

Russian Language Program A0 → A1

10 Weeks | 90 minutes × 3 days/week | 30 Total Lessons

Week 1: Russian Alphabet & Basic Greetings

Day 1 - Introduction to Russian Alphabet (A-M)

Objective: Learn first half of Cyrillic alphabet
Vocabulary: Здравствуйте, до свидания, да, нет, спасибо, пожалуйста
Grammar: Cyrillic letters: А, Б, В, Г, Д, Е, Ё, Ж, З, И, Й, К, Л, М
Practice: Greeting classmates, basic yes/no responses
Homework: Write alphabet A-M 5 times each, practice pronunciation

Day 2 - Complete Russian Alphabet (H-Я) & Basic Phrases

Objective: Complete Cyrillic alphabet and learn basic phrases
Vocabulary: Привет, пока, доброе утро, добрый день, добрый вечер, спокойной ночи, извините, не понимаю
Grammar: Cyrillic letters: Н, О, П, Р, С, Т, У, Ф, Х, Ц, Ч, Ш, Щ, Ъ, Ы, Ь, Э, Ю, Я. Pronunciation: stress patterns, hard/soft consonants
Practice: Time-appropriate greetings, reading simple words
Homework: Write complete alphabet, read 20 simple words, create 5 mini-dialogues

Day 3 - Alphabet Review & Introducing Yourself

Objective: Consolidate alphabet knowledge and learn to give your name
Vocabulary: повторите пожалуйста, как дела?, хорошо, плохо, меня зовут, я, как вас зовут?
Grammar: Personal pronouns: я, ты, он, она. Verb "зовут"
Practice: Short dialogues using greetings, pair introductions
Homework: Write 10 sentences introducing different people, memorize basic greetings

Week 2: Personal Information & Numbers

Day 4 - Nationalities & Countries

Objective: Talk about where you're from
Vocabulary: страна, город, Россия, Америка, англичанин, русский, американец
Grammar: Gender agreement with nationalities, verb "быть" (implied)
Practice: Where are you from? dialogue practice
Homework: Research 10 countries and nationalities in Russian

Day 5 - Age and Numbers 1-20

Objective: Express age and count to 20
Vocabulary: год, лет, сколько, мне, тебе, Numbers 1-20
Grammar: Dative case for age (мне, тебе). Number-noun agreement
Practice: Age guessing game, number drills
Homework: Memorize numbers 1-20, write about 5 people's ages

Day 6 - Family Members & Possessives

Objective: Describe family relationships
Vocabulary: семья, мама, папа, брат, сестра, дедушка, бабушка, сын, дочь
Grammar: Possessive pronouns: мой, моя, моё, мои
Practice: Describing family tree, talking about relatives
Homework: Draw family tree with Russian labels, write 5 sentences

Week 3: Professions & Daily Routine

Day 7 - Professions and Work + Review

Objective: Talk about occupations and give full self-introduction
Vocabulary: работа, врач, учитель, студент, инженер, работать, учиться
Grammar: Masculine/feminine profession forms. Present tense -ать verbs. Review: pronouns, present tense, gender agreement
Practice: What do you do? interviews. Full self-introduction presentations
Homework: Write about 5 family members' professions. Prepare 2-minute self-introduction speech

Day 8 - Telling Time

Objective: Express time in Russian
Vocabulary: час, минута, который час?, сейчас, утро, день, вечер, ночь
Grammar: Time expressions: в + accusative for clock time
Practice: Time-telling practice, schedule discussions
Homework: Write daily schedule with times in Russian

Day 9 - Daily Routine Verbs & Frequency Adverbs

Objective: Describe daily activities and how often they occur
Vocabulary: вставать, завтракать, обедать, ужинать, работать, спать, отдыхать, всегда, часто, иногда, редко, никогда, каждый день, обычно
Grammar: Present tense conjugation: -ать verbs (all persons). Adverb placement
Practice: Comparing daily routines. Survey: How often do you...?
Homework: Describe your typical day (10 sentences). Write 8 sentences about habits using adverbs

Week 4: Food & Dining

Day 10 - Food Vocabulary

Objective: Learn basic food items
Vocabulary: хлеб, мясо, рыба, овощи, фрукты, молоко, сок, вода, чай, кофе
Grammar: Accusative case for direct objects (inanimate)
Practice: Shopping list creation, food preferences
Homework: Create illustrated food dictionary (20 items)

Day 11 - At the Restaurant

Objective: Order food at restaurants
Vocabulary: ресторан, меню, заказывать, я хочу, можно, счёт, официант
Grammar: Modal constructions: хотеть, мочь conjugations
Practice: Restaurant role-play: ordering meals
Homework: Write restaurant dialogue (10 exchanges)

Day 12 - Likes and Dislikes with Food

Objective: Express food preferences
Vocabulary: любить, нравиться, вкусно, невкусно, сладкий, солёный, острый
Grammar: Verb любить vs. нравиться constructions
Practice: Food survey: What do you like to eat?
Homework: Describe favorite meal and why (8 sentences)

Week 5: Shopping & Numbers

Day 13 - Numbers 20-100 & Prices

Objective: Count and discuss prices
Vocabulary: Numbers 20-100, рубль, доллар, сколько стоит?, дорого, дёшево
Grammar: Number formation patterns (20-90), currency with numbers
Practice: Price comparison game, market haggling
Homework: Memorize numbers 20-100, practice prices

Day 14 - Shopping Vocabulary

Objective: Shop for clothing and items
Vocabulary: магазин, покупать, продавать, одежда, рубашка, брюки, платье, размер
Grammar: Demonstratives: этот, эта, это, эти
Practice: Clothing store role-play: buying clothes
Homework: Write shopping list with prices (12 items)

Day 15 - Shopping Review

Objective: Consolidate shopping skills
Vocabulary: Review Week 4-5 vocabulary
Grammar: Review: accusative case, modal verbs, numbers
Practice: Complete shopping scenarios (market, restaurant, store)
Homework: Create shopping dialogue video or written script

Week 6: Places in the City & Directions

Day 16 - City Locations

Objective: Name places in the city and ask where they are
Vocabulary: гулять, ходить, смотреть, посещать, встречаться, библиотека, транспорт, автобус, метро, такси, машина, поезд, ехать, идти
Grammar: Prepositional case: в/на + location. Question word где + prepositional case
Practice: Describing your city. Information desk role-play: Where is...?
Homework: Draw city map with Russian labels (15 places). Write 10 questions and answers about locations

Day 17 - Activities in the City & Transportation

Objective: Describe city activities and talk about transport methods
Vocabulary: verbs of motion introduction: ходить (multidirectional), идти vs. ехать (unidirectional)
Grammar: Describing weekend activities. How do you get to work/school? discussions
Homework: Describe favorite city places and activities. Describe your commute (8 sentences)

Day 18 - Giving Directions & Travel

Objective: Give and follow directions, buy tickets
Vocabulary: прямо, направо, налево, повернуть, перейти, остановка, станция, билет, вокзал, аэропорт, расписание, отправление, прибытие
Grammar: Imperative mood: commands for directions. Time expressions: arrival/departure times
Practice: City navigation: giving directions. Ticket office role-play
Homework: Create directions from home to 3 places. Plan a trip with schedule

Week 7: Hobbies & Free Time

Day 19 - Hobbies and Interests

Objective: Discuss hobbies and pastimes
Vocabulary: хобби, спорт, музыка, танцы, читать, играть, рисовать, фотография
Grammar: Verb играть: в + accusative (sports), на + prepositional (instruments)
Practice: Hobby survey: finding common interests
Homework: Write about 3 hobbies in detail

Day 20 - Sports and Fitness

Objective: Talk about sports activities
Vocabulary: футбол, баскетбол, плавать, бегать, заниматься спортом, фитнес
Grammar: Instrumental case introduction: заниматься + instrumental
Practice: Sports preferences and fitness routines
Homework: Describe your exercise routine or favorite sport

Day 21 - Entertainment and Culture

Objective: Discuss cultural activities
Vocabulary: концерт, выставка, фильм, книга, актёр, певец, интересный, скучный
Grammar: Short-form adjectives for opinions
Practice: Recommending entertainment: What should I see?
Homework: Review your favorite movie/book in Russian

Week 8: Weather & Seasons

Day 22 - Seasons and Months

Objective: Name seasons and months
Vocabulary: весна, лето, осень, зима, месяц, январь-декабрь, год
Grammar: Genitive case: months with в + genitive
Practice: When is your birthday? Seasonal preferences
Homework: Memorize all months, describe favorite season

Day 23 - Weather Vocabulary

Objective: Describe weather conditions
Vocabulary: погода, холодно, тепло, жарко, дождь, снег, ветер, солнце, облако
Grammar: Impersonal constructions for weather
Practice: Weather forecast practice, comparing climates
Homework: Write weekly weather report for your city

Day 24 - Seasonal Activities

Objective: Discuss seasonal activities
Vocabulary: кататься на лыжах, купаться, загорать, собирать, праздник
Grammar: Review: verbs with different cases
Practice: What do you do in each season?
Homework: Create seasonal activity calendar in Russian

Week 9: Past Events & Experiences

Day 25 - Past Tense Introduction

Objective: Form and use past tense
Vocabulary: вчера, позавчера, неделю назад, месяц назад, год назад, был/была
Grammar: Past tense formation: -л/-ла/-ло/-ли endings
Practice: What did you do yesterday? interviews
Homework: Write 10 sentences about yesterday's activities

Day 26 - Past Experiences

Objective: Share past experiences
Vocabulary: путешествие, видеть, слышать, встретить, случиться, помнить
Grammar: Past tense irregular verbs, time expressions with past
Practice: Sharing travel experiences and memories
Homework: Write about a memorable experience (12 sentences)

Day 27 - Biography and Life Events

Objective: Tell life stories
Vocabulary: родиться, учиться (past), закончить, начать, жить, переехать
Grammar: Combining past tense with time markers
Practice: Life story presentations (mini-biographies)
Homework: Write your own biography in Russian (15 sentences)

Week 10: Future Plans & Final Review

Day 28 - Future Tense

Objective: Express future plans
Vocabulary: завтра, послезавтра, скоро, потом, планировать, собираться
Grammar: Future tense: буду/будешь/будет + infinitive
Practice: Making plans: What will you do this weekend?
Homework: Write about your plans for next week (10 sentences)

Day 29 - Goals and Aspirations

Objective: Discuss future goals
Vocabulary: мечта, цель, хотеть, надеяться, стараться, достигать
Grammar: Using future with modal verbs, expressing wishes
Practice: Discussing future goals and dreams
Homework: Write about 5 goals for the future

Day 30 - Final Review and Assessment

Objective: Comprehensive review of A0-A1 material
Vocabulary: Comprehensive vocabulary review (all weeks)
Grammar: Comprehensive grammar review: cases, tenses, verb aspects
Practice: Final oral presentations: full self-introduction with past, present, future
Homework: Complete written final exam (provided separately)

Course Complete!

This 10-week program takes students from zero Russian knowledge (A0) to elementary level (A1), covering essential grammar, vocabulary, and communication skills for real-world situations.