

English with Friends — Season 1

This document includes a **LESSON PLAN**, which outlines the structure of a single lesson, and **COURSE PLAN**, which maps the full 12-week program. These examples. The Lesson and Program can be adapted individually.

Format: 2 lessons per week · 24 lessons

Duration: 3 months

LESSON PLAN — Example

Preparation (Before the Lesson)

- (1) Watch the episode with English subtitles.
- (2) Read subtitles carefully and highlight new words and phrases.
- (3) Write a short retelling (answer 4 key questions).
- (4) Write 5 sentences using the target phrasal verbs.
- (5) Answer 2 subtext questions (meaning behind the lines).
- (6) Complete short grammar tasks from the workbook.

At the Lesson (60 minutes)

Structure: 45 minutes speaking · 15 minutes correction

- (1) Warm up discussion (impressions, emotions, key moments).
- (2) Chronological retelling of the episode.
- (3) Dialogue analysis (meaning + subtext + structure).
- (4) Role play based on key scenes.
- (5) Language algorithm: extract patterns from your speech.
- (6) Grammar correction and task check.

Goal: 40–45 minutes active speaking, phrasal verb use, subtext awareness, structured grammar recycling.

COURSE PLAN

Lesson	Episode	Speaking Focus	Grammar Focus (B1 Mix)	Additional Focus (Dialogue Technique)	Character Action Map
WEEK 1					
1	<i>The Pilot</i>	Life changes & independence	Present Simple vs Present Continuous; Past Simple; Question forms; State verbs	Metaphor (gravy boat); Symbol through object (credit cards); Subtext in confession	<i>Rachel leaves Barry and moves in; Ross deals with divorce; Monica dates Paul; Joey & Chandler support Ross</i>
2	<i>The Sonogram at the End</i>	Family & expectations	Past Simple vs Past Continuous; Present Perfect; Questions; Possessives	Conflict through language of control; Softening (maybe, I guess); Emotional pauses	<i>Carol announces pregnancy; Ross feels excluded; Rachel returns ring; Monica faces parental comparison</i>
WEEK 2					
3	<i>The One with the Thumb</i>	Habits & discomfort	Used to; Past Simple; Adjectives -ed/-ing; Comparatives	Irony; Sarcasm; Escalation pattern	<i>Monica dates Alan; Phoebe receives money; Chandler relapses into smoking</i>
4	<i>George Stephanopoulos</i>	Dreams & insecurity	Second Conditional (If I were...); Past Continuous; Comparatives; Adverbs	Hypothetical fantasy; Contrast reality vs imagination; Self-irony	<i>Ross feels nostalgic; Rachel struggles with adult life; Girls spy on neighbor</i>
WEEK 3					

5	East German Laundry Detergent	Dating & confidence	Present Continuous for future; Imperatives; Modal verbs (should); Phrasal verbs	Conflict through misunderstanding; Flirting language; Comic reveal	<i>Ross helps Rachel at laundromat; Joey manipulates double date</i>
6	The Butt	Work & compromise	Past Simple; Modal verbs (can/could); Reported speech basics	Exaggeration; Awkward dialogue; Rhythm of short lines	<i>Joey becomes body double; Chandler dates Aurora; Rachel triggers Monica's OCD</i>
WEEK 4					
7	The Blackout	Feelings & missed chances	Past Continuous vs Past Simple; Modals (might); Present Perfect	Interrupted confession; Silence in dialogue; Subtext	<i>Ross tries to confess; Rachel meets Paolo; Chandler trapped with model</i>
8	Nana Dies Twice	Family & loss	Modal verbs (must, should); Past Perfect; Question tags	Dark humor; Hyperbole; Sarcastic conflict	<i>Nana dies; Monica confronts mother; Ross reflects on family</i>
WEEK 5					
9	Underdog Gets Away	Friendship & gratitude	Past Simple; Conjunctions (although, because); Quantifiers	Situational irony; Group conflict; Reconciliation arc	<i>Friends miss Thanksgiving; Rachel misses flight; They reconcile</i>
10	The Monkey	Loneliness	Comparatives & Superlatives; Present Perfect; Articles	Symbol (Marcel); Projection; Romantic insecurity	<i>Ross adopts Marcel; Everyone fails New Year's pact</i>
WEEK 6					
11	Mrs. Bing	Parents & embarrassment	Reported Speech; Indirect Questions; Auxiliary verbs	Euphemism; Register shift; Irony	<i>Chandler's mother visits; Ross kisses her; Chandler confronts her</i>
12	The Dozen Lasagnas	Trust & secrets	Phrasal verbs; Present Perfect vs Past Simple; For/Since	Dramatic irony; Slip of tongue; Reveal moment	<i>Rachel breaks with Paolo; Ross learns baby gender accidentally</i>
WEEK 7					
13	The Boobies	Secrets & awkwardness	Past Simple vs Past Continuous; Reflexive pronouns	Escalation of embarrassment; Chain reaction	<i>Joey's father visits; Accidental nudity chain</i>
14	The Candy Hearts	Relationships	Question forms; Modal verbs (would); Conditionals type 1	Romantic irony; Subtext jealousy	<i>Ross dates neighbor; Girls burn ex-memories</i>
WEEK 8					
15	The Stoned Guy	Advice & ambition	Modal verbs (should, must); Verb + to / -ing; Word order	Status contrast; Comic disappointment	<i>Monica cooks for restaurateur; Chandler quits job</i>
16	Two Parts (Part 1)	Identity	Present Continuous; Future forms (going to); Relative clauses	Dual identity; Role-switching	<i>Joey dates Ursula; Rachel swaps identity at hospital</i>
WEEK 9					
17	Two Parts (Part 2)	Competition	Comparatives; Imperatives; Conditional type 2	Pretending; Moral choice	<i>Ross gains confidence; Identity confusion continues</i>
18	All the Poker	Confidence	Imperatives; Modals of advice; Adverbs of manner	Power dialogue; Status competition	<i>Rachel interviews; Girls vs boys poker</i>
WEEK 10					
19	The Monkey Gets Away	Responsibility	Past Perfect; Present Perfect; Modals (should have)	Panic scene; Fast dialogue	<i>Marcel escapes; Ross confesses feelings</i>
20	The Evil Orthodontist	Guilt & betrayal	Past Simple; Present Perfect; Conditionals type 3	Confession structure; Emotional explosion	<i>Rachel confronts Barry; Chandler overreacts</i>

WEEK 11

21	<i>The Fake Monica</i>	Self-discovery	Adjectives; Relative clauses; Reflexives	Alter ego; Synecdoche (person = lifestyle)	<i>Monica meets identity thief; Ross sends Marcel away</i>
22	<i>The Ick Factor</i>	Age & maturity	Comparatives; Modal verbs; Verb patterns	Taboo humor; Euphemism; Subtext of discomfort	<i>Monica dates Ethan; Rachel has dreams</i>

WEEK 12

23	<i>The Birth</i>	Support & responsibility	Present Simple; Future forms; Modal verbs (have to)	Closed-space tension; Reconciliation dialogue	<i>Carol gives birth; Ross & Susan reconcile</i>
24	<i>Rachel Finds Out</i>	Love & confession	Indirect questions; Reported speech; Present Perfect; Future intentions	Romantic climax; Pause before truth; Emotional reveal	<i>Ross leaves for China; Rachel discovers his love</i>