



SPEAKING NOTES

SPM TRIAL 2026 - PART 2

MELAKA



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5ST (Set 2)
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A Healthy Breakfast



Talk about a healthy breakfast you usually have

- what you usually eat
- where you eat it
- why breakfast is important
- whether students can study better after eating breakfast (why/why not)



What is your favourite breakfast? Why?

Useful Phrases

nutritious,
balanced meal, filling,
provide energy, stay focused,
concentrate better, important
nutrients, distracted by hunger
morning activities,
start the day well

Melaka (Set 1)

Sample B1

To begin with, I usually have bread and eggs for breakfast. Sometimes, I also eat a banana or an apple. I normally eat breakfast at home with my family before going to school.

Besides that, I think breakfast is important because it gives me energy for my morning activities. It also helps me stay focused during lessons. For example, I can concentrate better when my stomach is not empty.

Personally, I believe students can study better after eating breakfast because they have more energy and are less distracted by hunger. However, they should choose a healthy and balanced breakfast instead of eating too much unhealthy food.

All in all, breakfast is an important meal because it helps students start their day well.

Sample B2

To begin with, I usually have bread, eggs and fruit for breakfast. I normally eat at home with my family before going to school because it is convenient and allows us to spend some time together.

Besides that, breakfast is important because it provides our bodies with energy and important nutrients. It can also help us stay focused during our morning lessons. For example, when I have a proper breakfast, I feel more energetic and can concentrate better in class.

As for whether students can study better after eating breakfast, I believe they can. A healthy breakfast can prevent students from being distracted by hunger. However, students should avoid eating too much unhealthy or oily food because it may make them feel uncomfortable.

All in all, having a healthy breakfast is a good way to prepare ourselves for a busy school day.

My favourite breakfast is bread and eggs because it is simple and easy to prepare. For example, I can make it quickly before going to school.
My favourite breakfast is nasi lemak because it is delicious and filling. For example, I enjoy eating it with an egg and cucumber

A Clean Classroom



Talk about a time you cleaned your classroom

- what you did to clean it
- who helped to clean it
- how often your class cleans the classroom
- whether a clean classroom helped you focus in class (why/why not)

What did you do to clean your classroom?



Useful Phrases

tidy , clean environment
sweep the floor , wipe the tables
collect rubbish , work together
share the work ,
fewer distractions,
learning environment
stay focused

Melaka (Set 1)

Sample B1

To begin with, I cleaned my classroom by sweeping the floor, wiping the tables and collecting rubbish. I wanted to make the classroom cleaner and more comfortable.

Besides that, my classmates and our class teacher helped me. We worked together and divided the tasks. Some students swept the floor while others cleaned the tables and windows.

As for how often we clean the classroom, we usually do it every day before going home. Sometimes, we do a bigger cleaning activity once a week.

Personally, I believe a clean classroom helps me focus because there are fewer distractions. For example, I can pay more attention to my teacher when the classroom is tidy.

All in all, keeping our classroom clean is everyone's responsibility.

Sample B2

To begin with, there was a time when my classmates and I cleaned our classroom after school. We swept the floor, wiped the tables, cleaned the windows and collected rubbish. We wanted to create a more comfortable learning environment.

Besides that, our class teacher and all our classmates helped. We divided the tasks among ourselves, so everyone had something to do. For example, some students cleaned the windows while others arranged the desks.

As for how often we clean our classroom, we usually do some basic cleaning every day. We also have a more thorough cleaning session once a week.

Personally, I believe a clean classroom helps students stay focused because there are fewer distractions. A tidy environment also makes me feel more comfortable during lessons.

All in all, keeping the classroom clean is important because it

I collected rubbish around the classroom because I wanted to keep the room tidy. For example, I collected pieces of paper and plastic bottles and put them into the rubbish bin.

School Rule

Talk about a school rule that students should follow.

- what it is
- why it is important
- how students feel about this rule
- why some students ignore school rules (why/why not)

Do you like to follow school rules? Why / why not?



Useful Phrases

Adhere to school regulations

Maintain self-discipline

Foster a conducive learning environment

Minimise distractions

Promote responsible behaviour

Feel restricted, Peer pressure

Disregard school rules

Instil a sense of responsibility

Melaka (Set 2)

Sample B1

Today, I want to talk about a school rule.

To begin with, a school rule students should follow is not using mobile phones during lessons.

Furthermore, it is important because students can concentrate better and focus on their studies.

Next, some students like this rule, but some students feel annoyed because they cannot use their phones.

Finally, some students ignore them because they think the rules are too strict. For example, they may secretly use their phones during lessons.

Sample B2

Today, I want to talk about a school rule that students should follow.

To begin with, a school rule students should follow is not using mobile phones during lessons because phones can distract students.

Furthermore, it is important because students can concentrate better and pay more attention during lessons.

Next, some students agree with it, but others feel restricted because they cannot use their phones freely.

Finally, some students ignore them because they think the rules are too strict or they are influenced by their friends. For example, they may use their phones secretly when their friends are doing the same thing.

I follow most school rules. I know that rules are important for everyone's safety and learning. For example, I follow the rule about keeping the classroom clean even if some of my friends do not.

Emergency

Talk about an emergency situation that could happen at school.

- what the emergency is
- where it could happen
- what students should do
- why students should stay calm

What should you do during an emergency at school?



Useful Phrases

Evacuate the premises
Emergency evacuation, Fire hazard
Designated assembly point
Remain composed
Adhere to safety protocols
Alert the authorities, Prevent further casualties, Ensure everyone's well-being
Minimise potential risks

Melaka (Set 2)

Sample B1

Today, I want to talk about an emergency situation at school.
To begin with the emergency is a fire. A fire can happen because of an electrical problem.
Furthermore, it could happen in the canteen, classroom or science laboratory.
Next, students should stay calm, follow the teacher's instructions and go to a safe place.
Finally, they should stay calm because they can avoid panic and prevent injuries. For example, they should not run or push others.

Sample B2

Today, I want to talk about an emergency situation that could happen at school.
To begin with, the emergency is a fire, which could happen because of an electrical problem or faulty equipment.
Furthermore, it could happen in the canteen, classroom or science laboratory because these places have electrical equipment.
Next, students should remain calm, follow the teacher's instructions and evacuate the building safely. They should also go to the assembly point.
Finally, staying calm is important because it helps students think clearly and avoid unnecessary injuries. For example, they should walk quickly instead of running or pushing others.

I should move to a safe place because I need to stay away from danger. For example, I should leave the building during a fire.

Emergency

Talk about an emergency situation that could happen at school.

- what the emergency is
- where it could happen
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- why students should stay calm

What should you do during an emergency at school?



Useful Phrases

tidy , clean environment
sweep the floor , wipe the tables
collect rubbish , work together
share the work ,
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learning environment
stay focused

Melaka (Set 2)

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Today, I want to talk about an emergency situation that could happen at school.
To begin with, the emergency is a fire, which could happen because of an electrical problem or faulty equipment.
Furthermore, it could happen in the canteen, classroom or science laboratory because these places have electrical equipment.
Next, students should remain calm, follow the teacher's instructions and evacuate the building safely. They should also go to the assembly point.
Finally, staying calm is important because it helps students think clearly and avoid unnecessary injuries. For example, they should walk quickly instead of running or pushing others.

I should move to a safe place because I need to stay away from danger. For example, I should leave the building during a fire.

Favourite Snacks

Talk about snacks you like.

- what your favourite snack is
- why you like it
- how often you buy it
- whether eating snacks is good for your health

Do you like eating snacks? Why/ Why not?



Useful Phrases

Irresistible flavours, Satisfy my cravings

A quick and convenient snack

A wide variety of flavours

Indulge in my favourite treats

Consume in moderation

High in sugar and calories, Nutritional value

Maintain a balanced diet

Make healthier food choices

Melaka (Set 3)

Sample B1

Today, I want to talk about snacks I like. To begin with, my favourite snack is chocolate because it is sweet and tasty. Besides that, I like chocolate because it is easy to eat and convenient. For example, I can bring a small bar to school. As for how often I buy it, I usually buy chocolate once or twice a week, especially when I have some extra money. Personally, I believe snacks are fine in moderation. However, eating too many sugary snacks is not good for us. All in all, I enjoy snacks, but I think we should make healthy choices.

Sample B2

Today, I want to talk about snacks that I like. To begin with, my favourite snack is popcorn because it is light, crispy and tasty. I especially enjoy it when I am watching a film. Besides that, I like popcorn because it is convenient and enjoyable, and there are different flavours to choose from. As for how often I buy it, I usually buy it once a week, especially at the weekend or when I go out with my friends. Personally, I believe snacks can be part of a healthy diet if we eat them in moderation. For example, fruit and yoghurt can be healthier choices. All in all, I enjoy snacks, but we should watch what we eat.

Yes, I like snacks, but I eat them in moderation. Eating too many unhealthy snacks is not good for my health. For example, I may choose fruit instead of crisps when I want a healthier snack.

Traditional Game

Talk about a traditional game you know

- what it is
- where you learned about it
- why it is interesting
- whether younger generation should learn traditional games

Explain one traditional game that you know



Useful Phrases

Heritage,
Preservation, Nostalgic
Camaraderie, Dexterity
Coordination
Intergenerational
Cultural identity
Time-honoured
Traditional pastime

Melaka (Set 4)

Sample B1

Today, I want to talk about a traditional game I know.
First and foremost, the traditional game I know is batu seremban. It is played using several small cloth bags filled with seeds or beads.
Furthermore, I first learned how to play it at school. My teacher showed us how to play the game, and later I played it with my friends.
In addition, I think it is interesting because it is so fun and requires good concentration. For example, I need to throw one piece into the air while picking up another piece from the ground.
Last but not least, I believe younger generations should learn traditional games because they can help preserve our cultural heritage. They can also strengthen the bond among young people.

Sample B2

Today, I want to talk about a traditional game I know.
First of all, the traditional game I know is batu seremban, which is played using several small cloth bags filled with seeds or beads.
Truth to be told, I first learned how to play it at school during a cultural event. My teacher showed us the basic rules, and later I played it with my friends. I found it quite enjoyable because we could learn and have fun together.
Next, what makes the game interesting is that it is tactile and requires good hand-eye coordination. For example, I need to throw one piece into the air while picking up another piece from the ground. It can be challenging, but it is also fun.
Finally, I believe younger generations should learn traditional games because they can help preserve our cultural heritage. They can also build camaraderie and reduce screen time.
In a conclusion, batu seremban is a simple but meaningful traditional game.

One traditional game I know is batu seremban. Players use several small cloth bags and throw and catch them according to different stages. For example, the player throws one piece into the air while picking up another piece from the ground.

The best place in town



Talk about the best place in your town

- where it is
- why you like it
- how to get there
- whether you would visit a place that goes viral on social media



Where is your favourite place to hang out? Why?

Useful Phrases

Picturesque
Vibrant , Bustling
Tranquil , Accessible
Scenic , Landmark
Hidden gem
Lively atmosphere
Tourist hotspot

Melaka (Set 4)

Sample B1

Today, I want to talk about the best place in my town.
Personally, my favourite place is a shopping mall near the town centre. It is easy to find and quite convenient.
Moreover, I like it because there are many shops, restaurants and entertainment activities. It is also the go-to spot for me and my friends to hang out. For example, we sometimes have lunch and watch a film together.
As for how to get there, I usually go by car with my parents. Sometimes, I use an e-hailing service with my friends.
Finally, I would visit a place that goes viral on social media, but I would check the reviews first.
In simple words, I like places that are fun, convenient and affordable.

Sample B2

Today, I want to talk about the best place in my town.
To start with, I would choose a riverside area near the town centre. It is quite easy to reach and has a lovely view.
What I like most about this place is that it is peaceful and picturesque. After a busy week at school, I can walk around, take photos and enjoy the fresh air. For instance, I sometimes go there with my friends to watch the sunset.
When it comes to getting there, I usually go by car with my family. However, I can also use an e-hailing service if I am going with friends.
As for places that go viral on social media, I would definitely consider visiting one. However, I would read online reviews first because some places may be too crowded or expensive. I would also prefer a hidden gem if I wanted a quieter experience.
Truth to be told, I prefer places that are relaxing, affordable and enjoyable.

My favourite place to hang out is a café in my town. I like it because it is comfortable and relaxing, and I can chat with my friends there. For example, we sometimes meet at the café on weekends to have a drink and talk.

Pocket Money

Talk about saving pocket money

- how much money you save
- where you keep your money
- why saving money is important
- what students can do to earn extra money

Do you save your pocket money? Why/Why not?



Useful Phrases

Allowance
Budgeting
Expenditure
Savings
Financial literacy
Frugal , Impulse buying
Prioritise, Financial independence
Emergency fund

Melaka (Set 3)

Sample B1

Today, I want to talk about saving pocket money.
To begin with, I usually save about RM10 a week from my pocket money. I think saving a small amount regularly is easier for me.
Besides that, I keep my money in a piggy bank at home. I can easily see how much I have saved.
As for why saving money is important, I think it helps us manage our money better. For example, I can save up to buy a new school bag or something I need.
Finally, students can earn extra money by doing odd jobs. For example, they can help their neighbours wash cars or do gardening.
All in all, saving money is a good habit for teenagers.

Sample B2

Today, I want to talk about saving pocket money.
As a starter, I normally save around RM20 a month, although the amount depends on my daily expenses. I try to set aside some money before spending the rest.
Moreover, I keep my savings in a savings account with my parents' help because I think it is safer than keeping a large amount of cash at home.
As for why saving money is important, it teaches teenagers financial responsibility and helps us prepare for unexpected expenses. For example, I can use my savings to buy a new school bag instead of asking my parents for extra money.
Finally, students can earn extra money by selling unused items or doing odd jobs. For instance, they could sell old books or help a neighbour with gardening.
Furthermore, saving and budgeting can help students become more responsible with money.

Yes, but I only save a small amount. I think saving even a little can help me develop good money habits.
For an instant, I usually put RM5 into my piggy bank every week.

Weddings

Talk about a wedding you attended

- whose wedding it was
- where it was held
- what people wore
- why weddings are important in our culture

Do you like going to weddings? Why / Why not?



Useful Phrases

Wedding reception

Traditional clothes

Bring families together, Preserve traditions, Strengthen relationships

Close relative, Large gathering

Special occasion,

Catch up with relatives

Memorable experience

Melaka (Set 7)

Sample B1

Today, I want to talk about a wedding I attended.

To begin with, it was my cousin's wedding. I attended it with my parents and other relatives.

Besides that, it was held at a community hall near my cousin's house. The place was quite big and beautiful.

As for the third point, most people wore traditional clothes. For example, the men wore baju Melayu and the women wore baju kurung.

Personally, I believe weddings are important in our culture because they bring families together. Relatives can meet, eat and celebrate together.

All in all, it was a memorable experience for me.

Sample B2

Today, I want to talk about a wedding I attended.

To begin with, it was my cousin's wedding, which was held last year. I went there with my parents and several relatives.

Besides that, the wedding was held at a hotel ballroom because there were many guests. The place was beautifully decorated and had a pleasant atmosphere.

As for what people wore, most guests were smartly dressed. Some women wore baju kurung and baju kebaya, while the men wore baju Melayu with sampin.

Personally, I believe weddings are important in our culture because they bring families together and preserve our traditions. They also give people a chance to meet relatives and friends. All in all, the wedding was a meaningful and enjoyable experience.

Yes, I do. I enjoy weddings because the food and atmosphere are enjoyable. I also like seeing people in traditional clothes. For example, I enjoy trying different dishes at the wedding reception.

Extra Money

Talk about how you can get extra money

- what you can do
- who can help you
- how you would use the money
- whether students should do part-time jobs

What can you do to earn extra money? Why?



Useful Phrases

Earn extra money, Part-time job

Tutor , Sell things online

Work experience, Manage my time

Share my knowledge

Set aside money

Financial responsibility

Spend wisely

Melaka (Set 6)

Sample B1

Today, I want to talk about how I can gain extra money.
To begin with, I can tutor younger students because I can share my knowledge. For example, I can teach English or Mathematics.
Besides that, my parents can help me by giving me advice and finding suitable opportunities.
As for the third point, I would save some of the money and use some to buy things I need, such as books or stationery.
Personally, I believe students should do part-time jobs during the school holidays because they can earn money and gain experience. All in all, students should balance work and studies

Sample B2

Today, I want to talk about how I can gain extra money.
To begin with, I could tutor younger students or sell some things online. For example, I could teach Mathematics to a primary school pupil or sell my old reference books.
Besides that, my parents and teachers could give me advice and help me find a suitable opportunity. My friends could also work with me if we wanted to sell handmade products.
As for the third point, I would save most of the money and use some of it for things I need. I could also set aside money for my future studies.
Personally, I believe students should do part-time jobs if they can manage their time properly. However, they should not let work affect their studies. All in all, earning extra money can teach students financial responsibility.

I could tutor younger students because I can use my knowledge to help them and earn some extra money. For example, I could teach English or Mathematics to a primary school pupil after school.

Making Payment

Talk about ways to pay for things

- how you usually pay
- why you like it
- what to do if you cannot use it
- whether cashless payment is better than cash

Do you prefer cash or cashless? Why?



Useful Phrases

Cashless payment, Pay in cash
Scan a QR code, Track my expenses
Control my spending,
Carry less cash
Keep some cash as a backup
convenient, Avoid unnecessary
spending, Stick to a budget

Melaka (Set 6)

Sample B1

Today, I want to talk about how I make payments.
To begin with, I usually use cashless payment because it is quick and convenient. For example, I can scan a QR code when I buy food.
Besides that, I like it because I can track my expenses easily. I can check how much I spend on food and drinks.
As for the third point, if I cannot use cashless payment, I will pay in cash instead. If I do not have enough cash, I will use another payment method.
Personally, I believe cashless payment is better than cash because it is convenient. All in all, both methods are useful.

Sample B2

Today, I want to talk about how I make payments.
To begin with, I normally use cashless payment, especially when I am buying something at a shop or café. I also keep some cash with me as a backup.
Besides that, I like cashless payment because it is convenient and helps me track my expenses. For example, I can check my payment history to see how much I have spent.
As for the third point, if I cannot use it, I will pay in cash or use my debit card. If neither option is available, I will avoid buying the item if it is not necessary.
Personally, I believe cashless payment is better than cash because it is quick and easy. However, cash is still useful in some situations. All in all, I think both methods have their advantages.

Personally, I prefer cashless payment because it is quick and convenient. I do not have to carry a lot of cash with me. For example, I can scan a QR code when buying food at a shop.

Festivals

Talk about festivals you celebrate

- what people usually do
- what food is served
- who visits your house
- how festivals can bring people closer

What do you enjoy most during a festival? Why?



Useful Phrases

Festive food, Traditional dishes

Visit relatives, Open house

Catch up with someone,

Bring people closer

Quality time, Friendly atmosphere

Preserve traditions

Make happy memories

Melaka (Set 7)

Sample B1

Today, I want to talk about a festival I celebrate.

To begin with, during Hari Raya, people usually visit their relatives and wear traditional clothes.

Besides that, my family usually prepares traditional dishes such as rendang, ketupat and biscuits.

As for the third point, my relatives and family friends usually visit my house. We eat together and talk about our lives.

Personally, I believe festivals can bring people closer because families and friends can spend time together. For example, relatives who live far away can come home and celebrate together. All in all, festivals are meaningful because they help us maintain our relationships.

Sample B2

Today, I want to talk about a festival I celebrate.

To begin with, during Hari Raya, people usually visit their relatives, wear traditional clothes and go to open houses.

Besides that, my family prepares a variety of traditional dishes, such as rendang, ketupat and festive biscuits. We also prepare enough food for our guests.

As for the third point, my grandparents, cousins, neighbours and family friends usually visit my house. We eat together and catch up with one another.

Personally, I believe festivals can bring people closer because they give us a chance to spend quality time together. They also allow people from different backgrounds to learn about each other's traditions. All in all, festivals are special because they strengthen relationships and create happy memories

Personally, I enjoy spending time with my family the most because I do not always get to see all my relatives. For example, during festivals, my cousins who live far away usually come home, so we can eat and talk together.

Drinking Water

Talk about drinking water

- how much water you drink
- when you usually drink water
- why drinking water is good for your health
- how the school can encourage students to drink more water

How much water do you drink every day?



Useful Phrases

Stay hydrated, Water bottle
Drink regularly, Flush out toxins
Prevent dehydration, Concentrate better
Health campaigns, Water fountains
Sugary drinks
Good habits

Melaka (Set 8)

Sample B1

To begin with, I usually drink about two litres of water every day. I carry my water bottle to school and drink between classes or during breaks. Besides that, I often drink water first thing in the morning because it helps me wake up my body. Drinking water is good for my health because it keeps me hydrated and helps me concentrate better in class. Sometimes, I get tired if I do not drink enough water. As for how the school can encourage students to drink more water, I think the school should provide more water fountains so it is easier to get water. Teachers can also remind us to drink water during lessons. All in all, drinking water is important for our health.

Sample B2

Personally, I believe drinking water is very important for maintaining good health. To begin with, I drink around two to three litres of water daily, especially after sports or during hot weather. I usually drink water first thing in the morning and also during meals to help digestion. Besides that, water helps to keep my body hydrated and improves my concentration at school. It also flushes out toxins and keeps my skin clear, which I really care about. As for how the school can encourage students to drink more water, the school could provide more water fountains around the campus and organise health campaigns to educate students about the benefits of drinking water. Teachers could also remind students regularly to drink water during class breaks. All in all, these steps would help students stay healthy and focused in school.

I drink about two litres because it keeps me active and healthy. For example, I always bring a water bottle to school. Usually, I drink one glass in the morning and a few during meals since that's when I feel thirsty.

Sports

Talk about a sport you enjoy

- what the sport is
- when you play it
- who you play it with
- whether teenagers should play sports regularly

What sport is the most popular among teenagers? Why?



Useful Phrases

Teamwork , Discipline
Endurance, Fit
Community, Enjoyable
Relax , Cooperation
Tournaments, Refresh

Melaka (Set 8)

Sample B1

To begin with, the sport I enjoy is football. I play it with my friends after school, which is a great way to relax. We have matches in the local field, and everyone plays together, making it very enjoyable. Besides that, I think teenagers should play sports regularly because it keeps us fit and helps us make friends. Personally, I believe playing sports is essential for our health. All in all, it's a fun way to stay active and happy.

Sample B2

To begin with, I really enjoy basketball. I play it mainly on weekends with my school teammates. We usually gather at the local court in the evenings when it's cooler, which makes it a perfect time for a game. Playing basketball not only improves our physical fitness but also teaches us important values like teamwork and discipline. Personally, I believe that teenagers should engage in sports regularly because it provides a healthy outlet for stress and encourages a sense of community among peers. All in all, sports are a fantastic way to balance our academic life and physical health, keeping us fit and active throughout our teen years

Football. It's widely played and loved in Malaysia. Many schools have their own football teams.

Basketball. It's exciting and popular due to global influence. It's exciting and popular due to global influence.