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.
| Unit A – Lesson 1 - People and places | **Grammar:** Pronouns; Present tense of “to be”; short forms; “This is…”  
Greetings; introductions; saying where you're from  
Listening: “Photos” |
|----------------------------------|---------------------------------------------------------------|
| **Unit A – Lesson 2 - In the family** | **Vocabulary:** people; family relationships; singular and plural nouns; numbers 1-20  
Talking about your family; saying how old people are  
Listening: “Parents and Children” |
| **Unit A – Study Pages A** | **Grammar:** Pronouns (“my”, “your”, “his”, “her”); “have” / “has”.  
The alphabet; review – lessons 1 and 2.  
Phrases: Greetings  
Writing: “My friend Maria”; Pronunciation. |
| **Unit A – Video A - Who are you?** | **Grammar:** Verbs **to be** and **to have**  
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.  
Vocabulary: Colours, appearance, number (age), places |
| **Unit B – Lesson 3 - To be or not to be** | **Grammar:** 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** | **Vocabulary:** colours; parts of a room; everyday objects; place prepositions  
Describing objects; giving and receiving presents; saying where things are  
Listening: “Birthday presents” |
| **Unit B – Study Pages B** | **Grammar:** “a” and “an”; “this”, “that”, “these”, “those”  
Numbers 21-100; review – lessons 3 and 4  
Phrases: Excuse me  
Writing: “Pictures of people”  
Pronunciation |
| **Unit B – Video B Who lives here?** | **Grammar:** There **is/are**; Question forms  
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.  
Vocabulary: Rooms, everyday objects |
| Unit C – Lesson 5 - There’s… | **Grammar**: “There is/are”; “some” and “any”; questions with “How many…”?
**Listening**: “Language school” |
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| Describing and asking about places; finding differences | **Vocabulary**: rooms; furniture; things in the home; addresses and telephone numbers
**Listening**: “Who are you?” |
| Unit C – Lesson 6 - Where you live | **Vocabulary**: rooms; furniture; things in the home; addresses and telephone numbers
**Listening**: “Who are you?” |
| Talking about flats and houses | **Grammar**: Singular/plural; “a” and “the”; ordinals
**Phrases**: Can I have…?
**Writing**: “Describing places”
**Pronunciation** |
| Unit C – Study Pages C | **Grammar**: Singular/plural; “a” and “the”; ordinals
**Phrases**: Can I have…?
**Writing**: “Describing places”
**Pronunciation** |
| Possessives; review – lessons 5 and 6. | **Unit C – Test of units ABC**
**Test of units A, B and C** |
| **Unit D – Lesson 7 - Things people do** | **Grammar**: Present simple tense; 3rd person singular; positive and negative forms
**Listening**: “I like ….” |
| Saying what people do and don’t do | **Vocabulary**: food and drink; things on the table at mealtimes
**Listening**: “In a restaurant” |
| **Unit D – Lesson 8 - Food and drink** | **Grammar**: Object pronouns; frequency adverbs
**Phrases**: On the phone
**Writing**: “Breakfast”
**Pronunciation** |
| Saying what you eat and drink; describing dishes; asking for things in restaurants | **Unit D – Study Pages D**
**Telling the time; review – lessons 7 and 8.** |
| **Unit D – Video D - Lucy and Henry** | **Grammar**: Present simple tense; frequency expressions
**Vocabulary**: Everyday activities, common verbs |
| 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. |
| Unit E – Lesson 9 - Do you…? | Grammar: Present simple; “yes/no” questions; “Wh-” questions  
Listening: “When are they together?” |
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<td>Asking people about what they do; talking about daily routine</td>
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| Unit E – Lesson 10 - Things people buy | Vocabulary: buying and selling; shops; things you can buy in shops; place prepositions  
Listening: “Shopping” |
| Shopping at a market; talking about shops; saying where shops are |  |
| Unit E – Study Pages E | Grammar: Weights and measures; I like and I’d like  
Phrases: What does it mean?  
Writing: “My top three places”  
Pronunciation | |
| Days of the week; review – lessons 9 and 10. |  |
| Unit E – Video E - Someone’s watching you | Grammar: Present simple and continuous; question forms  
Phrases: Place prepositions, towns and shops | |
| 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. |  |
| Unit F – Lesson 11 - What’s going on? | Grammar: Present continuous tense; “yes/no” and “Wh-” questions; place expressions  
Listening: “On the phone” | |
| Saying what people are doing and where they are; asking what people are doing |  |
| Unit F – Lesson 12 - Describing people | Vocabulary: clothes; jobs and places of work; adjectives for describing people  
Listening: “Where are the Browns?” | |
| Saying what people are wearing and what they look like; talking about jobs |  |
| Unit F – Study Pages F | Grammar: Expressions with “have”; “at” + place  
Phrases: Hurry up!  
Writing: “People doing things”  
Pronunciation | |
| Imperatives; review – lessons 11 and 12. |  |
| 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…”

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### 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”

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### 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**

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### 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.**

**Grammar:** Past simple; Present simple & continuous; Quantity

**Vocabulary:** Weather, food, prices

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### 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

**Listening:** “The next morning”

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### Unit H – Lesson 16 - Around the world

**Describing countries; talking about languages**

**Vocabulary:** geographical terms; names of countries and continents; languages

**Listening:** “Other languages”

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### 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.**

**Grammar:** Past simple

**Vocabulary:** Transport, places
| Unit I – Lesson 17 - In the past 2 | **Grammar:** Past simple tense, positive and negative; “yes/no” and “Wh-” questions; more irregular past forms  
Saying what people did and didn’t do; asking questions about the past; remembering  
Listening: “Can you remember?” |
|-----------------------------------|--------------------------------------------------------------------------------------------------|
| Unit I – Lesson 18 - How to get there | **Vocabulary:** direction prepositions; public transport; expressions for giving directions  
Talking about ways of travelling and moving around; giving directions  
Listening: “Bags of gold” |
|-----------------------------------|--------------------------------------------------------------------------------------------------|
| Unit I – Study Pages I | **Grammar:** Consolidation: “very”, “quite” and “not very”; years  
Short answers; review – lessons 17 and 18  
Phrases: Let’s ...  
Writing: “Then ...”  
Pronunciation |
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| Unit J – Lesson 19 - You mustn’t do that! | **Grammar:** “must” and “mustn’t”; “can” and “can’t”; “have to” and “don’t have to”  
Explaining rules; asking for and giving permission; saying what you have to and don’t have to do  
Listening: “House rules” |
|-----------------------------------|--------------------------------------------------------------------------------------------------|
| Unit J – Lesson 20 - The body | **Vocabulary:** parts of the body; adjectives describing physical appearance; action verbs  
Describing bodies and actions; describing physical appearance; describing actions  
Listening: “Exercises” |
|-----------------------------------|--------------------------------------------------------------------------------------------------|
| Unit J – Study Pages J | **Grammar:** Verbs with “to”, “at” and “about”  
Adverbs; review – lessons 19 and 20  
Phrases: Could you...?  
Pronunciation  
Writing: “Animals” |
|-----------------------------------|--------------------------------------------------------------------------------------------------|
| Unit J – Video J – A tropical island | **Grammar:** Comparison; obligation; present & past forms  
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.  
Vocabulary: Geographical features, animals |
| Unit K – Lesson 21 - Good, better, best | Grammar: comparative adjectives; “than”; superlative adjectives  
Making comparisons; describing outstanding features  
Listening: “Buying things” |
|---------------------------------------|------------------------------------------------------------------|
| Unit K – Lesson 22 - Free time | Vocabulary: leisure activities and sports; leisure facilities; “like/enjoy” + “-ing”  
Talking about leisure activities and sport; talking about likes and dislikes  
Listening: “At the weekend” |
| Unit K - Study pages K | Grammar: Expressions with “go”  
Verb + “to” + infinitive; review – lessons 21 and 22  
Phrases: What did you say?  
Writing: “and”, “but”, “also”  
Pronunciation |
| Unit K – Video K - Surfing the sky | Grammar: Future with going to  
Vocabulary: Leisure activities  
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. |
| Unit L – Lesson 23 - Future plans | Grammar: “going to”; questions with “going to”; Present continuous tense with future meaning  
Talking and asking questions about future plans; talking about future arrangements  
Listening: “At the airport” |
| Unit L – Lesson 24 - Feelings | Vocabulary: physical feelings; emotions; adjectives describing quality  
Describing feelings; expressing opinions about films and TV programmes  
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 |