



SPEAKING NOTES

SPM TRIAL 2026 - PART 2

PAHANG



@fieqateachenglish

Compiled by :
Pn Nur Safiqa Binti Sapar
Prepared by ;
5ST (Set 2)
Sekolah Tun Fatimah

A Song You Like

Talk about a song you like to listen to

- what the song is
- who the singer is
- why you like the song
- how music connects people from different backgrounds

What song do you listen to? Why?



Useful Phrases

Catchy melody
Soothing tune
Meaningful lyrics
Relieve stress, Universal language
Transcend barriers, Lift my mood
Evoke memories , Sense of unity
Renowned performer

Sample B1

Today, I want to talk about a song I like.

To begin with, my favourite song is a modern pop track that has a very catchy melody.

Besides that, it is sung by a talented artist who is famous for his smooth and unique voice.

As for the reason I love it, the meaningful lyrics really help me relieve stress after a long day at school.

Personally, I believe music acts as a universal language that can bring people together regardless of their background.

Sample B2

Today, I would like to talk about a song I really enjoy listening to.

To begin with, my favourite track is a popular acoustic piece featuring a soothing tune and uplifting rhythm.

Besides that, it is performed by a renowned performer who is well known for her impressive vocal range and emotional delivery.

As for why I like it, the music never fails to lift my mood and evoke memories of happy times with my friends.

Finally, I strongly feel that music can transcend language barriers and foster a true sense of unity among listeners.

All in all, music connects everyone through shared emotions

I love listening to fast-paced pop music in the morning. It gives me an instant burst of energy to start my day at school. For example, I listen to cheerful tracks while preparing for school to feel energetic.

Staying Fit and Healthy

Talk about what you do to stay fit and healthy

- what you do
- how often you do it
- what motivates you do it
- what the challenges to stay fit and healthy are

Do you like to exercise? Why?



Useful Phrases

Active lifestyle
Brisk walking , Balanced diet
On a regular basis , Consistent routine
Boost stamina
Mental clarity
Hectic schedule, Resist temptation
Peer encouragement

Sample B1

Today, I want to talk about how I stay fit and healthy.
To begin with, I usually play badminton at my local community hall to maintain an active lifestyle.
Besides that, I try to do this on a regular basis, at least two or three times a week after school.
As for what keeps me going, playing with my classmates provides great peer encouragement and helps me boost stamina.
Personally, I believe the main challenge is managing my hectic schedule because I have a lot of homework and tuition classes.
All in all, staying healthy takes effort and discipline

Sample B2

Today, I would like to talk about my routine for staying fit and healthy.
To begin with, I make it a point to go jogging at the park while sticking to a balanced diet.
Besides that, I follow a consistent routine by exercising every weekend and taking short walks on weekdays.
As for my motivation, physical activity gives me the mental clarity I need to handle exam stress and stay energetic.
Finally, keeping fit can be tough because it is hard to resist temptation when it comes to sweet drinks, and the hot weather often disrupts outdoor plans.
All in all, making healthy choices requires strong determination.

I love exercising because it helps me de-stress after studying. Moving my body releases endorphins which make me feel relaxed and happy.
For example, going for a short jog after school clears my mind completely.

A Useful Item

Talk about a useful item you bought recently

- what the item was
- where you got it
- why you bought it
- if buying something expensive wastes money (why/why not)

Where do you like to shop? Why?



Useful Phrases

convenient, worth the money,
value for money, long-lasting,
durable, cost-effective, compare
prices, spend wisely, runs out of
battery, unnecessary spending

Sample B1

- I want to talk about a useful item I bought recently.
- To begin with, The useful item I bought was a reusable water bottle. I use it every day, especially when I go to school.
- Furthermore, I got it from a shop in a nearby shopping mall because there were many different bottles to choose from.
- Next, I bought it because I wanted to drink more water and save money instead of buying bottled drinks.
- Finally, is buying something expensive wastes money. Personally, I think it does not always waste money because an expensive item can be good quality and long-lasting. For example, a good school bag can be used for many years.

Sample B2

- Today, I want to talk about a useful item I bought recently.
- To begin with, The useful item I bought was a wireless power bank. It is small and convenient, so I can easily bring it with me wherever I go.
- Furthermore, I got it from an online shopping platform after comparing several products and reading customer reviews.
- Next, I bought it because my phone often runs out of battery, especially when I am travelling or using it for schoolwork. It helps me stay connected and makes my daily life easier.
- In my opinion, I believe that it does not necessarily waste money because it depends on whether the item is worth the money. For example, buying a good-quality laptop may be expensive, but it can last for several years and help students with their studies.

I prefer shopping online. This is because it can save time and it allows me to compare prices easily. For example, I can compare several phone cases before choosing the cheapest one with good reviews.

A Family Celebration

Talk about a family celebration you had recently.

- what the celebration was
- where it was held
- how you prepared for the event
- whether family celebrations are important (why/why not)

What do you normally do with your family? Why?



Useful Phrases

family gathering, special occasion, spend quality time, strengthen family relationships, cherish the memories, get together, lend a hand, set the table, festive atmosphere, meaningful

Sample B1

Today, I want to talk about a family celebration I had recently. To begin with, It was my grandmother's birthday celebration. My family decided to have a small celebration because we wanted to spend time with her. Besides that, It was held at my grandparents' house because it was comfortable and convenient for everyone. Next, We prepared some food, bought a birthday cake and decorated the house with balloons. I helped my mother prepare some desserts. Finally, whether family celebrations are important. I believe they are important because they help us spend quality time together an

Sample B2

Today, I want to talk about a family celebration I had recently. To start, it was a Hari Raya celebration, which was a festive occasion for my whole family. We gathered with all of our relatives to celebrate together. Besides that, the celebration was held at my grandparents' house because it was spacious enough for everyone to meet, eat together, and visit. As for the preparation, everyone had a role to play. My parents prepared traditional dishes, while I helped decorate the living room, set up the dining table, and welcome our guests. Finally, regarding whether family celebrations are important, I believe they are because they strengthen family bonds and allow us to spend quality time together. They also create cherished memories that we can look back on in the future.

I normally go shopping or visit places with my family. It allows us to spend time together outside the house. For example, we sometimes go to a shopping mall and have lunch together.

Family Member

Talk about a family member you like

- who the person is
- what the person looks like
- why do you like the person
- whether it is important to have a close relationship with your family (why/why not)

Who is your favourite family member? Why?



Useful Phrases

supportive, caring, understanding,
look up to, rely on, turn to
someone, emotional support,
open up, be there for someone,
build trust

Sample B1

Today, I want to talk about a family member I like.

To begin with, the person I like is my mother. She is someone who is very important to me.

Next, My mother is quite tall and has long, straight hair. She also has a warm smile and usually dresses neatly.

Additionally, I like her because she is caring and supportive. She always listens to my problems and gives me good advice, especially when I am stressed about school.

I truly believe it is important to have a close relationship with your family because family can support us during difficult times and make us feel loved.

Sample B2

Today, I want to talk about a family member I really like.

First and foremost, the person I would like to talk about is my older sister. She is someone I am very close to and often turn to when I need advice.

Other than that, she is quite tall and has shoulder-length, straight hair. She also wears glasses and has a cheerful smile, which makes her look friendly and approachable.

As for why I like her, she is extremely supportive and understanding. Whenever I have problems with my studies or feel stressed, she listens to me without judging me and gives me useful advice.

I believe having a close relationship with your family is really important because family members can provide emotional support, build our confidence and be there for us during difficult times.

My older sister is my favourite. I can talk to them openly because they understand teenagers. For example, I can ask my sister for advice when I have a problem with my friends.

A Study Habit

Talk about a family member you like

- who the person is
- what the person looks like
- why do you like the person
- whether it is important to have a close relationship with your family (why/why not)

Who is your favourite family member? Why?



Useful Phrases

study habit, stay organised,
manage my time, retain
information, identify my mistakes,
deepen my understanding,
educational resources, reliable
sources, stay focused,
a major distraction

Sample B1

Today, I want to talk about a study habit I find useful.
To begin with, the study habit I find useful is making short notes. I usually write down the important points after studying a topic.
In addition, I usually study with my close friends because we can help each other when we do not understand something.
Next, making short notes is truly helpful because it helps me remember important information and make revision easier before an exam.
All in all, I believe the use of the internet can help with studying because I can watch educational videos and find useful information online.
However, I need to avoid social media because it can distract me.

Sample B2

Today, I want to talk about a study habit I find useful.
First, the study habit I find useful is doing past-year questions. I usually practise questions after finishing a topic because it helps me understand how the information is tested in examinations.
Besides that, I normally study with my classmates and close friends. We discuss difficult questions and explain topics to one another when someone is struggling.
As for why the habit is useful, it helps me identify my mistakes and improve my understanding. It also makes me feel more prepared and reduces my stress before examinations.
Finally, frankly speaking, the use of the internet helps me to study because I can access educational websites and videos whenever I need extra explanations.
However, I have to use it wisely because social media can easily become a distraction.

I like reading. This is because it helps me learn new things. Reading exposes me to new information and ideas. For example, I enjoy reading articles about science and animals.

An Act of Kindness

Talk about an act of kindness you have done

- what you did
- who was involved
- why you did it
- whether it is important to always be kind (why/why not)

Do you like to help others? Why?



Useful Phrases

Helping others, Small gestures
Show kindness
Genuine concern, Helping hand
Positive impact
Spread positivity
Thoughtful actions
Caring attitude
Heartwarming experience

Sample B1

Today, I want to talk about an act of kindness.

- To begin with, I helped an elderly neighbour carry her shopping bags because they were too heavy for her.
- Furthermore, my mother and I were involved because we saw our neighbour carrying many bags.
- Next, I did it because I wanted to help someone in need. I also wanted to make her feel happy and supported.
- Yes, I think it is important because kindness can make people feel happy and respected. For example, we can help our friends with their homework or help our neighbours.

Sample B2

Today, I want to talk about an act of kindness that I have done.

- To begin with, I helped an elderly neighbour carry her shopping bags from a nearby shop to her house because she was struggling with them.
- Furthermore, mother and I were involved because we happened to see our neighbour carrying several heavy bags. We decided to lend her a helping hand.
- Next, I did it because I wanted to help someone in need and make her day a little easier. I also believe that even a small act of kindness can make a difference.
- Personally, I believe it is important because kindness can create a more positive and caring environment. For example, helping a classmate with schoolwork or supporting a friend can make them feel respected and appreciated.

Yes, I enjoy helping others because I feel happy when I know that my actions can make someone's life easier. For example, I sometimes help my classmates understand difficult topics before a test. I believe helping others can also strengthen relationships because it shows that we care about the people around us.

A Volunteering Programme

Talk about a volunteering programme that you have participated in.

- what the programme was
- when the programme was held
- why you participated in the programme
- ways to encourage young people to volunteer (why/why not)

Do you want to become a volunteer? Why?



Useful Phrases

Community service,
Helping others, Volunteer work
Meaningful experience
Team effort, Social responsibility
Helping communities
Valuable experience
Positive contribution
Community support

Sample B1

Today, I want to talk about a volunteering programme that I have participated in.

To begin with, it was a school cleaning programme. We cleaned our classrooms, school garden and other areas in the school.

Furthermore, it was held on a Saturday morning during the school holidays. Many students and teachers joined the programme.

Next, I participated because I wanted to help my school and spend my free time doing something useful. I also enjoyed working with my friends.

Schools can organise fun activities such as cleaning activities, charity events and beach clean-ups. They can also promote the activities on social media.

Sample B2

Today, I want to talk about a volunteering programme that I have participated in. To begin with, it was a school community service programme where students took part in cleaning activities around the school. We cleaned the classrooms, school garden and several common areas.

Furthermore, it was held on a Saturday morning during the school holidays. Many students and teachers took part in the programme.

Next, I participated because I wanted to give back to the community and spend my free time in a meaningful way. Besides that, I wanted to improve my teamwork skills and gain new experience.

Schools can organise interesting activities such as beach clean-ups, charity events and community projects. They can also promote volunteering opportunities on social media and give certificates to students who actively participate.

Yes, I would like to become a volunteer because I want to contribute to my community and help people who need support. For example, I would like to join a food donation programme that collects food for families who are facing financial difficulties. I also believe volunteering can help young people develop useful skills, such as communication, teamwork and leadership skills.

An Extraordinary Place

Talk about an extraordinary place you would like to promote to others

- where it is
- why the place is extraordinary
- what people can do there
- whether it is important to protect historical sites in our country (why/why not)

Where is the most interesting place you have gone to? Why?



Useful Phrases

Unique attraction,
Stunning architecture
Beautiful surroundings
Famous landmark
Historical significance
Special features, Breathtaking views
Hidden gem, Worth exploring
Memorable experience

Sample B1

Today, I want to talk about an extraordinary place that I would like to promote to others.

To begin with, I would like to promote George Town, Penang. It is a famous historical city in Malaysia.

Furthermore, it is extraordinary because it has many historical buildings, beautiful street art and interesting local food.

Next, people can visit historical places, take photos, try local food and walk around the old streets. They can also buy souvenirs for their friends and family.

Yes, I think it is important because historical sites tell us about our country's past. They can also attract tourists and help young people learn about history.

Sample B2

Today, I want to talk about an extraordinary place that I would like to promote to others.

To begin with, the place I would like to promote is George Town, Penang. It is a well-known historical city with a rich cultural background.

Furthermore, it is extraordinary because it has a unique combination of historical buildings, colourful street art and traditional food. Visitors can also experience the different cultures that have influenced the city.

Next, people can explore the old streets, visit historical buildings, try traditional food and take photographs of the beautiful street art. They can also learn more about Malaysian culture and history.

Personally, I believe it is important because these places preserve our heritage and help younger generations understand the country's history. Besides that, historical sites can attract tourists and support local businesses.

The most interesting place I have gone to is Langkawi because it offers beautiful natural scenery and many interesting activities. For example, I visited the beach, enjoyed the views and explored some of the local attractions with my family. I found it interesting because I could experience something different from my usual daily routine and spend quality time with my family.

An Invention

Talk about an invention you know

- what the invention is
- why you use it
- when you use it
- whether people should depend too much on inventions (why/why not)

What is an invention you dislike most? Why?



Useful Phrases

Modern technology

Useful invention

Daily convenience

Creative solution

Innovative design

Save time, Improve efficiency Solve

problems , Advanced features

Life-changing invention

Sample B1

Today, I want to talk about an invention that I know.

To begin with, the invention I want to talk about is the smartphone. It is a useful device that many people use every day.

Furthermore, I use it because I can communicate with my family and friends, search for information and use educational apps.

Next, I usually use my smartphone after school to do my homework, watch educational videos and communicate with my friends.

No, I do not think people should depend too much on inventions because they may become lazy and spend too much time using technology. For example, students should not use their phones all the time when studying.

Sample B2

Today, I want to talk about an invention that I know.

To begin with, the invention I want to talk about is the smartphone. It is a modern device that allows people to communicate, access information and use various applications.

Furthermore, I use my smartphone because it helps me communicate with my family and friends. Besides that, I can use it for educational purposes, such as searching for information and watching learning videos.

Next, I usually use my smartphone after school when I need to complete my homework, communicate with my friends or relax by watching videos.

Personally, I do not think people should depend too much on inventions because excessive use of technology can make people less active and less independent. For example, students may rely on their phones to find every answer instead of thinking for themselves. Therefore, we should use inventions wisely.

The invention I dislike most is the automatic hand dryer because I find the noise quite unpleasant. For example, the loud sound can sometimes be surprising when I use one in a public toilet, especially when I am not expecting it. However, I still think it is a useful invention because it allows people to dry their hands quickly and reduces the need for paper towels. Therefore, it can also help to reduce paper waste.

A Picnic

Talk about a picnic you went recently

- where you went
- who joined you
- what you did there
- how outdoor activities can benefit pupils (why/why not)

Where do you go for a picnic?



Useful Phrases

Fresh air, Peaceful surroundings
Delicious food, Outdoor activities
Quality time, Scenic location
Relaxing atmosphere
Family bonding, Beautiful scenery
Memorable outing

Sample B1

Today, I want to talk about a picnic I went to recently.
To begin with, I went to a park near my school because it was peaceful and easy to get to.
Furthermore, My close friends joined me because we wanted to spend some quality time together after a busy week at school.
Next, We ate some food together, played badminton and took some photos. Besides that, we went for a short walk and enjoyed the fresh air.
Finally, Outdoor activities can improve our physical health and reduce stress because they allow us to stay active and relax after studyin

Sample B2

Today, I want to talk about a picnic I went to recently.
To begin with, I went to a recreational park near my school because it was surrounded by nature and had plenty of space for outdoor activities.
Furthermore, A few of my close friends joined me because we wanted to take a break from our busy school routine and spend some quality time together.
Next, We brought some homemade food, played badminton and took group photos to capture the memories. Besides that, we went for a short walk while enjoying the fresh air and peaceful surroundings.
Finally, Personally, I believe outdoor activities can improve physical health, reduce stress and develop teamwork because pupils can stay active while interacting with others. For example, playing team games can teach pupils how to communicate and work together.

I usually go to a park near my house because it is convenient and peaceful. For example, I sometimes go there with my family during the weekend to have lunch and relax.

Learning A New Language

Talk about a language you want to learn

- what language it is
- why you want to learn it
- when you will learnt it
- if learning a language online is effective (why/why not)

What language do you want to learn? Why?



Useful Phrases

Language skills, Daily practice
Build confidence, Improve fluency
Clear communication
Native speakers
Learning opportunities
Cultural understanding
Language barriers
Career opportunities

Sample B1

Today, I want to talk about a language I want to learn.

To begin with, The language I want to learn is Japanese because I am interested in Japanese culture and entertainment.

Furthermore, I want to learn Japanese because I would like to understand Japanese films and songs better. Besides that, I hope I can use it when I travel to Japan.

Next, I plan to learn Japanese after SPM because I will have more free time.

Finally, Yes, I think it can be effective because online lessons are convenient and flexible. For example, I can practise new words at home.

All in all, I hope I can learn Japanese well in the future.

Sample B2

Today, I want to talk about a language I want to learn.

To begin with, The language I would like to learn is Mandarin because it is widely spoken and can be useful in Malaysia as well as other countries.

Furthermore, I want to learn Mandarin because it can help me communicate with more people and may provide better career opportunities in the future. For example, I could communicate with Mandarin-speaking customers or colleagues.

Next, I plan to start learning it after SPM, when I have more free time. I could attend a language class or practise using online resources.

Finally, Personally, I believe it can be effective because online platforms are convenient and flexible. However, learners should also practise speaking with others to improve their communication skills.

All in all, learning another language can be both useful and enjoyable.

I want to learn Japanese because I am interested in Japanese culture and entertainment. For example, I would like to understand Japanese films without depending too much on subtitles.