YOUR PRACTICE ROUTINE

Use the cards without memorising

- Attempt: read only the task page and record a first answer.
- Compare: read a model and mark the prompts it answered.
- Notice: underline one useful phrase and one reason or example.
- Personalise: change the person, place, event or preference to your own.
- Repeat: speak again without looking at the script.
- Transfer: use a different card and apply the same improvement.

Three modes

Solo: record your response and use the self-check sheet.
Pair: swap Candidate A/B roles and give each other one useful suggestion.
Teacher: hide the answer pages, ask follow-ups and record the next learning target.

All sample experiences are invented for practice. Do not claim that they happened to you. There is no audio recording in this package; the phrases must be spoken and practised.

BM tip

Latih semula dengan isi sendiri. Maksud frasa lebih penting daripada menghafal 200 frasa sekali gus.

PART 2 • TASK AND FIRST MODEL

Card 11 • A useful habit

Talk about a useful habit. You should say:

• what the habit is

• when you started it

• how it helps you

• why small habits can matter

20-second plan

Write four keywords, one for each prompt. Then talk for about one minute.

Band 4-style illustration (not an awarded score)

I want to talk about writing a short list before bed. I started this habit last term when I kept forgetting my books. I write three important things for the next day and put the list beside my bag. It helps me feel calmer in the morning. Small habits matter because we can repeat them easily. A simple list will not solve every problem, but it helps me begin the day in a more organised way.

Partner response

What habit helps you stay organised?
I keep my school materials in the same place, so I waste less time looking for them.

BM tip

Jawab semua empat poin. Mulakan dengan tabiat khusus dan contoh pengalaman.

PART 2 • TASK AND FIRST MODEL

Card 12 • A helpful person

Talk about a helpful person. You should say:

• who the person is

• how you met them

• what they did to help you

• why helping others is important

20-second plan

Write four keywords, one for each prompt. Then talk for about one minute.

Band 4-style illustration (not an awarded score)

A helpful person in my life is my neighbour, Auntie Farah. My family met her when we moved into our house. Last month she helped me prepare a short speech for a school event. She listened and reminded me to speak slowly. I felt less nervous after practising with her. Helping others is important because a small act can give someone confidence. I try to do the same by listening when my friends need support.

Partner response

How could students help a new classmate?
They could explain the timetable and invite the classmate to join them during break.

BM tip

Tidak perlu orang terkenal. Bezakan bantuan khusus dengan pujian umum.

PART 2 • MODEL COMPARISON

Card 12 • Develop your answer

Band 5-style illustration (not an awarded score)

I would like to describe my neighbour, Auntie Farah, whom we met when we moved here. When I had to speak at a school event, she offered to listen to my practice. Instead of rewriting my speech, she asked me to explain my main point in my own words. That made my answer clearer and helped me feel more confident. Helping others matters because people often need encouragement as much as advice. Her example has taught me to listen before suggesting a solution.

Band 6-style illustration (not an awarded score)

The person who comes to mind is my neighbour, Auntie Farah. We first met shortly after my family moved into the area. Before a school event, she noticed that I was anxious about speaking and offered to be a practice audience. What helped most was her patience: she asked useful questions rather than taking over. I gradually learned to explain my ideas naturally. To me, meaningful help gives someone the confidence to act independently. I now try to offer that kind of support to classmates.

Notice the difference

The developed version connects events, reasons and results. The more flexible version adds a distinction or limitation. Both stay relevant to the same four prompts. Speak naturally; a memorised script cannot prove a band.

Make it yours

Change the example to one you can explain honestly. Keep four keywords. Rehearse once, then ask your partner a new short question about the topic.

PART 2 • TASK AND FIRST MODEL

Card 13 • A book you enjoyed

Talk about a book you enjoyed. You should say:

• what the book was about

• where you found it

• what you enjoyed

• why reading can be useful

20-second plan

Write four keywords, one for each prompt. Then talk for about one minute.

Band 4-style illustration (not an awarded score)

I enjoyed a short story about two friends who repaired an old bicycle. I found the book in our school library. I liked the way they solved problems together instead of blaming each other. The story was easy to follow, so I finished it over a weekend. Reading is useful because it gives us new ideas and words. I do not read every day, but I try to keep a book beside my bed.

Partner response

Do you prefer printed books or reading on a screen?
I prefer printed books for long stories, although a screen is useful when I need information quickly.

BM tip

Cerita boleh berupa contoh rekaan untuk latihan. Tukar kepada pengalaman anda semasa menjawab.

PART 2 • MODEL COMPARISON

Card 13 • Develop your answer

Band 5-style illustration (not an awarded score)

One book I enjoyed was a short adventure about two friends repairing an old bicycle for a journey. I borrowed it from the school library after reading the description on the back. I particularly liked the realistic disagreements between the characters and how they learned to cooperate. Reading can be useful because it introduces us to experiences beyond our own lives. For me, it also provides new expressions that I can use in conversation. I would recommend choosing an interesting book rather than only a difficult one.

Band 6-style illustration (not an awarded score)

The book I would talk about is a short adventure centred on two friends restoring a bicycle. I discovered it while browsing the school library, and its ordinary setting appealed to me. The most memorable element was not the journey itself but the way the friends handled setbacks without giving up on one another. Reading, I think, can broaden our perspective while giving us language for ideas we already have. However, enjoyment matters too: a book that keeps us interested is more likely to build a lasting reading habit.

Notice the difference

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PART 2 • TASK AND FIRST MODEL

Card 14 • A place to relax

Talk about a place to relax. You should say:

• where it is

• when you go there

• what you do there

• why people need time to relax

20-second plan

Write four keywords, one for each prompt. Then talk for about one minute.

Band 4-style illustration (not an awarded score)

My favourite place to relax is a small park near my home. I go there in the late afternoon with my sister. We walk around the path and sometimes sit on a bench. I like it because it is away from the noise of the main road. People need time to relax because school and work can be tiring. A short break helps me return to my homework with more energy.

Partner response

How do you relax when you cannot go outside?
I draw or listen to quiet music for a short time before returning to my work.

BM tip

Sebut lokasi, masa, aktiviti dan sebab. Elakkan senarai tanpa penerangan.

PART 2 • MODEL COMPARISON

Card 14 • Develop your answer

Band 5-style illustration (not an awarded score)

A place I find relaxing is the small park within walking distance of my house. I normally visit in the late afternoon, when the weather is cooler, and my sister often comes with me. We walk, talk and sometimes watch people play badminton. The change of surroundings helps me stop thinking about school for a while. I believe relaxation is important because working continuously does not always mean working well. Even a short, enjoyable break can help us return to a task with better concentration.

Band 6-style illustration (not an awarded score)

I would choose the neighbourhood park as my place to unwind. I usually go in the late afternoon with my sister, and our routine is deliberately simple: we walk and talk without checking our phones. What I value is the opportunity to step away from deadlines for a while. Relaxation does not have to involve an expensive trip; an accessible place can be just as useful. Although a break will not remove every responsibility, it can help us approach those responsibilities with a clearer mind.

Notice the difference

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