



Learning Upgrade[®] CEFR Scales Alignment

Common European Framework of Reference for Languages
Version: Jan 2022

A1

Can understand and use familiar everyday expressions and very basic phrases aimed at the satisfaction of needs of a concrete type. Can introduce him/herself and others and can ask and answer questions about personal details such as where he/she lives, people he/she knows and things he/she has. Can interact in a simple way provided the other person talks slowly and clearly and is prepared to help.

Area	Description	English 1 Course Lessons
Reading	Can understand very short, simple texts a single phrase at a time, picking up familiar names, words and basic phrases and rereading as required.	Alphabet:1 Letter Sounds Single: 2,3,6,9,16 Letter Sounds Blends: 22,26,27,28,30,41,43 Word Decoding: 4,7,10,15,21,46,47,48 High-Frequency Sight Words: 12,32,45,50 Book Types Structure: 13, 56 Comprehension Sentences: 5,8,11,23,25,29,31,42,44 Comprehension Main Idea Details: 14 Comprehension Characters Setting: 33 Comprehension Point of View: 34 Comprehension Illustration Visuals: 51 Comprehension Compare Contrast: 52 Comprehension Connections: 55
Writing	Can write simple isolated phrases and sentences.	Grammar Punctuation: 18,19,36,37,38,39,49,54 Vocabulary: 17, 35, 58 Spelling: 53 Write a Sentence: 20 Write Reasons Supporting: 57 Write a Paragraph: 59
Listening	Can follow speech that is very slow and carefully articulated, with long pauses for him/her to assimilate meaning.	Listening: English K - 54 Listen Main Idea: English 2 - 59 Informal Formal Language: English 2 - 55
Speaking	Can interact in a simple way but communication is totally dependent on repetition at a slower rate of speech, rephrasing and repair. Can ask and answer simple questions, initiate and respond to simple statements in areas of immediate need or on very familiar topics.	Conversations Discussions: English 2 - 40



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A2

Can understand sentences and frequently used expressions related to areas of most immediate relevance (e.g. very basic personal and family information, shopping, local geography, employment). Can communicate in simple and routine tasks requiring a simple and direct exchange of information on familiar and routine matters. Can describe in simple terms aspects of his/her background, immediate environment and matters in areas of immediate need.

Area	Description	English 2 Course Lessons
Reading	Can understand short, simple texts on familiar matters of a concrete type which consist of high frequency everyday or job-related language. Can read straightforward factual texts on subjects related to his/her field and interest with a satisfactory level of comprehension.	Letter Sounds: 4,5,7,9,10,23,25,27,29 Word Decoding: 45,46,47,48,49,50 High-Frequency Sight Words: 11,32,44,52 Structure: 21,22 Comprehension Sentences: 6,8,24,26,28,30 Comprehension Passages: 1,2,3,12,31,41,42,43
Writing	Can write a series of simple phrases and sentences linked with simple connectors like “and”, “but” and “because”.	Grammar Punctuation: 14,15,16,17,35 Vocabulary: 19, 37 Spelling: 18, 36 Write a Sentence: 38 Write a Passage: 20, 39, 51, 57, 58
Listening	Can understand enough to be able to meet needs of a concrete type provided speech is clearly and slowly articulated. Can understand phrases and expressions related to areas of most immediate priority (e.g. very basic personal and family information, shopping, local geography, employment) provided speech is clearly and slowly articulated.	Listen Main Idea: 59 Informal Formal Language: 55
Speaking	Can interact with reasonable ease in structured situations and short conversations, provided the other person helps if necessary. Can manage simple, routine exchanges without undue effort; can ask and answer questions and exchange ideas and information on familiar topics in predictable everyday situations.	Conversations Discussions: 40



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B1

Can understand the main points of clear standard input on familiar matters regularly encountered in work, school, leisure, etc. Can deal with most situations likely to arise whilst travelling in an area where the language is spoken. Can produce simple connected text on topics, which are familiar, or of personal interest. Can describe experiences and events, dreams, hopes & ambitions and briefly give reasons and explanations for opinions and plans.

Area	Description	English 3 Course Lessons
Reading	Can read straightforward factual texts on subjects related to his/her field and interest with a satisfactory level of comprehension.	Word Decoding: 46,47,48, 49 High-Frequency Sight Words: 4,28,42,52 Structure: 6,16 Comprehension Sentences: 25,26 Comprehension Paragraphs: 1,2,3,5,19,27,39 Comprehension Passages: 10,20,30,50
Writing	Can write straightforward connected texts on a range of familiar subjects within his field of interest, by linking a series of shorter discrete elements into a linear sequence.	Grammar Punctuation: 7,8,9,11,18,21,22,23,24,26,29,30,31,40 Vocabulary: 13, 15,34,43,44,45 Spelling: 12,33 Write a Passage: 14, 35,51,57,58
Listening	Can understand straightforward factual information about common everyday or job related topics, identifying both general messages and specific details, provided speech is clearly articulated in a generally familiar accent. Can understand the main points of clear standard speech on familiar matters regularly encountered in work, school, leisure etc., including short narratives.	Listen Main Idea: 59 Informal Formal Language: 55
Speaking	Can communicate with some confidence on familiar routine and non-routine matters related to his/her interests and professional field. Can exchange, check and confirm information, deal with less routine situations and explain why something is a problem. Can express thoughts on more abstract, cultural topics such as films, books, music etc.	Conversations Discussions: 37



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B2

Can understand the main ideas of complex text on both concrete and abstract topics, including technical discussions in his/her field of specialisation. Can interact with a degree of fluency and spontaneity that makes regular interaction with native speakers quite possible without strain for either party. Can produce clear, detailed text on a wide range of subjects and explain a viewpoint on a topical issue giving the advantages and disadvantages of various options.

Area	Description	English 4 Course Lessons
Reading	Can read with a large degree of independence, adapting style and speed of reading to different texts and purposes, and using appropriate reference sources selectively. Has a broad active reading vocabulary, but may experience some difficulty with low-frequency idioms.	Comprehension Skills: 1,2,3,6,17,19,21,28,29 Comprehension Information: 35,39,43,52,53,55 Comprehension Stories: 4,5,7,8,47,48,49 Comprehension Passages: 10,20,30,50
Writing	Can write clear, detailed texts on a variety of subjects related to his field of interest, synthesising and evaluating information and arguments from a number of sources.	Grammar: 12,13,14,22,23,24,34,40 Punctuation: 31,32 Vocabulary: 16,25,26,27,36,41,44,45,46,55 Spelling: 15 Write a Passage: 18, 29, 38,57,58
Listening	Can understand standard spoken language, live or broadcast, on both familiar and unfamiliar topics normally encountered in personal, social, academic or vocational life. Only extreme background noise, inadequate discourse structure and/or idiomatic usage influence the ability to understand.	Listening Comprehension: 59 Informal Formal Language: 51
Speaking	Can use the language fluently, accurately and effectively on a wide range of general, academic, vocational or leisure topics, marking clearly the relationships between ideas. Can communicate spontaneously with good grammatical control without much sign of having to restrict what he/she wants to say, adopting a level of formality appropriate to the circumstances.	Conversations Discussions: 42



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C1

Can understand a wide range of demanding, longer texts, and recognise implicit meaning. Can express him/herself fluently and spontaneously without much obvious searching for expressions. Can use language flexibly and effectively for social, academic and professional purposes. Can produce clear, well-structured, detailed text on complex subjects, showing controlled use of organisational patterns, connectors and cohesive devices.

Area	Description	English 5 Course Lessons
Reading	Can understand in detail lengthy, complex texts, whether or not they relate to his/her own area of speciality, provided he/she can reread difficult sections.	Comprehension Skills: 1,2,3,6,7,9,21,28 Comprehension Information: 33,35,39,56 Comprehension Stories: 4,5,8,47,48,53 Comprehension Passages: 10,20,30,50
Writing	Can write clear, detailed texts on a variety of subjects related to his field of interest, synthesising and evaluating information and arguments from a number of sources.	Grammar: 12,13,14,22,23,24,32,40 Punctuation: 27,31 Vocabulary: 16,25,26,36,41,44,45,46,49,55 Spelling: 15 Write a Passage: 17,18,29,38,57,58
Listening	Can understand enough to follow extended speech on abstract and complex topics beyond his/her own field, though he/she may need to confirm occasional details, especially if the accent is unfamiliar. Can recognise a wide range of idiomatic expressions and colloquialisms, appreciating register shifts.	Listening Comprehension: 59 Informal Formal Language: 51
Speaking	Can express him/herself fluently and spontaneously, almost effortlessly. Has a good command of a broad lexical repertoire allowing gaps to be readily overcome with circumlocutions. There is little obvious searching for expressions or avoidance strategies; only a conceptually difficult subject can hinder a natural, smooth flow of language.	Conversations Discussions: 42 Dialects Registers: 34



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C1 IELTS

Can understand a wide range of demanding, longer texts, and recognise implicit meaning. Can express him/herself fluently and spontaneously without much obvious searching for expressions. Can use language flexibly and effectively for social, academic and professional purposes. Can produce clear, well-structured, detailed text on complex subjects, showing controlled use of organisational patterns, connectors and cohesive devices.

Area	Description	IELTS Course Lessons
Reading	Can understand in detail lengthy, complex texts, whether or not they relate to his/her own area of speciality, provided he/she can reread difficult sections.	Comprehension Skills: 1,2,3,6,7,9,29,38 Comprehension Information: 42,46,47 Comprehension Stories: 4,5,8,51,52,56 Comprehension Passages: 10,12,14,17,20,22,24,27,30,33,40,53
Writing	Can write clear, detailed texts on a variety of subjects related to his field of interest, synthesising and evaluating information and arguments from a number of sources.	Grammar: 11,13,15,16,23,26,34,35,41, Vocabulary: 18,21,25,28,36,37,43,47,48 Write a Passage: 38,29,45,58
Listening	Can understand enough to follow extended speech on abstract and complex topics beyond his/her own field, though he/she may need to confirm occasional details, especially if the accent is unfamiliar. Can recognise a wide range of idiomatic expressions and colloquialisms, appreciating register shifts.	Listening Comprehension: 19,59 Informal Formal Language: 54
Speaking	Can express him/herself fluently and spontaneously, almost effortlessly. Has a good command of a broad lexical repertoire allowing gaps to be readily overcome with circumlocutions. There is little obvious searching for expressions or avoidance strategies; only a conceptually difficult subject can hinder a natural, smooth flow of language.	Conversations Discussions: 49



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C2

Can understand a wide range of demanding, longer texts, and recognise implicit meaning. Can express him/herself fluently and spontaneously without much obvious searching for expressions. Can use language flexibly and effectively for social, academic and professional purposes. Can produce clear, well-structured, detailed text on complex subjects, showing controlled use of organisational patterns, connectors and cohesive devices.

Area	Description	GED Reading and English 5 Course Lessons
Reading	Can understand and interpret critically virtually all forms of the written language including abstract, structurally complex, or highly colloquial literary and non-literary writings. Can understand a wide range of long and complex texts, appreciating subtle distinctions of style and implicit as well as explicit meaning.	GED Reading: Comprehension Skills: 1,2,6,7,9,48 Comprehension Visuals: 21 to 29 Comprehension Advanced: 30 to 36
Writing	Can write clear, smoothly flowing, complex texts in an appropriate and effective style and a logical structure which helps the reader to find significant points.	GED Reading: Grammar: 10,12,13,15,38,43,44,45,52 Punctuation: 18,47,51 Vocabulary: 46 Write a Passage: 40,49,54
Listening	Has no difficulty in understanding any kind of spoken language, whether live or broadcast, delivered at fast native speed	English 5: Listening Comprehension: 59 Informal Formal Language: 51
Speaking	Has a good command of idiomatic expressions and colloquialisms with awareness of connotative levels of meaning. Can convey finer shades of meaning precisely by using, with reasonable accuracy, a wide range of modification devices. Can backtrack and restructure around a difficulty so smoothly the interlocutor is hardly aware of it.	English 5: Conversations Discussions: 42 Dialects Registers: 34



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Pre-A1 (A0)

Starter. Absolute Beginner. No knowledge of the language to be studied at all.

Area	Description	English B Course Lessons
Reading	Can start to read basic words and sentences.	Alphabet: 3,13 Letter Sounds Single: 4 to 12,14,15,18,21,25,26 Letter Sounds Blends: 31,32 Word Decoding: 16,19,22,30,36,48 High-Frequency Sight Words: 24,27 Book Types Structure: 1,2,35 Comprehension Sentences: 17,20,23,53,55,58
Writing	Can write words and simple sentences.	Grammar Punctuation: 28,29,38,56 Vocabulary: 33,34,37,39,41,42,43,44,45,47,49,50,51,57,59 Spelling: 40 Write a Sentence: 52
Listening	Can listen to and understand sentences.	Listening: 54
Speaking	Can speak basic words	