

Straightforward Intermediate CEF Checklists

Choose from 0–5 for each statement to express how well you can carry out the following skills practised in *Straightforward 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 review of a television programme. (1A, p8)	0	1	2	3	4	5
• I can understand people's impressions of each other from a conversation. (1C, p12)	0	1	2	3	4	5

Reading

• I can understand the main ideas in a small magazine article. (1A, p6)	0	1	2	3	4	5
• I can understand different opinions about a topic. (1B, p10)	0	1	2	3	4	5

Spoken interaction

• I can discuss what people are likely to lie about. (1A, p6)	0	1	2	3	4	5
• I can talk about first impressions. (1C, p12)	0	1	2	3	4	5

Spoken production

• I can talk about different lifestyles. (1A, p8)	0	1	2	3	4	5
• I can talk about political parties in my country. (1A, p9)	0	1	2	3	4	5
• I can talk about my self-image. (1B, p10)	0	1	2	3	4	5
• I can describe someone's appearance. (1C, p12)	0	1	2	3	4	5
• I can use the correct intonation for lists. (1C, p13)	0	1	2	3	4	5

Language quality

• I can use dynamic verbs to describe actions in a picture. (1A, p7)	0	1	2	3	4	5
• I can use stative verbs to describe my emotions and opinions. (1A, p7)	0	1	2	3	4	5
• I can use the present simple and present continuous to talk about myself. (1A, p9)	0	1	2	3	4	5
• I can make subject and object questions about national culture. (1B, p11)	0	1	2	3	4	5

Writing

• I can write a description of a friend. (Workbook p64)	0	1	2	3	4	5
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Unit 2

Listening

• I can understand stories about unusual journeys. (2A, p18)	0	1	2	3	4	5
• I can understand conversations about trying to get somewhere. (2C, p22)	0	1	2	3	4	5

Reading

• I can understand specific facts and figures in an article. (2A, p16)	0	1	2	3	4	5
• I can understand phrasal verbs in an article. (2A, p16)	0	1	2	3	4	5
• I can understand a travel weblog. (2B, p19)	0	1	2	3	4	5

Spoken interaction

• I can discuss travelling. (2A, p16)	0	1	2	3	4	5
• I can talk generally about another country. (2B, p20)	0	1	2	3	4	5
• I can plan a long journey. (2B, p21)	0	1	2	3	4	5

Spoken production

• I can describe a film I've seen or a book I've read recently. (2A, p19)	0	1	2	3	4	5
• I can describe a route across my country. (2B, p21)	0	1	2	3	4	5
• I can describe how to get around my town or city. (2C, p22)	0	1	2	3	4	5

Language quality

• I can use the past simple and present perfect to talk about past actions. (2A, p16)	0	1	2	3	4	5
• I can use phrasal verbs to ask questions. (2A, p19)	0	1	2	3	4	5

Writing

• I can write a description of a town or city. (Workbook p66)	0	1	2	3	4	5
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Unit 3

Listening

• I can understand someone talking about the advantages and disadvantages of where they live. (3A, p29)	0 1 2 3 4 5
• I can understand conversations at a dinner party. (3C, p32)	0 1 2 3 4 5
Reading	
• I can find information in a magazine article. (3A, p26)	0 1 2 3 4 5
• I can understand the main idea in a short article. (3B, p30)	0 1 2 3 4 5
Spoken interaction	
• I can persuade someone to do something. (3A, p29)	0 1 2 3 4 5
• I can make polite requests. (3C, p32)	0 1 2 3 4 5
• I can respond fully to requests. (3C, p33)	0 1 2 3 4 5
• I can use conversation fillers in a social situation. (3C, p33)	0 1 2 3 4 5
Spoken production	
• I can talk about where I live. (3A, p26)	0 1 2 3 4 5
• I can talk about accommodation in my town or city. (3A, p28)	0 1 2 3 4 5
• I can talk about holiday homes in my country. (3A, p29)	0 1 2 3 4 5
• I can describe a meal I ate at someone's home. (3C, p32)	0 1 2 3 4 5
Language quality	
• I can use modal verbs of obligation, permission and prohibition to talk about general rules. (3A, p27)	0 1 2 3 4 5
• I can use <i>make</i> , <i>let</i> and <i>allow</i> to talk about the rules I follow. (3A, p29)	0 1 2 3 4 5
• I can use verb collocations to talk about my sleeping habits. (3B, p30)	0 1 2 3 4 5
• I can use modal verbs of obligation, permission and prohibition to talk about rules in the past. (3B, p31)	0 1 2 3 4 5
Writing	
• I can write about the advantages and disadvantages of a situation. (Workbook p68)	0 1 2 3 4 5

Unit 4

Listening	
• I can understand a conversation about lifestyle. (4B, p38)	0 1 2 3 4 5
• I can understand specific facts in a news story. (4C, p42)	0 1 2 3 4 5
Reading	
• I can understand the main ideas of an article. (4A, p36)	0 1 2 3 4 5
• I can understand the order of events in a magazine article. (4C, p41)	0 1 2 3 4 5
Spoken interaction	
• I can use idioms to talk about taking risks. (4A, p36)	0 1 2 3 4 5
• I can discuss similarities and differences. (4B, p39)	0 1 2 3 4 5
Spoken production	
• I can give explanations for common injuries. (4C, p40)	0 1 2 3 4 5
Language quality	
• I can use the past simple and past continuous to tell a story. (4A, p37)	0 1 2 3 4 5
• I can use <i>both</i> and <i>neither</i> to compare people and things. (4B, p38)	0 1 2 3 4 5
• I can use the past perfect to talk about a sequence of events in the past. (4C, p41)	0 1 2 3 4 5
• I can use time linkers to talk about a sequence of events. (4C, p42)	0 1 2 3 4 5
Writing	
• I can write a story. (Workbook p70)	0 1 2 3 4 5

Unit 5

Listening	
• I can understand a telephone sales conversation. (5A, p48)	0 1 2 3 4 5
• I can understand someone placing an order on the telephone. (5C, p52)	0 1 2 3 4 5
Reading	
• I can understand the main ideas and issues in a newspaper article. (5A, p46)	0 1 2 3 4 5
• I can find the information I need in an article. (5B, p50)	0 1 2 3 4 5
Spoken interaction	
• I can do a market research survey. (5A, p48)	0 1 2 3 4 5
• I can share my opinions in a company meeting. (5B, p51)	0 1 2 3 4 5
• I can place an order on the phone. (5C, p53)	0 1 2 3 4 5

• I can answer the phone in a company and take an order. (5C, p53)	0 1 2 3 4 5
Spoken production	
• I can talk about my favourite brands. (5A, p46)	0 1 2 3 4 5
• I can give a small presentation to a group of people. (5A, p47)	0 1 2 3 4 5
• I can give a short report to the class on the results of a survey. (5A, p49)	0 1 2 3 4 5
• I can describe an office. (5C, p52)	0 1 2 3 4 5
Language quality	
• I can use comparatives to describe my shopping habits. (5A, p47)	0 1 2 3 4 5
• I can use <i>as + adjective</i> to talk about the differences and similarities between two things. (5A, p48)	0 1 2 3 4 5
• I can use adjectives that begin with negative prefixes to give advice. (5A, p48)	0 1 2 3 4 5
• I can use comparing nouns to compare myself to other people. (5B, p51)	0 1 2 3 4 5
Writing	
• I can write an advertisement. (Workbook p72)	0 1 2 3 4 5

Unit 6	
Listening	
• I can understand people talking about their holiday plans. (6A, p58)	0 1 2 3 4 5
• I can understand telephone travel enquiries. (6C, p62)	0 1 2 3 4 5
Reading	
• I can understand a questionnaire. (6A, p56)	0 1 2 3 4 5
• I can understand different tourist brochures. (6A, p58 & 6B, p60)	0 1 2 3 4 5
Spoken interaction	
• I can plan a summer holiday schedule. (6A, p59)	0 1 2 3 4 5
• I can respond to personal news with the correct phrase and intonation. (6C, p63)	0 1 2 3 4 5
Spoken production	
• I can describe my last holiday. (6A, p56)	0 1 2 3 4 5
• I can make predictions about a situation. (6A, p59)	0 1 2 3 4 5
• I can talk about the best place to go for a day out in my area. (6B, p60)	0 1 2 3 4 5
Language quality	
• I can use <i>going to + infinitive</i> , the present continuous to talk about future plans. (6A, p57)	0 1 2 3 4 5
• I can use <i>will</i> and <i>going to + infinitive</i> to make predictions about the future. (6A, p59)	0 1 2 3 4 5
• I can use the present tense to talk about future time. (6B, p61)	0 1 2 3 4 5
• I can use indirect questions to make polite enquiries. (6C, p63)	0 1 2 3 4 5
Writing	
• I can write a section of a holiday brochure. (Workbook p74)	0 1 2 3 4 5

Unit 7	
Listening	
• I can understand someone's reasons for making a decision. (7A, p68)	0 1 2 3 4 5
• I can understand two friends discussing a personal problem. (7C, p73)	0 1 2 3 4 5
Reading	
• I can understand phrasal verbs in a reading passage. (7A, p66)	0 1 2 3 4 5
• I can understand metaphorical language in a short poem. (7A, p68)	0 1 2 3 4 5
• I can understand the main topics in an article. (7B, p70)	0 1 2 3 4 5
Spoken interaction	
• I can discuss the consequences of life-changing events. (7A, p69)	0 1 2 3 4 5
• I can talk about someone's personal problems. (7C, p72)	0 1 2 3 4 5
• I can give advice to someone. (7C, p73)	0 1 2 3 4 5
Spoken production	
• I can talk about the advantages and disadvantages of different life stages. (7B, p70)	0 1 2 3 4 5
• I can talk about changes that have taken place in my lifetime. (7B, p71)	0 1 2 3 4 5
• I can summarise a topic I've discussed in class. (7B, p71)	0 1 2 3 4 5
Language quality	
• I can use the present perfect continuous to talk about actions which started in the past and are still in progress now. (7A, p67)	0 1 2 3 4 5

• I can distinguish between the present perfect simple and present perfect continuous when describing situations. (7B, p71)	0 1 2 3 4 5
• I can respond to new information using exclamations with <i>what</i> . (7C, p73)	0 1 2 3 4 5
Writing	
• I can write a letter of advice. (Workbook p76)	0 1 2 3 4 5

Unit 8	
Listening	
• I can understand general topics and some details in a radio interview. (8A, p77)	0 1 2 3 4 5
• I can understand details of a conversation between two friends. (8B, p80)	0 1 2 3 4 5
Reading	
• I can understand the connection between newspaper headlines and articles. (8A, p78)	0 1 2 3 4 5
• I can understand the main ideas in small newspaper articles. (8A, p78)	0 1 2 3 4 5
• I can understand reasons for actions in a newspaper article. (8C, p83)	0 1 2 3 4 5
Spoken interaction	
• I can talk about newspapers in my country. (8A, p76)	0 1 2 3 4 5
• I can give reasons for the choices I make in a task. (8A, p77)	0 1 2 3 4 5
• I can talk about driving. (8B, p80)	0 1 2 3 4 5
• I can offer to help someone. (8B, p81)	0 1 2 3 4 5
• I can discuss the advantages and disadvantages of a hypothetical situation. (8B, p81)	0 1 2 3 4 5
Spoken production	
• I can summarize and give my opinion about news stories. (8A, p79)	0 1 2 3 4 5
• I can describe film plots. (8C, p82)	0 1 2 3 4 5
Language quality	
• I can use <i>would</i> + infinitive to give an opinion about hypothetical future situations. (8A, p77)	0 1 2 3 4 5
• I can use conditional clauses to ask questions about hypothetical situations. (8A, p79)	0 1 2 3 4 5
• I can use conditional clauses to talk about the consequences or results of imagined situations. (8C, p83)	0 1 2 3 4 5
Writing	
• I can write a story. (Workbook p78)	0 1 2 3 4 5

Unit 9	
Listening	
• I can understand specific questions in a radio interview. (9A, p88)	0 1 2 3 4 5
• I can understand complaints. (9B, p92)	0 1 2 3 4 5
Reading	
• I can make notes from a reading passage. (9A, p86)	0 1 2 3 4 5
• I can find information on an e-shopping website. (9B, p90)	0 1 2 3 4 5
• I can understand collocations with <i>take</i> in adverts. (9B, p90)	0 1 2 3 4 5
Spoken interaction	
• I can prepare and argue for and against a proposal. (9A, p89)	0 1 2 3 4 5
• I can prepare and ask questions for a quiz. (9B, p91)	0 1 2 3 4 5
• I can complain about a product I'm not happy with. (9C, p93)	0 1 2 3 4 5
Spoken production	
• I can present a proposal to a group of people. (9A, p89)	0 1 2 3 4 5
• I can talk about the design of mobile phones. (9C, p92)	0 1 2 3 4 5
Language quality	
• I can choose between different articles and determiners in a conversation and writing. (9A, p87)	0 1 2 3 4 5
• I can use quantifiers to talk about shopping habits. (9A, p89 & 9B, p91)	0 1 2 3 4 5
Writing	
• I can write a formal complaint email. (Workbook p80)	0 1 2 3 4 5

Unit 10	
Listening	

• I can understand contrasting opinions on a radio talk show. (10A, p98)	0 1 2 3 4 5
• I can understand the advantages and disadvantages of a plan. (10C, p103)	0 1 2 3 4 5
Reading	
• I can understand details in a short magazine article. (10A, p96)	0 1 2 3 4 5
• I can understand the order of events in a description of a film. (10B, p100)	0 1 2 3 4 5
Spoken interaction	
• I can use different forms of speculation to guess the solution to a mysterious situation. (10B, p101)	0 1 2 3 4 5
• I can talk about the advantages and disadvantages of a decision. (10C, p103)	0 1 2 3 4 5
Spoken production	
• I can describe a process. (10A, p97)	0 1 2 3 4 5
• I can argue for and against a topic. (10A, p98)	0 1 2 3 4 5
• I can explain the reasons behind my opinions. (10C, p102)	0 1 2 3 4 5
Language quality	
• I can use a modal verb + infinitive to make guesses about the present and future. (10A, p97)	0 1 2 3 4 5
• I can change the meaning of a sentence by stressing different words. (10A, p97)	0 1 2 3 4 5
• I can use modal verbs + <i>be</i> + verb + <i>-ing</i> to make guesses about actions in progress. (10A, p99)	0 1 2 3 4 5
• I can use modal verbs + <i>have</i> + past participle to make guesses about the past. (10B, p101)	0 1 2 3 4 5
Writing	
• I can use adverbs to make a story more interesting and dynamic. (Workbook p82)	0 1 2 3 4 5

Unit 11

Listening	
• I can understand someone describing how to play a sport. (11A, p106)	0 1 2 3 4 5
• I can understand ideas in a radio programme. (11A, p108)	0 1 2 3 4 5
• I can understand different conversations about money. (11C, p112)	0 1 2 3 4 5
Reading	
• I can find specific information in an article. (11A, p106)	0 1 2 3 4 5
• I can summarize a short article. (11A, p108)	0 1 2 3 4 5
• I can understand a sports guidebook. (11B, p110)	0 1 2 3 4 5
• I can understand the main topic in a personal email. (11B, p110)	0 1 2 3 4 5
Spoken interaction	
• I can talk about different ways to raise money for charity. (11C, p112)	0 1 2 3 4 5
Spoken production	
• I can describe someone's personality. (11A, p108)	0 1 2 3 4 5
• I can tell someone about something I've read recently. (11C, p112)	0 1 2 3 4 5
• I can present a group decision and explain the reasons for making it. (11C, p112)	0 1 2 3 4 5
Language quality	
• I can use the passive to emphasize what has happened. (11A, p107)	0 1 2 3 4 5
• I can use verbs with two objects to give extra information about myself. (11A, p109)	0 1 2 3 4 5
• I can use the causative to talk about actions that someone else has done for me. (11B, p111)	0 1 2 3 4 5
• I can use question tags to check information. (11C, p113)	0 1 2 3 4 5
Writing	
• I can write a description of a sporting event. (Workbook p84)	0 1 2 3 4 5

Unit 12

Listening	
• I can understand a business presentation. (12A, p119)	0 1 2 3 4 5
• I can understand someone giving important news. (12C, p123)	0 1 2 3 4 5
Reading	
• I can understand details in a magazine article. (12A, p117)	0 1 2 3 4 5
• I can understand a survey. (12A, p118)	0 1 2 3 4 5
• I can understand a series of newspaper reports on a common theme. (12B, p121)	0 1 2 3 4 5
Spoken interaction	

• I can talk about social issues. (12A, p116)	0 1 2 3 4 5
• I can discuss a questionnaire. (12A, p118)	0 1 2 3 4 5
• I can compare and explain my ideas. (12B, p121)	0 1 2 3 4 5
• I can talk about important life events. (12C, p122)	0 1 2 3 4 5
Spoken production	
• I can use a friendly intonation in social situations. (12C, p122)	0 1 2 3 4 5
• I can give an appropriate response to someone telling me their news. (12C, p122)	0 1 2 3 4 5
Language quality	
• I can use reported speech to talk about conversations I've had recently. (12A, p117)	0 1 2 3 4 5
• I can use <i>tell</i> and <i>ask</i> with an infinitive to report instructions, orders and requests. (12B, p121)	0 1 2 3 4 5
Writing	
• I can write a report. (Workbook)	0 1 2 3 4 5