NAMA: .....

TINGKATAN: .....

MAJLIS PENGETUA SEKOLAH MALAYSIA (MPSM)
NEGERI PERAK

MODUL KECEMERLANGAN SPM 2024
SET 1

BAHASA INGGERIS

KERTAS 1
1 JAM 30 MINIT

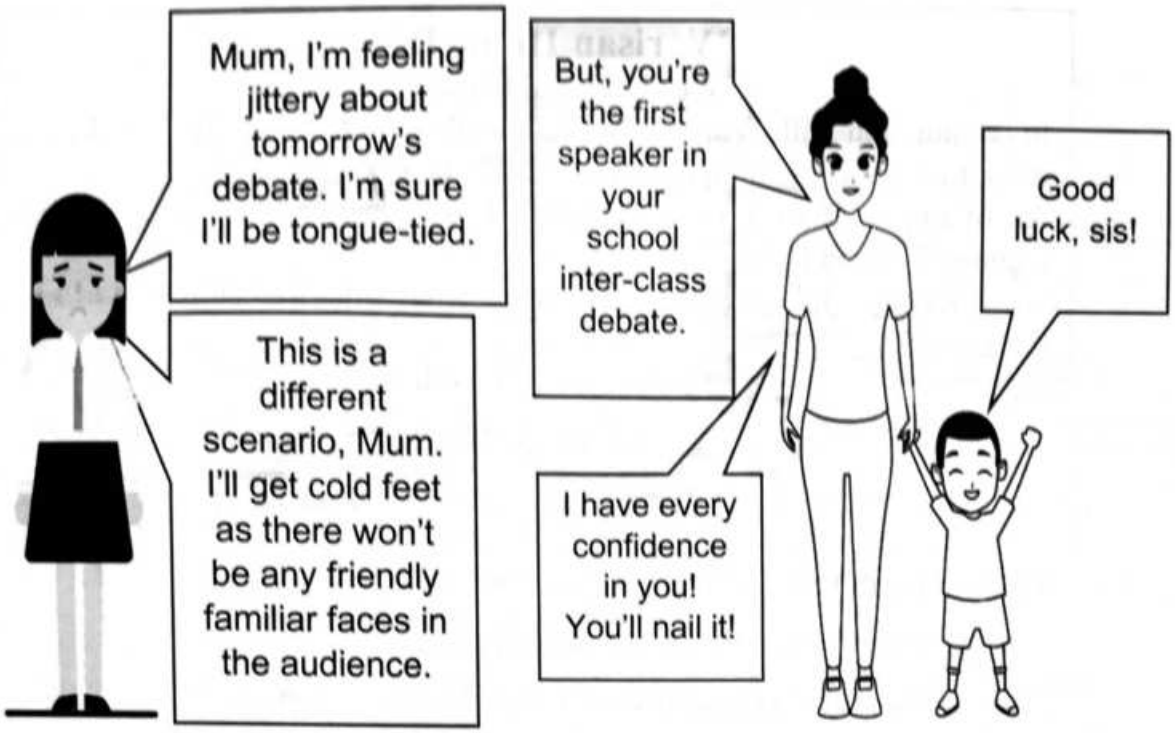
JANGAN BUKA KERTAS PEPERIKSAAN INI SEHINGGA DIBERITAHU

ARAHAN:

1. *Kertas peperiksaan ini mengandungi lima bahagian;* **Bahagian 1**, **Bahagian 2**, ***Bahagian 3, Bahagian 4*** *dan* **Bahagian *5.***
2. *Jawab* ***semua*** *bahagian dalam kertas peperiksaan ini.*
3. *Tulis jawapan anda di dalam* ***kertas jawapan*** *yang disediakan.*

INSTRUCTIONS:

1. This questions paper consists of five parts: **Part 1, Part 2, Part 3, Part 4,** and **Part 5.**
2. Answer **all** parts.
3. Write *your answers in the* ***ANSWER SHEET*** *provided.*



5 Which of the following statements best explains the situation above?

A The girl lacks in confidence.

B The girl is completely unprepared for the debate.

C The girl has a consuming passion for public debate.

Distance Cycling

Distance cycling is the basic for building endurance. It pushes our ability to go further.

It is also a sure way of getting rid of fat which short, fast rides cannot do. Long distance cycling should not be done with speed as speeding over long distances opens you to all sorts of injuries.

6 From the extract above, we know that long distance cycling

A must be carried out daily.

B should be done as fast as possible.

C can help build and develop stamina.

PART 2

Questions 9 to 18

Read the passage carefully and choose the **best** *word for each space. For each question,* ***blacken*** *your answer on the* ***answer sheet.***

Social Media

Social media is a way for teenagers to stay in touch **(0)** with their friends. Teenagers nowadays prefer Snapchat and Instagram over public social media **(9)** _____ like Facebook and Tumblr. In the former, they have better control over who has **(10)** _____ to their personal life.

(11) _____, social media as a whole have been shown to be associated with symptoms of anxiety, social isolation and feelings of loneliness. These symptoms are magnified among younger people who may not have the maturity to **(12)** _____ the downside of social media. Teenagers who spent more than three hours a day using social media might be at heightened risk for mental health problems. A study of more than 450 teenagers found that greater social media use, night time social media use and being emotional on social media – such as feeling upset when **(13)** _____ from logging on – were each linked with worse sleep quality and higher levels of anxiety and depression.

(14) _____ social media, teenagers interact with their ever-changing social world which is often filled with new experiences and information.

Social media can be beneficial to teenagers. It is a platform to **(15)** _____ with their friends and the wider communities. Social media can be used to display their creativity, **(16)** _____ their networks, broaden their viewpoints and provide access to get involved in issues they care about.

Parents and educators can guide and encourage young people to be more **(17)** _____ of how they use their gadgets. Parents may limit their teen's digital media usage to two hours a day or less. It also helps to **(18)** _____ real friendships - whether offline or online – that are built around interest and real-life connections.

(Adapted from Calibre, October 2019)

PART 3

You are going to read an article about panic attacks. For **questions 19 to 26**, *choose the correct answer* **A, B, C or D** *and blacken the correct letter* **A, B, C or D** *in your answer sheet.*

A panic attack is a short period of intense fear or discomfort which occurs suddenly without any sign. These attacks which last between five to twenty minutes, end gradually and are not dangerous. During a panic attack, one may experience heart palpitations, sweating, trembling, shortness of breath, a choking sensation, chest discomfort, loss of control or nausea. Your heart tends to beat faster and your muscles tense up as the body releases hormones such as adrenaline. The physical symptoms experienced during a panic attack is because the body is going into an **imaginary** threat.

Sometimes, when panic attacks are left untreated it can lead to panic disorder, social phobia or depression. Panic disorders are characterised by repeated panic attacks combined with major changes in behaviour or persistent anxiety over having further attacks. Panic disorder may occur if one experiences frequent, unexpected panic attacks that are not linked to any specific situation, and one worries a lot about having another attack, behave differently due to the panic attacks and avoid places and people as it has a negative impact on self-confidence and causes serious disruption to everyday living. This ultimately makes one feel anxious and tense, causing one to experience anticipatory anxiety and phobic avoidance. Phobic avoidance occurs when one starts to avoid certain places or situations. Phobic avoidance can gradually lead to agoraphobia.

Panic attacks and disorders don't just affect adults. Many children and adolescents can experience panic attacks and panic disorders. The exact causes of panic attacks and panic disorders are still unclear but the tendency to have panic attacks runs in families and is also connected to major changes in life such as starting a new job, death of a loved one, job loss and even sitting for examinations. Panic attacks and panic disorders can also be caused by medical conditions such as mitral valve prolapse, a minor heart problem, an overactive thyroid gland, low blood sugar or hypoglycaemia, and medication withdrawal.

Regardless of the causes, panic attacks are treatable. There are many effective treatments and coping strategies to use when dealing with the symptoms. When experiencing a panic attack, one should keep calm and concentrate on breathing. It is important to learn breathing and relaxation techniques. Learning to control one's breathing can help to calm oneself. Take regular meals to stabilise blood sugar levels. As far as possible, try to avoid caffeine, alcohol and smoking as these can make panic attacks worse. Be careful with diet pills and other forms of medications. Panic attacks and panic disorders can be treated with self-help

Part 1

[20 marks]

You **must** *answer this question*

Question 1

You received an email from your cousin, Linda, about a cooking competition.

> Hi,
>
> How's life? I read an advertisement about a cooking competition. It is called Junior Chef competition. I am not sure if I should participate. What do you think? What food do you suggest I prepare for the competition and why?
>
> Hope to hear from you soon.
>
> Bye!
> Linda

Write an email to your cousin in about **80 words** in the space provided.

Part 2

[20 marks]

You **must** *answer this question.*

Question 2

Your friends have been discussing the hot weather in Malaysia and your teacher has asked you to write an essay about it.

In your **essay,** you should write about:

- the causes of the extreme heat
- the effects on health
- how to beat the heat

Use **all** the notes above and give reasons for your point of view.
Write your essay in **125 – 150 words** in an appropriate style.

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Part 3

[20 marks]

There are three questions in this part. Answer **one** *question.*

Write your answer in **200 – 250 words** *in an appropriate style in the space provided.*
Write the question number in the box at the top of the answer space.

Question 3

You recently saw this notice on the English Language Club Board.

Reviews needed!
Have you been reading recently?
What book did you read?
Tell us what you think of the book.
Would you recommend the book to your friends? Why?

Write your **review.**

OR

Question 4

You had visited an old folks' home with your club members.
As the secretary of the Counselling Club, your teacher has asked you to write a report about the visit.
Your report should include:

- The date, time and location of the home
- The activities carried out
- The feelings of the club members

Write your **report.**

OR

Question 5

You are writing a story for an online magazine. The story **must** begin with the following sentence:

It started as a normal day for Matt.

In your story, you **must:**

- describe the incident that happened on that day
- how he felt about it and how the incident changed his life

Write your **story.**

PPC P1

MARK SCHEME

1119/1 READING AND USE OF ENGLISH

Part	No.	Answer	Mark
Part 1	1	B	1 mark
	2	A	1 mark
	3	C	1 mark
	4	B	1 mark
	5	A	1 mark
	6	C	1 mark
	7	C	1 mark
	8	A	1 mark
Part 2	9	B	1 mark
	10	A	1 mark
	11	D	1 mark
	12	C	1 mark
	13	D	1 mark
	14	A	1 mark
	15	B	1 mark
	16	B	1 mark
	17	D	1 mark
	18	C	1 mark

Part	No.	Answer	Mark
Part 3	19	D	1 mark
	20	A	1 mark
	21	B	1 mark
	22	D	1 mark
	23	C	1 mark
	24	D	1 mark
	25	C	1 mark
	26	B	1 mark
Part 4	27	F	1 mark
	28	H	1 mark
	29	A	1 mark
	30	C	1 mark
	31	B	1 mark
	32	E	1 mark
Part 5	33	D	1 mark
	34	A	1 mark
	35	C	1 mark
	36	B	1 mark
	37	Discounts	1 mark
	38	budget	1 mark
	39	regret	1 mark
	40	saving	1 mark

Suka sampel ini?

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- Kertas trial SPM dari banyak negeri untuk subjek yang dipilih
- Skema jawapan / cadangan jawapan
- Set Penuh: semua 17 subjek dan jadual ulangkaji A+

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