GLOBAL ACADEMY OF LIFELONG LEARNING / 全球银龄学院

Beginner English Course

初级英语课程 - 10 Sessions / 共10课



A gentle, practical first course for senior learners who are starting English - or starting again. Speak from the very first session, in short, useful sentences about your own life: your family, your day, food, health, travel, and the people you love to talk to.

Format / 形式: Online only, live small-group classes / 全线上、小班直播 | **Length / 课时:** 10 sessions, 60 minutes each / 共10课，每课60分钟 | **Level / 级别:** True beginner to A1 / 零基础至A1

First session free / 第一课免费试听

全球银龄学院 / Global Academy of Lifelong Learning

How this course works

本课程如何进行

This course is built for older learners. There is no rush, no test pressure, and no need to be perfect. Every session follows the same calm rhythm, repeats the most useful language many times, and ends with one small thing you can do in real life. Chinese support is given for every key word and goal, so you always know what you are learning and why.

A CALM 60-MINUTE RHYTHM

Warm-up (5 min) - greetings and one easy question.
Review (5 min) - last session in games and pairs.
New language (15 min) - words and sentences, slowly, together.
Dialogue practice (20 min) - role-play in pairs.
Real-life task (10 min) - use it for something real.
Wrap-up (5 min) - what you can now do, and homework.

WHAT LEARNERS NEED

A phone, tablet, or computer with a camera; a notebook and pen; and reading glasses if you use them. Join 5 minutes early to test sound. Keep water nearby - speaking is thirsty work.

HOW TO GET THE MOST FROM IT

Speak out loud in every session, even if the sentence feels too simple. Mistakes are welcome here - they are how the class knows what to practise next. Do the small homework task each week: it takes about ten minutes and it is where the English becomes yours.

> **For teachers / 教师提示:** Keep instructions short, demonstrate every activity before starting it, write new words large on screen, and give thinking time before asking for answers. Praise specific successes by name.

BY THE END, YOU CAN...

Introduce yourself and your family, order food, ask the way, talk to a doctor's office, make a video call, chat about the weather, check into a hotel, and tell a short happy memory - all in simple, confident English.



Course at a glance

课程一览

Ten sessions, in the order of everyday life. Each session builds on the ones before it, and the language returns again and again, so nothing is learned once and forgotten.

#	Session	中文	Can-do goal / 学习目标
1	**Hello! Introducing Yourself**	你好！自我介绍	Greet people.
2	**My Family and My Day**	我的家人和我的一天	Talk about your family and describe a simple day.
3	**Food, Drink and Shopping**	吃喝与购物	Order food and drink.
4	**Getting Around**	出行与问路	Ask where places are.
5	**Health and the Doctor**	健康与看医生	Say how you feel.
6	**On the Phone and Online**	打电话与上网	Make a phone or video call.
7	**Weather, Seasons and Small Talk**	天气、季节与闲聊	Talk about the weather.
8	**Travel and Holidays**	旅行与假期	Check in at a hotel.
9	**Hobbies, Past and Memories**	爱好、过去与回忆	Talk about hobbies.
10	**Review, Celebration and Your English Plan**	复习、结业与你的英语计划	Show what you can do.

Assessment without exams / 无考试评估: Your teacher listens for the can-do goal in the final task of each session and notes it on your progress checklist (last page). Session 10 is a friendly showcase, not a test.

Materials / 材料: This lesson plan, one notebook, and the free Daily Motivation messages for practice between sessions.

Hello! Introducing Yourself

你好！自我介绍

Can-do goal / 学习目标:

Greet people, say your name and where you are from, and ask simple questions.

KEY WORDS / 重点词汇

hello / hi	你好
good morning	早上好
my name is ...	我的名字是……
I am from ...	我来自……
nice to meet you	很高兴见到你
please / thank you	请 / 谢谢
yes / no	是 / 不是
goodbye	再见

KEY SENTENCES / 重点句子

- Hello! My name is Mei. I am from Florida.
- What is your name? Where are you from?
- Nice to meet you, too.

DIALOGUE / 对话

Teacher: Hello! Good morning. My name is Charlene. What is your name?

Learner: Good morning. My name is Li Wei.

Teacher: Nice to meet you, Li Wei. Where are you from?

Learner: I am from Shanghai. And you?

Teacher: I am from Florida. Nice to meet you!

PRACTICE / 课堂练习

Introduce yourself to a partner three times: slow, normal, and with a smile. Then swap roles.

REAL-LIFE HOMEWORK / 生活练习

Say your introduction out loud at home five times. Record it on your phone if you can.

Lesson flow / 课堂流程: Warm-up (5) - Review (5) - New language (15) - Dialogue practice (20) - Real-life task (10) - Wrap-up (5)

My Family and My Day

我的家人和我的一天

Can-do goal / 学习目标:

Talk about your family and describe a simple day, step by step.

KEY WORDS / 重点词汇

husband / wife	丈夫 / 妻子
son / daughter	儿子 / 女儿
grandchild	孙辈
friend	朋友
wake up	醒来
eat breakfast	吃早餐
walk	散步
sleep	睡觉

KEY SENTENCES / 重点句子

- This is my daughter. She is a doctor.
- I wake up at seven. I walk after breakfast.
- I have two children and three grandchildren.

DIALOGUE / 对话

A: Tell me about your family.

B: I have a son and a daughter. My daughter lives in New York.

A: What do you do every day?

B: I wake up at six-thirty. I walk, I read, and I call my friends.

PRACTICE / 课堂练习

Draw a simple family tree, label it in English, and present it in 4-5 sentences.

REAL-LIFE HOMEWORK / 生活练习

Write or say five sentences about your day, starting with 'I wake up at ...'

Lesson flow / 课堂流程: Warm-up (5) - Review (5) - New language (15) - Dialogue practice (20) - Real-life task (10) - Wrap-up (5)

Food, Drink and Shopping

吃喝与购物

Can-do goal / 学习目标: Order food and drink, ask prices, and say what you like and do not like.

KEY WORDS / 重点词汇

water / tea / coffee	水 / 茶 / 咖啡
rice / noodles	米饭 / 面条
fish / chicken	鱼 / 鸡肉
fruit / vegetables	水果 / 蔬菜
how much is it?	多少钱?
I would like ...	我想要……
delicious	好吃
the bill, please	请结账

KEY SENTENCES / 重点句子

- I would like a cup of tea, please.
- How much is it? It is five dollars.
- I like fish, but I do not like spicy food.

DIALOGUE / 对话

Server: Good afternoon. What would you like?

Learner: I would like noodles and a cup of tea, please.

Server: Anything else?

Learner: No, thank you. How much is it?

Server: Twelve dollars, please.

PRACTICE / 课堂练习

Role-play a cafe order. One learner is the server, one is the customer, then swap.

REAL-LIFE HOMEWORK / 生活练习

Read a menu or food labels at home and say five food words out loud.

Lesson flow / 课堂流程: Warm-up (5) - Review (5) - New language (15) - Dialogue practice (20) - Real-life task (10) - Wrap-up (5)

Getting Around

出行与问路

Can-do goal / 学习目标: Ask where places are, understand simple directions, and talk about time.

KEY WORDS / 重点词汇

where is ...?	……在哪里?
left / right	左 / 右
straight ahead	一直往前
near / far	近 / 远
bus / train / taxi	公交 / 火车 / 出租车
station	车站
what time is it?	现在几点?
at seven o'clock	在七点钟

KEY SENTENCES / 重点句子

- Excuse me, where is the station?
- Go straight ahead, then turn left.
- The bus comes at nine o'clock.

DIALOGUE / 对话

A: Excuse me, where is the library?

B: Go straight ahead. Turn right at the park.

A: Is it far?

B: No, it is near. About five minutes.

A: Thank you very much!

PRACTICE / 课堂练习

Use a simple map on screen. Give a partner directions from home to the park, shop, and library.

REAL-LIFE HOMEWORK / 生活练习

Ask and answer 'What time is it?' at three different times today.

Lesson flow / 课堂流程: Warm-up (5) - Review (5) - New language (15) - Dialogue practice (20) - Real-life task (10) - Wrap-up (5)

Health and the Doctor

健康与看医生

Can-do goal / 学习目标: Say how you feel, name common symptoms, and make a simple appointment.

KEY WORDS / 重点词汇

I feel well / tired	我感觉好 / 累
headache	头痛
fever	发烧
cough	咳嗽
doctor / nurse	医生 / 护士
medicine	药
appointment	预约
rest / drink water	休息 / 喝水

KEY SENTENCES / 重点句子

- I do not feel well. I have a headache.
- I need an appointment, please.
- Take this medicine in the morning.

DIALOGUE / 对话

Learner: Hello, I need an appointment, please.

Receptionist: What is the problem?

Learner: I have a fever and a cough.

Receptionist: Can you come tomorrow at ten?

Learner: Yes. Thank you.

PRACTICE / 课堂练习

In pairs, practise the doctor visit. Use polite, slow speech and confirm the time twice.

REAL-LIFE HOMEWORK / 生活练习

Learn five body words: head, eye, ear, hand, back - point and say each one.

Lesson flow / 课堂流程: Warm-up (5) - Review (5) - New language (15) - Dialogue practice (20) - Real-life task (10) - Wrap-up (5)

On the Phone and Online

打电话与上网

Can-do goal / 学习目标:

Make a phone or video call, leave a simple message, and ask for help online.

KEY WORDS / 重点词汇

hello, this is ...	你好，我是……
can you hear me?	你能听见我吗?
please speak slowly	请说慢一点
again, please	请再说一遍
message	消息
call back	回电话
see you online	网上见
I do not understand	我不明白

KEY SENTENCES / 重点句子

- Hello, this is Mrs Chen. Can I speak to David?
- Please speak slowly. I do not understand.
- Can you call me back at six?

DIALOGUE / 对话

A: Hello, this is Anna.

B: Hi Anna! Can you hear me?

A: Yes, I can hear you. How are you?

B: I am fine. Can we talk on Friday?

A: Yes. See you online on Friday!

PRACTICE / 课堂练习

Practise a video-call opening and closing. Practise saying 'Please speak slowly' kindly.

REAL-LIFE HOMEWORK / 生活练习

Send or pretend to send one short English message: 'Hello, how are you today?'

Lesson flow / 课堂流程: Warm-up (5) - Review (5) - New language (15) - Dialogue practice (20) - Real-life task (10) - Wrap-up (5)

Weather, Seasons and Small Talk

天气、季节与闲聊

Can-do goal / 学习目标:

Talk about the weather, make friendly small talk, and answer 'How are you?' naturally.

KEY WORDS / 重点词汇

sunny / rainy	晴天 / 下雨
warm / cold	暖和 / 冷
windy / cloudy	有风 / 多云
today / tomorrow	今天 / 明天
spring / summer	春天 / 夏天
autumn / winter	秋天 / 冬天
how are you?	你好吗?
have a nice day	祝你今天愉快

KEY SENTENCES / 重点句子

- It is sunny and warm today.
- How are you? I am fine, thank you.
- Tomorrow it will be rainy and cold.

DIALOGUE / 对话

A: Good morning! How are you?

B: I am fine, thank you. Lovely day, is it not?

A: Yes, it is sunny and warm.

B: Perfect for a walk. Have a nice day!

PRACTICE / 课堂练习

Give a 30-second weather report for your city today and tomorrow.

REAL-LIFE HOMEWORK / 生活练习

Start one small-talk conversation this week with 'How are you?' or a weather sentence.

Lesson flow / 课堂流程: Warm-up (5) - Review (5) - New language (15) - Dialogue practice (20) - Real-life task (10) - Wrap-up (5)

Travel and Holidays

旅行与假期

Can-do goal / 学习目标:

Check in at a hotel, ask simple airport questions, and talk about a trip.

KEY WORDS / 重点词汇

hotel / room	酒店 / 房间
passport	护照
ticket	票
bag / suitcase	包 / 行李箱
airport	机场
I have a reservation	我有预订
breakfast is at ...	早餐在……点
enjoy your trip	旅途愉快

KEY SENTENCES / 重点句子

- Hello, I have a reservation. My name is Wang.
- Where is gate number five, please?
- I would like a quiet room, please.

DIALOGUE / 对话

Learner: Good evening. I have a reservation.

Clerk: Welcome! Your name, please?

Learner: My name is Wang Fang.

Clerk: Room 305. Breakfast is at seven-thirty.

Learner: Thank you very much.

PRACTICE / 课堂练习

Role-play hotel check-in and asking for a gate at the airport.

REAL-LIFE HOMEWORK / 生活练习

Pack in English: name ten things in your suitcase out loud.

Lesson flow / 课堂流程: Warm-up (5) - Review (5) - New language (15) - Dialogue practice (20) - Real-life task (10) - Wrap-up (5)

Hobbies, Past and Memories

爱好、过去与回忆

Can-do goal / 学习目标:

Talk about hobbies, and tell a short happy memory using simple past forms.

KEY WORDS / 重点词汇

music / singing	音乐 / 唱歌
reading / painting	阅读 / 绘画
gardening	园艺
chess / dancing	象棋 / 跳舞
I was ...	我当时是……
I went to ...	我去了……
yesterday / last year	昨天 / 去年
it was wonderful	那太美好了

KEY SENTENCES / 重点句子

- I like music. I sing every week.
- Last year, I went to Beijing. It was wonderful.
- When I was young, I was a teacher.

DIALOGUE / 对话

A: What do you like to do?

B: I like gardening and singing.

A: Tell me a happy memory.

B: Last summer, I went to the lake with my family. It was wonderful.

PRACTICE / 课堂练习

Tell a partner a 4-sentence memory: where you went, who was there, and how it felt.

REAL-LIFE HOMEWORK / 生活练习

Bring (or describe) one old photo and prepare three sentences about it.

Lesson flow / 课堂流程: Warm-up (5) - Review (5) - New language (15) - Dialogue practice (20) - Real-life task (10) - Wrap-up (5)

Review, Celebration and Your English Plan

复习、结业与你的英语计划

Can-do goal / 学习目标:

Show what you can do, celebrate progress, and make a simple plan to keep going.

KEY WORDS / 重点词汇

I can ...	我会……
my favourite lesson	我最喜欢的一课
every day	每天
keep practising	继续练习
question	问题
answer	回答
well done!	做得好！
see you next course	下门课见

KEY SENTENCES / 重点句子

- I can introduce myself and order food.
- I can ask for help and talk about my day.
- My plan is to practise English ten minutes every day.

DIALOGUE / 对话

Teacher: What can you do now in English?

Learner: I can say hello, talk about my family, and order tea.

Teacher: Wonderful! What is your plan?

Learner: I will practise every day and join the next course.

PRACTICE / 课堂练习

Showcase conversation in pairs: introduction, family, food, weather, and a memory - five topics in five minutes.

REAL-LIFE HOMEWORK / 生活练习

Write your English plan on the checklist page and share it with a friend or family member.

Lesson flow / 课堂流程: Warm-up (5) - Review (5) - New language (15) - Dialogue practice (20) - Real-life task (10) - Wrap-up (5)

Quick phrasebook

快速短语手册 - 随时复习

GREETINGS AND HELP / 问候与求助

Hello! Good morning. / 你好！早上好。
Nice to meet you. / 很高兴见到你。
Please speak slowly. / 请说慢一点。
Again, please. / 请再说一遍。
I do not understand. / 我不明白。
Thank you very much. / 非常感谢。

ABOUT ME / 关于我

My name is ... / 我的名字是……
I am from ... / 我来自……
This is my daughter. / 这是我的女儿。
I wake up at seven. / 我七点醒来。
I like music and walking. / 我喜欢音乐和散步。

FOOD AND SHOPPING / 吃喝购物

I would like a cup of tea, please. / 我想要一杯茶。
How much is it? / 多少钱?
The bill, please. / 请结账。

OUT AND ABOUT / 出行

Where is the station? / 车站在哪里?
Go straight ahead, then turn left. / 一直往前，然后左转。
What time is it? / 现在几点?

HEALTH / 健康

I do not feel well. / 我感觉不舒服。
I have a headache. / 我头痛。
I need an appointment, please. / 我想预约。

PHONE, WEATHER AND TRAVEL / 电话、天气与旅行

Can you hear me? / 你能听见我吗?
It is sunny and warm today. / 今天晴天，很暖和。
I have a reservation. / 我有预订。
Have a nice day! / 祝你今天愉快!

> **Practice tip / 练习小贴士:** Choose five phrases each morning, say them out loud three times, and use one of them during the day. Small and daily beats long and rare.

Progress checklist and what comes next

学习进度表与下一步

Put a tick next to each line when you can do it without help. Bring this page to Session 10 and celebrate how far you have come.

- I can greet people and introduce myself. / 我会问候并自我介绍。
- I can talk about my family and my day. / 我会谈论家人和日常。
- I can order food and ask prices. / 我会点餐和问价格。
- I can ask where places are and understand directions. / 我会问路并听懂方向。
- I can describe how I feel and make an appointment. / 我会说明身体情况并预约。
- I can make a phone or video call in English. / 我会用英语打电话或视频通话。
- I can make small talk about the weather. / 我会用天气开启闲聊。
- I can check into a hotel and ask airport questions. / 我会办理入住并在机场提问。
- I can talk about my hobbies and tell a short memory. / 我会谈论爱好并讲一段回忆。
- I have a plan to keep practising English every day. / 我有每天继续练习的计划。

MY ENGLISH PLAN / 我的英语计划

I will practise for _____ minutes, _____ days a week. I will practise with _____. My favourite way to practise is _____.

WHAT COMES NEXT / 下一步

Intermediate English is the natural next step: longer conversations, telling stories, travel in depth, and discussing news, health, and family life with more confidence. Keep your English warm in between with the academy's free Daily Motivation messages and by re-reading this phrasebook once a week.

Well done - you are an English speaker now. / 做得好——你已经可以用英语交流了。