



Training Plan – French for Absolute Beginners (A0)

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General Goals / Objectifs Généraux

1 Foundational Oral Communication Skills **Compétences fondamentales en communication orale**

The course enables learners to acquire basic oral communication skills in French for simple conversations and comprehension of spoken language.

Le cours permettra aux apprenants d'acquérir des compétences de base en communication orale en français pour une conversation simple et une compréhension de la langue parlée.

2 Self-Introduction and Simple Q&A **Se présenter, poser des questions simples, répondre**

Learners practice introducing themselves, asking and answering simple questions to build interpersonal communication foundations.

Les apprenants s'exercent à se présenter, à poser et à répondre à des questions simples pour construire les bases de la communication interpersonnelle.

3 Everyday Vocabulary and Basic Grammar **Vocabulaire quotidien et grammaire de base**

Focus on daily life vocabulary and essential grammar including present tense, articles, and adjective agreement for sentence formation.

Concentrez-vous sur le vocabulaire de la vie quotidienne et la grammaire essentielle, y compris le présent, les articles et l'accord des adjectifs pour la formation des phrases.

Course Structure Overview

Course Duration and Structure

The French for Absolute Beginners course spans 3 months with 24 sessions, held twice weekly, each lasting 1 to 1.5 hours.

1

2

Month 1 Focus

Basic Oral Communication: Covers greetings, French alphabet with nasal vowels, subject pronouns, present tense verbs, articles, and foundational vocabulary including family and numbers.

Month 2 and 3 Focus

3

Everyday Life and Advanced Expression: Month 2 expands vocabulary on food, daily activities, and transportation; Month 3 introduces past tense, hobbies, reflexive verbs, and culminates in oral presentations and assessments.

Month 1 Overview – Communication Basics

1

Foundations of Oral Communication

Students learn the French alphabet, nasal vowels, and the French “r”, along with basic greetings for formal and informal settings.

2

Basic Grammar and Vocabulary

Introduction to subject pronouns, present tense of “être” and “avoir”, articles, classroom objects, and family vocabulary with practical role plays.

3

Numbers, Dates, and Agreement

Learning numbers 1–20, days, months, colors, and adjective–noun agreement to enable simple conversations and date–related exchanges.

Month 1 – Week 1 Sessions 1 & 2



Foundational Pronunciation Skills

Introduction to the French alphabet with focus on nasal vowels and the French 'r' to ensure clear oral communication.



Basic Social Interactions

Teaching essential greetings and self-introduction phrases to enable polite and natural conversations.



Core Grammar and Practice

Coverage of subject pronouns and present tense conjugation of 'être', reinforced through interactive role-play activities.

Month 1 – Week 2 Sessions 3 & 4

1

Introduction to French Articles

Sessions 3 and 4 introduce definite and indefinite articles essential for correct noun formation in French, including 'le', 'la', 'les', 'un', and 'une'.

2

Classroom Objects Vocabulary

Learners acquire vocabulary related to common classroom objects, enabling practical communication about everyday educational items.

3

Present Tense of Verb 'Avoir' and Family Terms

The verb 'avoir' is taught in present tense with family vocabulary, allowing learners to express possession and describe family relationships.

Month 1 – Week 3 Sessions 5 & 6

1

Introduction to Numbers and Age Expressions

Learners are introduced to French numbers 1 to 20 and practice expressing their age using simple questions and answers.

2

Days of the Week and Months Vocabulary

Students learn the French names for days of the week and months of the year, essential for discussing dates and schedules.

3

Talking About Dates and Birthdays

Learners practice using date-related vocabulary to talk about birthdays and current dates in simple conversational sentences.

Month 1 – Week 4 Sessions 7 & 8

- Vocabulary Expansion on Colors and Objects : Session 7 focuses on essential vocabulary related to colors and everyday objects, enabling vivid descriptions of surroundings.
- Adjective-Noun Agreement in French Grammar : Students learn adjective agreement rules in gender and number, crucial for correct French sentence construction.
- Monthly Review through Interactive Practice : Session 8 reinforces Month 1 content via role plays, quizzes, and oral exercises to build speaking confidence.

Month 2 Overview – Everyday Life



Vocabulary Expansion in Everyday Contexts

Learners acquire vocabulary related to food, places, clothing, transportation, and household items to support practical daily communication.



Grammar Focus on Verbs and Prepositions

The course emphasizes the use of partitive articles, regular -ER verbs, and verbs like aller and faire combined with location prepositions for real-life expressions.



Practical Application and Review

Role plays and listening exercises consolidate learning, enabling learners to confidently navigate everyday situations in French.

Month 2 – Weeks 5 & 6 Sessions 9 to 12

Introduction to Partitive Articles and Food Vocabulary

Session 9 covers the use of partitive articles *du*, *de la*, *des* to express 'some' in French, alongside food and drink vocabulary. Role plays such as ordering at a café develop practical communication skills.

Using 'Aller' and Location Prepositions

Session 10 focuses on the verb 'aller' (to go) combined with location prepositions like *à*, *au*, *à la*, enabling learners to discuss going to various places with realistic examples.

House Vocabulary and Regular -ER Verb Conjugation

Sessions 11 and 12 introduce house-related vocabulary and location prepositions, plus conjugation of regular -ER verbs in present tense, supporting descriptions of environments and expressing preferences.

Month 2 – Weeks 7 & 8 Sessions 13 to 16



Clothing and Seasons Vocabulary

Learners are introduced to French vocabulary for clothing and seasons, enabling descriptions of attire based on weather or occasions.



Describing Outfits Using Present Tense

Students practice describing their clothing using basic sentence structures and present tense conjugation to enhance descriptive skills.



Daily Activities and Transportation Communication

Focus on the verb 'faire' in present tense, daily activities vocabulary, transportation terms, and asking for directions to improve practical conversation.

Month 3 Overview – Express Yourself More

1

Enhancing Personal Expression

Focus on expressing likes, dislikes, and personal preferences using relevant vocabulary and phrases such as 'j'aime' and 'je n'aime pas'.

2

Describing People and Daily Routines

Learn adjectives for physical and personality traits and use reflexive verbs to describe daily activities and routines.

3

Practical Communication and Past Tense

Introduce passé composé with 'avoir' for past events, time expressions for scheduling, and vocabulary for shopping interactions.



Month 3 – Weeks 9 & 10 Sessions 17 to 20

- Discussing Likes and Hobbies : Focus on expressing likes and dislikes using phrases such as 'I like' and 'I don't like', along with vocabulary related to hobbies and activities.
- Describing People with Adjectives : Learn adjectives to describe people with example sentences like 'He is kind' and 'She is tall' to enhance descriptive skills.
- Reflexive Verbs and Daily Routines : Introduce reflexive verbs such as 'to get up' and 'to wash oneself' and practice daily routine expressions like 'I get up at 7'.

Month 3 – Weeks 11 & 12 Sessions 21 to 24

- Time Expressions and Planning : Sessions focus on mastering time expressions like yesterday, today, and tomorrow, alongside vocabulary for schedules and planning daily activities.
- Market Vocabulary and Role Play : Students build practical vocabulary related to shopping and groceries, engaging in role plays to simulate customer and vendor interactions.
- Oral Project and Assessments : Final oral projects include self-presentation and family topics, followed by mini-presentations and speaking skill assessments with feedback.



Summary and Next Steps

Course Overview

This beginner course builds essential oral communication, vocabulary, and grammar over 24 sessions in three months.

Practice and Immersion Importance

Continuous practice and immersion through listening, speaking, and media engagement are key to fluency and confidence.

Next Steps for Learning

Use language apps, join conversation groups, explore French media, and consider certified tutors for advanced learning.



Thank You