

Straightforward Pre-intermediate CEF Checklists

Choose from 0–5 for each statement to express how well you can carry out the following skills practised in Straightforward Pre-intermediate.

0 = I can't do this at all.

1 = I can do this with a lot of help from my teacher.

2 = I can do this a little.

3 = I can do this fairly well.

4 = I can do this really well.

5 = I can do this almost perfectly.

Unit 1

Listening

• I can understand a description of a typical English family. (1A, p7)	0	1	2	3	4	5
• I can understand specific information in a conversation about a photograph. (1B, p8)	0	1	2	3	4	5
• I can understand and write down phone numbers. (1D, p12)	0	1	2	3	4	5
• I can understand answering machine messages. (1D, p13)	0	1	2	3	4	5

Reading

• I can find specific information in a magazine article. (1A, p6)	0	1	2	3	4	5
• I can understand the main points in a magazine article. (1C, p10)	0	1	2	3	4	5
• I can find the most important information in newspaper advertisements. (1D, p13)	0	1	2	3	4	5

Spoken interaction

• I can ask and answer questions about family. (1A, p7)	0	1	2	3	4	5
• I can ask and answer questions about friends. (1B, p8 & 9)	0	1	2	3	4	5
• I can ask and answer questions about neighbours. (1C, p10)	0	1	2	3	4	5
• I can discuss who would be a good neighbour. (1C, p11)	0	1	2	3	4	5

Spoken production

• I can talk about people who are important to me. (1A, p6)	0	1	2	3	4	5
• I can describe a typical family in my country. (1A, p7)	0	1	2	3	4	5
• I can talk about the qualities of a true friend. (1B, p8)	0	1	2	3	4	5
• I can describe someone in a photograph. (1B, p8)	0	1	2	3	4	5
• I can talk about the last three phone calls that I made. (1D, p12)	0	1	2	3	4	5
• I can give someone my phone number. (1D, p12)	0	1	2	3	4	5
• I can leave a message on an answering machine. (1D, p13)	0	1	2	3	4	5

Language quality

• I can use the present simple and past simple to ask questions. (1A, p7/1B, p9)	0	1	2	3	4	5
• I can use verb collocations to ask questions about friendship. (1B, p8)	0	1	2	3	4	5
• I can use <i>how</i> and <i>what</i> with other words to make questions. (1C, p9)	0	1	2	3	4	5
• I can pronounce and understand letters in the alphabet. (1C, p11)	0	1	2	3	4	5

Writing

• I can write a personal message for a website. (Workbook)	0	1	2	3	4	5
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Unit 2

Listening

• I can understand people talking about their school days. (2A, p16)	0	1	2	3	4	5
• I can understand specific information in a conversation about a language course. (2D, p23)	0	1	2	3	4	5

Reading

• I can understand the main ideas of each paragraph in a magazine article. (2B, p18)	0	1	2	3	4	5
• I can find facts to support ideas in a magazine article. (2B, p18)	0	1	2	3	4	5
• I can understand messages on an internet discussion group webpage. (2C, p20)	0	1	2	3	4	5

Spoken interaction

• I can have a discussion about schools in my town. (2B, p18)	0	1	2	3	4	5
• I can have a discussion about parent-child relationships. (2C, p20)	0	1	2	3	4	5
• I can discuss and decide what prize to choose in a competition. (2D, p22)	0	1	2	3	4	5
• I can ask for information in an evening school. (2D, p23)	0	1	2	3	4	5
• I can discuss the use of English in my country. (2D, p22)	0	1	2	3	4	5

Spoken production

• I can talk about my experience of school. (2A, p16)	0	1	2	3	4	5
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• I can talk about a favourite school teacher. (2A, p17)	0 1 2 3 4 5
• I can compare schools in my country now and in the past. (2B, p19)	0 1 2 3 4 5
• I can describe a picture. (2C, p20)	0 1 2 3 4 5
• I can describe an embarrassing experience. (2C, p21)	0 1 2 3 4 5
Language quality	
• I can use adjectives with prepositions to talk about my school days. (2A, p16)	0 1 2 3 4 5
• I can use the past simple to talk about my education. (2A, p16)	0 1 2 3 4 5
• I can use <i>used to</i> to talk about schools in my country in the past. (2B, p19)	0 1 2 3 4 5
• I can use the past simple and past continuous to describe a past experience. (2C, p21)	0 1 2 3 4 5
Writing	
• I can write a story. (Workbook)	0 1 2 3 4 5

Unit 3	
Listening	
• I can understand two friends talking about their home life. (3A, p26)	0 1 2 3 4 5
• I can guess the meaning of phrases in a conversation. (3A, p26)	0 1 2 3 4 5
• I can understand and follow directions. (3D, p33)	0 1 2 3 4 5
Reading	
• I can understand how a magazine article is structured by putting back missing sentences. (3B, p28)	0 1 2 3 4 5
• I can guess the meaning of words in an article. (3B, p28)	0 1 2 3 4 5
• I can use a webpage to find information about places. (3C, p31)	0 1 2 3 4 5
Spoken interaction	
• I can ask and answer questions about my home life. (3A, p26)	0 1 2 3 4 5
• I can discuss problems with flatmates and find a solution to them. (3A, p27)	0 1 2 3 4 5
• I can have a discussion about emigrants from my country. (3B, p29)	0 1 2 3 4 5
• I can discuss and compare towns I know. (3C, p31)	0 1 2 3 4 5
Spoken production	
• I can say what I know about the United Kingdom. (3B, p29)	0 1 2 3 4 5
• I can describe a town in my country. (3D, p32)	0 1 2 3 4 5
• I can give directions. (3D, p33)	0 1 2 3 4 5
Language quality	
• I can use countable and uncountable nouns to compare two pictures. (3A, p27)	0 1 2 3 4 5
• I can use <i>some</i> , <i>many</i> and <i>most</i> to make sentences about my life and my country. (3B, p29)	0 1 2 3 4 5
• I can use quantifiers to talk about towns and cities. (3C, p31)	0 1 2 3 4 5
• I can use prepositions to give directions. (3D, p33)	0 1 2 3 4 5
Writing	
• I can write a tourist guide for my town. (Workbook)	0 1 2 3 4 5

Unit 4	
Listening	
• I can understand the main events in a description of a film. (4C, p40)	0 1 2 3 4 5
• I can understand general and specific information in phone conversations. (4D, p42)	0 1 2 3 4 5
Reading	
• I can understand in detail a description of a person on a webpage. (4A, p36)	0 1 2 3 4 5
• I can understand the main opinions in a magazine article. (4B, p38)	0 1 2 3 4 5
• I can understand how a magazine article is structured by putting back missing sentences. (4B, p38)	0 1 2 3 4 5
Spoken interaction	
• I can have a discussion about internet dating. (4A, p36)	0 1 2 3 4 5
• I can compare and discuss adverts on an internet dating website. (4A, p37)	0 1 2 3 4 5
• I can have a discussion about marriage. (4B, p39)	0 1 2 3 4 5
• I can invite someone to go out and make suggestions about where to go. (4D, p43)	0 1 2 3 4 5
• I can have a discussion about dating rules in my country. (4D, p43)	0 1 2 3 4 5
Spoken production	

• I can describe a wedding I have been to. (4B, p38)	0 1 2 3 4 5
• I can talk about wedding traditions in my country. (4B, p39)	0 1 2 3 4 5
• I can create and perform a short film dialogue. (4C, p40)	0 1 2 3 4 5
• I can talk about the relationships of people I know. (4C, p41)	0 1 2 3 4 5
• I can retell the story of a film. (4C, p41)	0 1 2 3 4 5
• I can describe an imaginary date with a famous person. (4D, p42)	0 1 2 3 4 5
Language quality	
• I can use the present simple to ask and answer questions about daily life. (4A, p37)	0 1 2 3 4 5
• I can use adverbs of frequency to talk about how often I do things. (4A, p37)	0 1 2 3 4 5
• I can use the present continuous to describe and ask questions about a picture. (4B, p39)	0 1 2 3 4 5
• I can use the present simple and prepositions of time to talk about life in my country. (4D, p43)	0 1 2 3 4 5
Writing	
• I can write an email to a friend giving personal news. (Workbook)	0 1 2 3 4 5

Unit 5	
Listening	
• I can understand general and specific information in conversations at the airport. (5B, p48)	0 1 2 3 4 5
• I can understand general and specific information in a radio programme about a hotel. (5C, p50)	0 1 2 3 4 5
Reading	
• I can check facts in a newspaper report. (5A, p46)	0 1 2 3 4 5
• I can understand the arguments in a newspaper report for and against a proposal. (5A, p46)	0 1 2 3 4 5
• I can understand the main idea of a short magazine article. (5C, p51)	0 1 2 3 4 5
• I can use a webpage to find information about holidays. (5D, p52)	0 1 2 3 4 5
Spoken interaction	
• I can discuss and decide what things to take on a trip. (5A, p47)	0 1 2 3 4 5
• I can discuss and plan how to improve my town for tourists. (5A, p47)	0 1 2 3 4 5
• I can make and respond to requests on a plane. (5B, p49)	0 1 2 3 4 5
• I can plan a visit for some friends from another country. (5D, p53)	0 1 2 3 4 5
Spoken production	
• I can talk about tourists in my country. (5A, p46)	0 1 2 3 4 5
• I can describe a journey I have been on. (5B, p48)	0 1 2 3 4 5
• I can describe what is happening in pictures. (5B, p48)	0 1 2 3 4 5
• I can describe a hotel I have stayed in. (5C, p50)	0 1 2 3 4 5
• I can retell the main events of a story. (5C, p50)	0 1 2 3 4 5
• I can talk about famous hotels in my country. (5C, p51)	0 1 2 3 4 5
Language quality	
• I can use compound nouns to describe objects. (5A, p47)	0 1 2 3 4 5
• I can use <i>going to</i> and the present continuous to talk about future plans. (5A, p48)	0 1 2 3 4 5
• I can use <i>will</i> to respond to questions and problems. (5C, p51)	0 1 2 3 4 5
• I can use verb patterns to talk about a holiday. (5D, p53)	0 1 2 3 4 5
Writing	
• I can write an email to arrange a trip. (Workbook)	0 1 2 3 4 5

Unit 6	
Listening	
• I can understand general and specific information in a radio interview about food in Italy. (6B, p58)	0 1 2 3 4 5
• I can understand specific information in a phone conversation about making a reservation. (6D, p62)	0 1 2 3 4 5
• I can understand a conversation in a restaurant. (6D, p63)	0 1 2 3 4 5
Reading	
• I can check facts in a book review. (6A, p56)	0 1 2 3 4 5
• I can answer a lifestyle questionnaire. (6B, p58)	0 1 2 3 4 5
• I can understand the main ideas in a magazine article. (6B, p60)	0 1 2 3 4 5

Spoken interaction	
• I can discuss and plan an idea for a 'theme' restaurant. (6A, p57)	0 1 2 3 4 5
• I can discuss and compare answers to a lifestyle questionnaire. (6B, p58)	0 1 2 3 4 5
• I can ask and answer questions about drinks. (6C, p60)	0 1 2 3 4 5
• I can have a discussion about big food chains. (6C, p61)	0 1 2 3 4 5
• I can make a reservation in a restaurant. (6D, p63)	0 1 2 3 4 5
• I can order a meal in a restaurant. (6D, p63)	0 1 2 3 4 5
Spoken production	
• I can talk about traditional food in my country. (6B, p58)	0 1 2 3 4 5
• I can talk about restaurants in my town. (6D, p62)	0 1 2 3 4 5
Language quality	
• I can use modifiers to talk about places to eat out in my town. (6A, p57)	0 1 2 3 4 5
• I can use adjectives to describe things. (6B, p59)	0 1 2 3 4 5
• I can use comparatives to talk about food in my country. (6B, p59)	0 1 2 3 4 5
• I can use superlatives to talk about places where you can go for a drink. (6B, p61)	0 1 2 3 4 5
• I can use emphatic stress to correct information. (6D, p63)	0 1 2 3 4 5
Writing	
• I can write a review of a restaurant. (Workbook)	0 1 2 3 4 5

Unit 7	
Listening	
• I can understand general and specific information in a radio chat show. (7A, p66)	0 1 2 3 4 5
• I can understand a conversation in a recruitment agency. (7D, p72)	0 1 2 3 4 5
• I can understand practical advice about how to find a job. (7D, p73)	0 1 2 3 4 5
• I can understand and write down email and website addresses. (7D, p73)	0 1 2 3 4 5
Reading	
• I can understand the main events in a magazine article (7B, p68)	0 1 2 3 4 5
• I can understand the main ideas in a magazine article. (7C, p70)	0 1 2 3 4 5
• I can understand descriptions of people in a horoscope. (7C, p71)	0 1 2 3 4 5
• I can understand the main details of a curriculum vitae. (7D, p73)	0 1 2 3 4 5
Spoken interaction	
• I can have a discussion about unemployment in my country. (7B, p68)	0 1 2 3 4 5
• I can have a discussion about salaries in my country. (7B, p69)	0 1 2 3 4 5
• I can have a discussion about the qualities needed for jobs. (7C, p71)	0 1 2 3 4 5
• I can ask for and give advice about careers. (7D, p73)	0 1 2 3 4 5
Spoken production	
• I can describe a job. (7A, p66)	0 1 2 3 4 5
• I can talk about people I know and their jobs. (7A, p66)	0 1 2 3 4 5
• I can describe a typical day. (7B, p69)	0 1 2 3 4 5
• I can talk about finding a job in my town. (7D, p73)	0 1 2 3 4 5
• I can say email and website addresses. (7D, p73)	0 1 2 3 4 5
Language quality	
• I can use the present perfect simple to talk about my experiences. (7A, p67)	0 1 2 3 4 5
• I can use verb collocations to talk about my experiences of work. (7B, p68)	0 1 2 3 4 5
• I can use <i>already</i> & <i>yet</i> to talk about my experiences. (7C, p70)	0 1 2 3 4 5
Writing	
• I can write a letter of application. (Workbook)	0 1 2 3 4 5

Unit 8	
Listening	
• I can understand the main topics of people talking about the future. (8A, p77)	0 1 2 3 4 5
• I can understand specific information in a radio programme about space tourists. (8B, p78)	0 1 2 3 4 5
• I can follow instructions for sending an email. (8C, p80)	0 1 2 3 4 5
• I can understand radio advertisements about gadgets. (8D, p82)	0 1 2 3 4 5
Reading	
• I can understand in detail a conference programme. (8A, p76)	0 1 2 3 4 5
• I can understand different opinions in a magazine article. (8D, p82)	0 1 2 3 4 5
• I can understand how a magazine article is structured by putting back missing	0 1 2 3 4 5

phrases. (8D, p82)	
Spoken interaction	
• I can ask and answer questions about computers and the internet. (8C, p80)	0 1 2 3 4 5
• I can ask and answer questions about computer games. (8C, p81)	0 1 2 3 4 5
• I can give my opinion about gadgets on a website. (8D, p82)	0 1 2 3 4 5
Spoken production	
• I can talk about science fiction films. (8A, p76)	0 1 2 3 4 5
• I can talk about a topic for thirty seconds without stopping. (8A, p77)	0 1 2 3 4 5
• I can describe the personal qualities of someone I know. (8B, p79)	0 1 2 3 4 5
• I can give instructions for how to use a computer programme. (8C, p81)	0 1 2 3 4 5
Language quality	
• I can use <i>may, might & will</i> to make predictions about the future. (8A, p77)	0 1 2 3 4 5
• I can use <i>maybe, probably & certainly</i> to talk about future possibilities. (8B, p79)	0 1 2 3 4 5
• I can understand the vocabulary of computer actions. (8C, p80)	0 1 2 3 4 5
• I can use adjectives with infinitives to give opinions. (8D, p83)	0 1 2 3 4 5
• I can use the present tense in future time clauses to talk about expectations. (8D, p83)	0 1 2 3 4 5
Writing	
• I can write a note giving instructions. (Workbook)	0 1 2 3 4 5

Unit 9	
Listening	
• I can understand specific information in a radio programme about entertainment in London. (9A, p86)	0 1 2 3 4 5
• I can understand dates on a concert programme booking line. (9D, p92)	0 1 2 3 4 5
• I can understand phone conversations with a box office assistant. (9D, p93)	0 1 2 3 4 5
Reading	
• I can understand the main idea of each paragraph in a magazine article. (9B, p88)	0 1 2 3 4 5
• I can find specific information in a magazine article. (9B, p89)	0 1 2 3 4 5
• I can find a connection between two ideas in a magazine article. (9C, p90)	0 1 2 3 4 5
• I can find specific information in a magazine article. (9C, p90)	0 1 2 3 4 5
Spoken interaction	
• I can have a discussion about the favourite leisure activities of people in my country. (9A, p87)	0 1 2 3 4 5
• I can ask and answer questions about TV programmes. (9B, p88)	0 1 2 3 4 5
• I can discuss and plan an idea for a TV programme. (9B, p89)	0 1 2 3 4 5
• I can ask and answer questions about films. (9C, p90)	0 1 2 3 4 5
• I can perform a short dialogue from a film. (9C, p91)	0 1 2 3 4 5
• I can book tickets for a show on the phone. (9D, p93)	0 1 2 3 4 5
Spoken production	
• I can talk about what kind of entertainment I like. (9A, p86)	0 1 2 3 4 5
• I can describe a concert I have been to. (9D, p93)	0 1 2 3 4 5
Language quality	
• I can use <i>-ing</i> and <i>-ed</i> adjectives to give my opinion of events and places. (9A, p87)	0 1 2 3 4 5
• I can use the passive to describe a TV show. (9B, p89)	0 1 2 3 4 5
• I can use the past simple passive to give facts about famous films. (9C, p91)	0 1 2 3 4 5
• I can pronounce dates. (9D, p92)	0 1 2 3 4 5
Writing	
• I can write a review of a film. (Workbook)	0 1 2 3 4 5

Unit 10	
Listening	
• I can understand the main ideas in a sports news programme. (10C, p100)	0 1 2 3 4 5
• I can understand two conversations at the doctor's. (10D, p101)	0 1 2 3 4 5
Reading	
• I can find reasons for a point of view in a magazine article. (10A, p96)	0 1 2 3 4 5
• I can understand the main ideas in a magazine article about stress. (10B, p98)	0 1 2 3 4 5

• I can find specific information in a magazine article. (10B, p98)	0 1 2 3 4 5
Spoken interaction	
• I can have a discussion about pets. (10A, p96)	0 1 2 3 4 5
• I can ask and answer questions to guess an animal. (10A, p97)	0 1 2 3 4 5
• I can have a discussion about stress and what causes it. (10B, p99)	0 1 2 3 4 5
• I can have a discussion about sport in my country. (10C, p101)	0 1 2 3 4 5
Spoken production	
• I can talk about sports and fitness. (10C, p100)	0 1 2 3 4 5
• I can talk about my health. (10D, p102)	0 1 2 3 4 5
• I can describe to the doctor how I feel. (10D, p103)	0 1 2 3 4 5
• I can tell a 'doctor-doctor' joke. (10D, p103)	0 1 2 3 4 5
Language quality	
• I can use the present perfect to talk about how long I have done something. (10A, p97)	0 1 2 3 4 5
• I can decide if I need to use the present perfect or the past simple. (10B, p99)	0 1 2 3 4 5
• I can use <i>been</i> and <i>gone</i> correctly. (10C, p101)	0 1 2 3 4 5
Writing	
• I can write a story. (Workbook)	0 1 2 3 4 5

Unit 11	
Listening	
• I can understand people talking about favourite possessions. (11A, p106)	0 1 2 3 4 5
• I can understand specific information in short conversations. (11A, p107)	0 1 2 3 4 5
• I can understand specific information in a conversation in a shopping mall. (11D, p112)	0 1 2 3 4 5
Reading	
• I can understand the main ideas in a newspaper report. (11B, p108)	0 1 2 3 4 5
• I can check facts in a newspaper report. (11B, p108)	0 1 2 3 4 5
• I can understand the main events in a magazine article. (11C, p110)	0 1 2 3 4 5
• I can find specific information in a tourist brochure. (11C, p111)	0 1 2 3 4 5
Spoken interaction	
• I can have a discussion about clothes. (11B, p108)	0 1 2 3 4 5
• I can ask and answer questions about shopping for clothes. (11D, p112)	0 1 2 3 4 5
• I can ask and answer questions in a clothes shop. (11D, p113)	0 1 2 3 4 5
Spoken production	
• I can describe a favourite object. (11A, p106)	0 1 2 3 4 5
• I can use paraphrasing to describe an object. (11A, p107)	0 1 2 3 4 5
• I can describe what someone is wearing. (11B, p108)	0 1 2 3 4 5
• I can prepare and give a presentation about a shopping area in my town. (11C, p111)	0 1 2 3 4 5
Language quality	
• I can use infinitives of purpose to talk about objects and what I use them for. (11A, p107)	0 1 2 3 4 5
• I can use modals of obligation to talk about rules where I work or study. (11B, p109)	0 1 2 3 4 5
• I can use past modals of obligation to talk about my life as a child. (11C, p111)	0 1 2 3 4 5
Writing	
• I can write a description of my favourite possession. (Workbook)	0 1 2 3 4 5

Unit 12	
Listening	
• I can understand specific information in a news report. (12A, p117)	0 1 2 3 4 5
• I can understand information about languages. (12C, p120)	0 1 2 3 4 5
• I can understand different opinions in conversations about global issues. (12D, p123)	0 1 2 3 4 5
Reading	
• I can understand how an email is structured by putting back missing phrases. (12B, p118)	0 1 2 3 4 5
• I can understand the main ideas in a magazine article. (12C, p121)	0 1 2 3 4 5

• I can check facts in a magazine article. (12C, p121)	0 1 2 3 4 5
• I can understand newspaper headlines. (12D, p122)	0 1 2 3 4 5
• I can understand a leaflet. (12D, p123)	0 1 2 3 4 5
Spoken interaction	
• I can have a discussion about famous explorers. (12A, p116)	0 1 2 3 4 5
• I can ask and answer questions about festivals. (12B, p118)	0 1 2 3 4 5
• I can have a discussion about global issues. (12D, p122 & 123)	0 1 2 3 4 5
• I can agree and disagree with someone. (12D, p123)	0 1 2 3 4 5
• I can have a discussion about charities. (12D, p123)	0 1 2 3 4 5
Spoken production	
• I can describe my journey from home to school. (12A, p116)	0 1 2 3 4 5
• I can describe a 'round the world' trip. (12A, p117)	0 1 2 3 4 5
• I can describe a festival I've been to. (12B, p119)	0 1 2 3 4 5
• I can talk about the use of English in my town. (12C, p120)	0 1 2 3 4 5
Language quality	
• I can use prepositions of movement to describe my journey home. (12A, p116)	0 1 2 3 4 5
• I can use relative clauses to give extra information. (12B, p119)	0 1 2 3 4 5
Writing	
• I can write an opinion composition. (Workbook)	0 1 2 3 4 5