SAMPEL PERCUMA

Latihan Bahasa Inggeris Tingkatan 1 · English Form 1 Practice

Set penuh: English T1–5

Set Form 1–5

Sampel ini: 8 muka surat. Set penuh ada:

- 2 fail PDF
- Practice book ikut form, dengan answer key
- Exercise book Form 1–5
- Listening 1119/4: modul 20 set + audio + skema
- Speaking 1119/3: model answer, 40 task card, set negeri

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Sampel bermula di muka surat sebelah

P0 By Day 30, you will…

- **Read a 400-word exam text once** and still hold its shape when the "why does the writer…" question comes.
- **Start any of the seven writing tasks within 60 seconds** — because the frame is already in your hand, not in your head.
- **Finish the paper with 5–8 minutes to spare**, and know exactly what to do with them (Bonus 2, the three-pass finish).
- **Speak for a full minute alone** using the three-beat habit: answer, reason, detail.
- **Know your three personal repeat-errors by name** — the ones that have quietly cost you a band for two years.
- **Sit a full mock paper under exam conditions** and mark it yourself with the reason behind every answer.

Why this will work for you (not just in general)

Every task type in this module is the same task type that opens the real paper — introduced one at a time, with the method spelled out before you meet it. Every writing task has a full model answer with a note on what earned the marks. Every drill has an answer key that gives the rule, not just the letter. You are never left wondering whether you got it right, or why. That certainty is the whole difference between practising and improving.

How Premium is organised

PART	WHAT IT IS	WHEN TO USE IT
First Win	One 20-minute task, next page	Today, before anything else
Module	The full 32-page Power Practice — Sections A to G	Daily, as Bonus 1 schedules it
Bonus 1	The 25-minutes-a-day Countdown plan	Your daily boss. Tick every day
Bonus 2	The Examiner's Mind Playbook	Read now + the week before any paper
Bonus 3	The Blank-Page Killer writing vault	Open beside every writing task
Bonus 4	The Never-Repeat-A-Mistake Tracker	After marking anything
Bonus 5	The Last-48-Hours Cram Card	Two days before the paper
Promise	The Grade-Jump Promise (guarantee)	Read it — we mean it

EVERY DAY YOU WAIT

The Countdown is 30 days long, and your paper's date is not moving. Every day you don't start is one day cut off the plan — not off the exam. Do the First Win on the next page today. It takes 20 minutes.

00 Start here

Form One is the year the habits form. Whatever you do with English this year — good or bad — you will still be doing in Form Five. This module is built to make the good habits first.

What is inside

SECTION	WHAT IT TRAINS	PAGES
A — Reading	Six original texts, with the method for each question type written out	8
B — Grammar	Twelve units, each with a rule box, two drills and a **Trap** box	6
C — Vocabulary	School and home words, opposites, *do* and *make*, and words that get confused	3
D — Writing	Five tasks: a note, an email, a description, a story and a letter — all with models	6
E — Speaking	Answering properly, a one-minute talk, and a listening game for two	2
F — Practice paper	A 40-mark, 60-minute paper built from a seventh original text	3
G — Answer key	Every answer, with the reason behind it	6
Reference	60 irregular verbs, the spelling rules, and sentence starters you can borrow	2

FOUR RULES FOR USING THIS BOOK

1. **Write your answer before you look.** Reading the key without trying teaches you nothing.
2. **Use a pencil.** You are going to come back and do these again.
3. **Say every new word out loud once.** A word you have only seen is a word you cannot use.
4. **Do the Trap boxes twice** — once now and once in a month. The second time is the one that sticks.

What a *Trap* box is

Every grammar unit ends with a box headed **Trap**. It shows one mistake that Malaysian students make again and again, written out as a wrong sentence with the correct one beside it. There are twelve of them in this book. They are not general advice; they are the actual sentences that lose marks. If you only have ten minutes, spend them on a Trap box.

A six-week plan

WEEKS	DO THIS
1–2	Section A texts 1–3, Grammar Units 1–6, Writing Tasks 1–2
3–4	Section A texts 4–6, Grammar Units 7–12, Writing Task 3
5–6	Section C, Writing Tasks 4–5, Section E with a partner, then Section F

A1 Short texts

Six short texts, one question each. Read the question first, then hunt for the answer in the text. Underline the words that prove your answer — if you cannot underline anything, you are guessing.

1. A notice in the canteen

QUEUE HERE FOR HOT FOOD
Drinks and packed snacks are at the second counter. Please have your money ready.

1. Where do you buy a drink?
   A. At this counter.
   B. At the second counter.
   C. Outside the canteen.

2. A message from Mum

I will be home at seven. There is rice in the pot and fish in the fridge — heat the fish for two minutes, no longer. Do not wait for me to eat.

2. What should the children do?
   A. Wait for Mum.
   B. Eat before Mum comes home.
   C. Cook the rice.

3. A library card

Name: Lim Wei Han · Class: 1 Bestari
Books may be kept for 14 days. A late book costs 20 sen a day.

3. A book returned three days late costs
   A. 20 sen.
   B. 40 sen.
   C. 60 sen.

4. A sign at the school field

NO FOOTBALL BEFORE 4 P.M.
The field is used for the athletics team until then. Please use the court behind Block A.

4. Where can you play football at 2 p.m.?
   A. On the field.
   B. On the court behind Block A.
   C. Nowhere.

5. Part of a timetable

DAY	FIRST LESSON	SECOND LESSON
Monday	English	Science
Tuesday	Science	Mathematics
Wednesday	Mathematics	English

A2 Matching

Match each student to the one club that suits them. Two clubs are extra. Each student gives you **three** conditions — underline all three first.

7. Aiman	Free on Monday afternoons. Likes drawing. Has no money to spend.
8. Priya	Wants to be outdoors. Free on Saturday mornings. Does not want to run.
9. Chee Keong	Wants to practise speaking English. Free on Thursday afternoons. Likes small groups.

A — Art Club	Monday, 3 p.m. Paper and pencils are given. Free.
B — Garden Club	Saturday, 8 a.m. We plant and water the school garden. Free. Bring a hat.
C — English Circle	Thursday, 3 p.m. Groups of five. Everybody speaks. Free.
D — Running Club	Saturday, 7 a.m. Three kilometres around the field. Free.
E — Chess Club	Monday, 3 p.m. Twenty members. Quiet room. RM2 a month.

7 _____ 8 _____ 9 _____

TRAP — THE CLUB THAT FITS TWO THINGS OUT OF THREE

Running Club is outdoors, on a Saturday morning, and free. That is two of Priya's three conditions — but she said she does not want to run. Always check the **third** condition before you write your answer down.

A3 Long text

The Boy Who Sat at the Front

Original text · approx. 300 words

1 On his first day at SMK Taman Ria, Danish walked into the classroom and sat in the front row. Nobody sits in the front row on the first day. The front row is where you end up when the teacher puts you there.

2 He did not do it to look clever. He did it because he cannot see the board from the back and he had decided, on the bus that morning, that he was not going to spend a whole year pretending he could.

3 For two weeks he sat there alone. People laughed a little. Then something odd happened. A girl called Su Lin, who is short and had been squinting all fortnight, moved to the seat beside him. The week after that, two more people moved forward. By the end of the first month the front row was full and there was a small argument about who had been there first.

4 Danish says he did not start anything. “I just could not see,” he says. “I think the others could not see either. They were only waiting for somebody to go first.”

5 His form teacher, Puan Aida, has taught Form One for eleven years. She says the same thing happens every year with something, and that it is almost never the loudest student who starts it.

10. Why did Danish sit in the front row? _____

11. What happened after two weeks? _____

12. Why does Danish think the others moved forward? _____

13. What does Puan Aida say about students who start things?

    A. They are usually the noisiest.

    B. They are usually not the noisiest.

    C. They are always in Form One.

Unit 3 Present continuous

RULE

Shape	am / is / are + verb-**ing**
Use it for	right now: *She **is reading**.* · a temporary period: *This week we **are learning** about plants.*
Spelling	run → running · write → writing · lie → lying
Never with	know, want, like, need, understand, have (own), seem

DRILL 3.1

54. Be quiet — the baby _____ (sleep).
55. Look! It _____ (rain) again.
56. They _____ (not listen) to the teacher.
57. What _____ you _____ (do) now?

DRILL 3.2 — PRESENT SIMPLE OR PRESENT CONTINUOUS?

58. My father _____ (work) at the clinic, but today he _____ (help) at the hospital.
59. I _____ (want) a glass of water, please.

TRAP — VERBS THAT NEVER TAKE *-ING*

✗ *I am knowing the answer. I am wanting a drink. She is liking it.* ✓ *I know the answer. I want a drink. She likes it.* These verbs describe what is in your head, not what you are doing, so they stay simple.

Unit 4 Past simple

RULE

Regular	add **-ed**: walked, played, watched · *-y* after a consonant → *-ied*: study → studied
Irregular	go/went · eat/ate · see/saw · take/took · buy/bought · teach/taught · run/ran · write/wrote
Negative	did not + **base**: *She **did not go**.*
Question	Did + subject + **base**: ***Did** you go?*
Signals	yesterday, last week, in 2019, two days ago

DRILL 4.1

60. We _____ (visit) my grandmother last Sunday.
61. She _____ (buy) a new bag yesterday.
62. They _____ (not come) to the practice.
63. _____ you _____ (see) the notice this morning?

DRILL 4.2 — CORRECT THE VERB

64. He teached me that song. _____
65. Did you went to the shop? _____
66. She didn't ate her lunch. _____

TRAP — THE DOUBLE PAST

After **did** and **didn't** the verb goes back to its base form, because *did* is already the past tense. ✗ *Did you went? She didn't came.* ✓ *Did you go? She didn't come.* This one mistake appears in almost every Form One story.

C Vocabulary

Words live in groups. Learn the group and you get several words for the price of one.

C1 *do* or *make*?

DO	MAKE
do your homework · do the dishes · do an exercise · do your best · do the cleaning	make a mistake · make friends · make noise · make a decision · make a cake · make your bed

Rough guide: **do** goes with work and tasks; **make** goes with things you produce or create. There is no rule for every case, so learn them in pairs.

DRILL C1

112. Please _____ your homework before dinner.

113. Try not to _____ the same mistake again.

114. She _____ friends very quickly at the camp.

115. Just _____ your best.

C2 Opposites

WORD	OPPOSITE	WORD	OPPOSITE
early	late	easy	difficult
clean	dirty	cheap	expensive
light	heavy	quiet	noisy
full	empty	tidy	messy
polite	rude	brave	afraid
possible	impossible	happy	unhappy
lucky	unlucky	useful	useless

THE OPPOSITE YOU CAN BUILD

Some opposites are made by adding a piece to the front: **un-** (unhappy, unlucky, unkind), **im-** before m and p (impossible, impatient), **in-** (incorrect), **dis-** (dishonest, disagree). Others must be learnt whole: *early / late*, *cheap / expensive*. If you are not sure, do not invent one — *unearly* is not a word.

C3 Words that get confused

PAIR	THE DIFFERENCE
its / it's	*its* = belonging to it · *it's* = it is
their / there / they're	belonging to them · a place · they are
then / than	time · comparing
too / to / two	also or too much · direction · the number 2
borrow / lend	you borrow **from** someone; you lend **to** someone
bring / take	bring it here · take it there
quiet / quite	silent · fairly
lose / loose	you cannot find it · it is not tight
say / tell	say something · tell **someone** something

D Writing

Five tasks. Four have a model answer with a note explaining what earns the marks. The commonest way to lose marks in Form One is not bad English — it is forgetting one of the things you were asked to do.

BEFORE YOU WRITE, EVERY TIME

1. **Circle the instructions.** Three instructions means three things must appear in your answer.
2. **Plan in words, not sentences.** Five words per paragraph. It takes one minute.
3. **Know when to stop.** Look at the word count before you start, not after.
4. **Check three things at the end:** capital letters, full stops, and the *-s* after *he*, *she* and *it*.

Task 1 A note

[10 marks]

You borrowed your friend Mei Ling's umbrella and left it at your grandmother's house. Write her a note of about **40–50 words**: say what happened, say sorry, and say when you will return it.

Model answer (48 words)

Hi Mei Ling,

I am very sorry — I took your umbrella to my grandmother's house on Sunday and left it there. She lives in Klang, so I cannot go until this weekend. I will bring it to school on Monday morning and give it to you before assembly.

Aisyah

WHY IT SCORES

- All three instructions are there: what happened, sorry, and when.
- The *when* is exact — *Monday morning, before assembly*, not *soon*.
- It explains the delay instead of leaving Mei Ling to wonder.
- It is 48 words. Short tasks are marked on control, and control includes stopping.

Task 2 An email to a friend

[20 marks]

From: Ravi
Subject: My new school

I moved to a new school last month. ← ask him one question about it

I do not know many people yet. ← give him one piece of advice

What is happening at your school? ← tell him one piece of news

Reply in about **80 words**.

F Practice paper

40 marks · 60 minutes · one sitting. Phone in another room. Do not open the answer key until you have finished everything, including the writing.

Task 1 Short texts

[4 marks]

(a) SCHOOL BUS — MORNING
The bus leaves the terminal at 6.30 a.m. and reaches the school at 7.05 a.m. It does not run on Saturdays.

(b) Lost: a black pencil case with a broken zip. Left in the hall on Monday. Please give it to the office. My name is inside.

127. How long does the journey take? _____

128. On which day does the bus not run? _____

129. Where should you take the pencil case? _____

130. How will the owner be found? _____

Task 2 Long text

[12 marks]

The Umbrella Box

Original text · approx. 320 words

1 Outside the office at SMK Bukit Awan there is a blue plastic box with the word UMBRELLAS painted on the side. Anybody may take one when it rains. Anybody may put one back. Nobody writes anything down.

2 The box was started in 2023 by a Form Two class who were tired of getting wet between the gate and the bus stop. They collected fourteen old umbrellas from home. The teachers thought the umbrellas would all be gone within a month.

3 They were nearly right. By the end of the first term there were only three left. Then something changed. A notice appeared on the box, written by hand, that said: *If you take one, bring it back tomorrow. Somebody else is getting wet.*

4 Nobody knows who wrote it. It is still there, now covered in tape because the rain got to it. Within two weeks of the notice going up, eleven umbrellas came back, and several of them were not the ones that had left. People had brought umbrellas from home instead.

5 There are now about twenty in the box. Some are broken. Every few months a teacher throws the broken ones away and, within a week, more appear. The box has never once been empty since 2023.

6 Puan Nurul, who has been at the school for nine years, says the interesting part is not that the umbrellas came back. It is that one hand-written sentence worked when a rule from a teacher would not have.

131. Who started the umbrella box, and why? _____

132. What did the teachers expect to happen? _____

133. What did the hand-written notice say? Write it in your own words. _____

134. Why were some returned umbrellas different from the ones that had left? _____

135. What does Puan Nurul find most interesting?

A. That the umbrellas came back.
B. That a note from a student worked better than a rule would have.
C. That the box is never empty.
D. That some umbrellas are broken.

136. Why does the writer mention that the box has never been empty since 2023?

A. To show the school buys new umbrellas.
B. To show that students take too many.
C. To show that the arrangement has kept working on its own.
D. To show that it rains a lot.

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