

PLANO DE ESTUDO SEMANAL · NÍVEL A2

Beginner *Study Plan*

Todos os dias, tire um tempinho para realizar as atividades propostas neste plano — e fique mais perto do seu sonho de falar inglês.



26

semanas



5

eixos de prática



A1 → A2

trajetória



ESTRUTURA DO PLANO

Como usar este material

Cada semana reúne cinco eixos de prática — Reading, Listening, Writing, Speaking e Use of English — com links diretos para as atividades. Siga a ordem sugerida ou adapte ao seu ritmo.



Reading



Listening



Writing



Speaking



Use of English

26 SEMANAS

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01

SEMANA

Beginner · Nivel A2



“The best way to get started is to quit talking and begin doing.”

WALT DISNEY



01 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Tallest Tree [↗](#)



LISTENING

Ordering food [↗](#)



WRITING

Past x past continuous [↗](#)



SPEAKING

Going to [↗](#)



USE OF ENGLISH

Elementary test [↗](#)

02

SEMANA

Beginner · Nível A2



Consistência semanal é o
que constrói fluência.



02 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Tallest Tree [↗](#)



LISTENING

Happy New Year [↗](#)



WRITING

What things did you do with family and friends to ring in the new year?



SPEAKING

Leia o que você escreveu em voz alta e depois tente explicar sem olhar o papel.



USE OF ENGLISH

Christmas Test [↗](#)



“The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.”

WINSTON CHURCHILL

Atividades da Semana



READING

Tallest tree — vocabulary activity [↗](#)



LISTENING

The most important thing [↗](#)



WRITING

Write about your family. Use comparative and superlative.



SPEAKING

Comparative [↗](#)



USE OF ENGLISH

Family quiz [↗](#)

04

SEMANA

Beginner · Nível A2



Consistência semanal é o
que constrói fluência.



04 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Recreate the story ↗



LISTENING

Foods and drinks ↗



WRITING

How do you prepare your favorite dish?



SPEAKING

Repeat the conversations ↗



USE OF ENGLISH

Possessive adjectives ↗

05

SEMANA

Beginner · Nível A2



“If you are working on something that you really care about, you don't have to be pushed. The vision pulls you.”

STEVE JOBS



05 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Vocabulary matching [↗](#)



LISTENING

A mistake by the waiter [↗](#)



WRITING

Pronouns — multiple choice [↗](#)



SPEAKING

Ordering food! Crie um script.



USE OF ENGLISH

Pronouns — writing [↗](#)

06

SEMANA

Beginner · Nível A2



Consistência semanal é o
que constrói fluência.



06 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Val's Garden [↗](#)



LISTENING

I love sports [↗](#)



WRITING

Adjectives / pronouns — writing [↗](#)



SPEAKING

Do you prefer to watch or practice sports?



USE OF ENGLISH

Best answer [↗](#)

07

SEMANA

Beginner · Nível A2



“Knowing is not enough; we must apply. Wishing is not enough; we must do.”

JOHANN WOLFGANG VON GOETHE



07 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Recreate the story [↗](#)



LISTENING

Giving directions [↗](#)



WRITING

Como seria o passo a passo da sua casa ao seu trabalho?



SPEAKING

What do you do when you get lost in a town or city?



USE OF ENGLISH

Where is it? [↗](#)

08

SEMANA

Beginner · Nível A2



Consistência semanal é o
que constrói fluência.

Plano de Estudo Semanal

Atividades da Semana



READING

Vocabulary matching ↗



LISTENING

Listen and answer ↗



WRITING

Escreva sobre a sua cidade.



SPEAKING

Conversation ↗



USE OF ENGLISH

Directions ↗



09

SEMANA

Beginner · Nivel A2



“The only limit to our realization of tomorrow will be our doubts of today.”

FRANKLIN D. ROOSEVELT



09 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Nasreddin's Visitors [↗](#)



LISTENING

Health problems [↗](#)



WRITING

Present perfect simple [↗](#)



SPEAKING

Repeat the conversations [↗](#)



USE OF ENGLISH

Present perfect [↗](#)

10

SEMANA

Beginner · Nível A2



Consistência semanal é o
que constrói fluência.

Plano de Estudo Semanal

Atividades da Semana



READING

Recreate the story ➤



LISTENING

What have you done lately? ➤



WRITING

How about you? What have you done lately?



SPEAKING

Game — 3 facts: 2 true, 1 false.



USE OF ENGLISH

Prepositions of direction ➤



11

SEMANA

Beginner · Nivel A2



“Creativity is intelligence having fun.”

ALBERT EINSTEIN



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Plano de Estudo Semanal

Atividades da Semana



READING

Summarizing the story [↗](#)



LISTENING

Car accident [↗](#)



WRITING

Traffic signs [↗](#)



SPEAKING

How long have you been studying English? Tell us about your experience.



USE OF ENGLISH

Present perfect continuous [↗](#)

12

SEMANA

Beginner · Nível A2



Consistência semanal é o
que constrói fluência.



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Plano de Estudo Semanal

Atividades da Semana



READING

The Sack Garden ↗



LISTENING

Illness ↗



WRITING

Illness — vocabulary ↗



SPEAKING

Repeat the sentences ↗



USE OF ENGLISH

Present perfect x past simple ↗

13

SEMANA

Beginner · Nível A2



*“Do what you can with all you have,
wherever you are.”*

THEODORE ROOSEVELT



13 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Vocabulary matching ↗



LISTENING

Vacation ↗



WRITING

Present perfect x past simple — writing ↗



SPEAKING

My Holiday in Russia ↗



USE OF ENGLISH

General knowledge quiz ↗

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SEMANA

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Consistência semanal é o
que constrói fluência.



14 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

The Monkey and the Crocodile ↗



LISTENING

Used to ↗



WRITING

Escreva 10 mudanças que aconteceram na sua rotina no último ano.



SPEAKING

Talk about your hometown.



USE OF ENGLISH

Buildings vocabulary ↗

15

SEMANA

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“You are never too old to set another goal or to dream a new dream.”

C.S. LEWIS

Plano de Estudo Semanal

Atividades da Semana



READING

Recreate story — part A [↗](#)



LISTENING

Places vocabulary [↗](#)



WRITING

Both x neither x either [↗](#)



SPEAKING

Answer the questions [↗](#)



USE OF ENGLISH

So x neither [↗](#)



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SEMANA

Beginner · Nível A2



Consistência semanal é o
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Plano de Estudo Semanal

Atividades da Semana



READING

Recreate story — part B ↗



LISTENING

Song — If I Were a Boy ↗



WRITING

Escute a música e, sem olhar a letra, tente escrever 5 frases.



SPEAKING

Complete the sentences ↗



USE OF ENGLISH

Zero conditional forms ↗

17

SEMANA

Beginner · Nivel A2



“Reading is to the mind, as exercise is to the body.”

BRIAN TRACY



17 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Summarizing the story [↗](#)



LISTENING

Horoscopes [↗](#)



WRITING

What kinds of magazines do you like to read? What do you think of horoscopes?



SPEAKING

Conditionals [↗](#)



USE OF ENGLISH

Zero conditional [↗](#)

18

SEMANA

Beginner · Nível A2



Consistência semanal é o
que constrói fluência.



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Plano de Estudo Semanal

Atividades da Semana



READING

First Nations Languages ↗



LISTENING

Travelling abroad ↗



WRITING

Writing activity ↗



SPEAKING

Tell us about the last time you took a flight somewhere!



USE OF ENGLISH

1st Conditional ↗



“Fake it until you make it! Act as if you had all the confidence you require until it becomes your reality.”

BRIAN TRACY

Atividades da Semana



READING

Recreate the story — part A [↗](#)



LISTENING

Tour of London [↗](#)



WRITING

Mixed conditionals [↗](#)



SPEAKING

What things stop you from working? What can you do to study better?



USE OF ENGLISH

Review conditionals [↗](#)

20

SEMANA

Beginner · Nível A2



Consistência semanal é o
que constrói fluência.



20 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Recreate the story — part B ↗



LISTENING

Hobbies ↗



WRITING

Escreva 5 frases sobre os seus hobbies, sendo 2 falsas. Try it!



SPEAKING

Weather ↗



USE OF ENGLISH

Suffixes ↗

21

SEMANA

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“The future belongs to the competent. Get good, get better, be the best!”

BRIAN TRACY



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Plano de Estudo Semanal

Atividades da Semana



READING

Vocabulary [↗](#)



LISTENING

At the airport [↗](#)



WRITING

What's your favorite type of public transport?



SPEAKING

Repeat the conversations [↗](#)



USE OF ENGLISH

Transport quiz [↗](#)

22

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Consistência semanal é o
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Plano de Estudo Semanal

Atividades da Semana



READING

Three BC Festivals [↗](#)



LISTENING

Trains & travel [↗](#)



WRITING

Do you often use a train? Why?



SPEAKING

Have you ever been abroad? How was it?



USE OF ENGLISH

Immigration & customs [↗](#)



“I think goals should never be easy, they should force you to work, even if they are uncomfortable at the time.”

MICHAEL PHELPS

Atividades da Semana



READING

Recreate the story — part A [↗](#)

LISTENING

Clothes [↗](#)

WRITING

Clothes — quiz [↗](#)

SPEAKING

Complete and practice it [↗](#)

USE OF ENGLISH

Passive voice — choose the answer [↗](#)



Consistência semanal é o
que constrói fluência.

Atividades da Semana



READING

Recreate the story — part B ↗



LISTENING

Opposite adjectives ↗



WRITING

Places in the city ↗



SPEAKING

What is a supermarket? An airport? A church? Set your definitions.



USE OF ENGLISH

Opposite words ↗

25

SEMANA

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“One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals.”

MICHELLE OBAMA



25 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Recreate the story — part C ↗



LISTENING

Passive voice ↗



WRITING

Active x passive — questions ↗



SPEAKING

Singing a song — Because You Loved Me ↗



USE OF ENGLISH

Active x passive ↗

26

SEMANA

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Consistência semanal é o
que constrói fluência.



26 / 26

Plano de Estudo Semanal

Atividades da Semana



READING

Vocabulary [↗](#)



LISTENING

Reported speech [↗](#)



WRITING

How do you prepare for an exam?



SPEAKING

Airport English conversation [↗](#)



USE OF ENGLISH

Buying a ticket [↗](#)



Keep moving upward.

Este plano é um convite ao hábito — pequenos passos diários
que constroem fluência real.

UPWARD ENGLISH

English School · Online · Premium