs

I usually get up at 7:00 o'clock.

## Linking words

I have a headache and my throat is sore.

## Simple past: irregular verbs

She was born in Russia.

*Be going to* for future

She's going to spend a month in France.

**conversation starters**

---

- » What do you usually eat for breakfast?
- » What do you usually order at Starbucks?
- » Do you ever get a headache?
- » Where were you born?
- » Where did you grow up?
- » What are you going to do next week?

**learning tools**

---

## Song

*River Deep, Mountain High*

Ike and Tina Turner

