



SPEAKING NOTES

SPM TRIAL 2026 - PART 2

SABAH



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A Festival Celebration

Talk about a festival you celebrated recently

- what the festival was
- how you celebrated it
- if enjoyed yourself (why/why not)
- why festivals are important in Malaysia

What was the recent festival you celebrated? Did you have fun? Why?



Useful Phrases

festive atmosphere
family gathering
spend quality time
catch up with relatives
enjoy myself
take part in
memorable experience
bring families together

Sample B1

Today, I want to talk about a festival I celebrated recently.
To begin with, the festival I celebrated was Hari Raya Aidilfitri. I celebrated it with my family after Ramadan.
Besides that, we visited my grandparents, wore traditional clothes and had a big family meal. I also enjoyed some delicious festive food.
As for whether I enjoyed myself, yes, I really did. I was happy because I could spend time with my cousins. We talked, took photos and laughed together.
Personally, I believe festivals are important in Malaysia because they bring families together and help us appreciate different cultures.

Sample B2

Today, I want to talk about a festival I celebrated recently.
To begin with, the festival I celebrated was Chinese New Year. It is an important celebration for many Chinese families in Malaysia, and it was a wonderful opportunity for my family to reunite with relatives.
Besides that, my family decorated our house, prepared traditional food and visited several relatives. We also took family photos and spent time chatting with each other.
As for whether I enjoyed myself, I certainly did. I especially enjoyed meeting my cousins because we rarely see each other. We played games, shared jokes and created some happy memories together.
Personally, I believe festivals are important in Malaysia because they allow people to appreciate different cultures and strengthen family and community relationships.

The recent festival I celebrated was Chinese New Year. We had a family reunion dinner and took many photos together.
Yes, I really enjoyed myself because I could meet my cousins and spend quality time with my family. For example, we played games, shared jokes and enjoyed our favourite food together. Personally, I believe it was a meaningful celebration because it brought my family closer. All in all, I had a wonderful time.

Your Favourite Hobby

Talk about a favourite hobby you do during your free time

- what this hobby is
- when do you do this activity
- if you enjoyed yourself (why/why not)
- how to encourage people to take up a hobby

What is your favourite hobby? Why?



Useful Phrases

spare time
take up a hobby
stay active, have fun
reduce stress, develop my skills
spend quality time
boost my confidence
keep me entertained
express my creativity , pass the time

Sample B1

Today, I want to talk about a favourite hobby I do during my free time. To begin with, my favourite hobby is playing badminton. I enjoy this hobby because it is fun and helps me stay active. Besides that, I usually play badminton after school or on weekends. I normally play with my friends at a nearby court. As for whether I enjoy myself, yes, I really do. I enjoy it because I can relax and spend time with my friends. It also helps me feel less stressed after studying. Personally, I believe people can be encouraged to take up a hobby by inviting their friends to join them.

Sample B2

Today, I want to talk about a favourite hobby I do during my free time. To start with, my favourite hobby is reading novels. I enjoy reading because it is relaxing and allows me to learn new things. Besides that, I usually read at weekends or before going to bed. I normally spend about thirty minutes reading, especially when I have finished my schoolwork. As for whether I enjoy myself, yes, I really do. Reading helps me reduce stress and improve my vocabulary. For example, I can learn new words and expressions from English novels. Personally, I believe people can be encouraged to take up a hobby by introducing them to interesting activities. Schools can also organise clubs where students can discover new interests.

Personally, I believe my favourite hobby is listening to music. I enjoy it because it helps me relax and reduce stress, especially after a long day at school. For example, I usually listen to my favourite songs while doing my homework, travelling or relaxing before going to bed. Sometimes. All in all, listening to music is more than just entertainment for me because it helps me feel calm and makes my free time more enjoyable.

An Outing to the Mall

Talk about your outing to the mall recently

- which mall you went to
- things you can buy
- what you saw
- the importance of going for an outing

Do you like to go an outing to a mall? Why?



Useful Phrases

hang out, window shopping
 spend my free time
 grab a bite
 browse the shops
 catch up with friends, watch a movie
 try new food
 have a great time
 Unwind

Sample B1

Today, I want to talk about an outing to the mall that I had recently. To begin with, I went to Sunway Pyramid with my friends last weekend. We spent about four hours there. Besides that, we can buy clothes, shoes, books, food and electronic gadgets. I bought a new T-shirt and had lunch at the food court. As for what I saw, there were many shops, restaurants and entertainment facilities. I also saw many teenagers and families enjoying their time there. Personally, I believe going for an outing is important because it helps us relax and reduce stress after studying.

Sample B2

Today, I want to talk about an outing to the mall that I had recently. To begin with, I went to Mid Valley Megamall with my family last weekend. We decided to spend the afternoon there because there were many things to do. Besides that, the mall has a wide range of products, such as clothes, shoes, books, electronic gadgets and food. I bought a new T-shirt and some stationery for school. As for what I saw, there were many shops, restaurants and entertainment facilities. The mall was quite crowded, and I saw many families and teenagers enjoying themselves. Personally, I believe going for an outing is important because it allows us to take a break from our daily routine, relax and spend quality time with our loved ones.

Yes, I do. Personally, I enjoy going to the mall because it gives me a chance to socialise with my friends and take a break from my studies. For example, during the school holidays, my friends and I sometimes meet at the mall, have lunch and watch a movie together. We also walk around and chat about school and our hobbies. All in all, I find going to the mall enjoyable and relaxing.

A Sport You Like to Do

Talk about your outing to the mall recently

- what sport you do
- who usually plays with you
- the advantages of the sport
- how to encourage people to take up a sport

What is your favourite sport? Why?



Useful Phrases

stay fit, stay active
keep myself healthy
build my stamina
improve my skills
work as a team
challenge myself , release stress
boost my confidence
have a friendly match

Sample B1

Today, I want to talk about a sport I like to do.
To begin with, my favourite sport is badminton. I usually play it at a nearby court with my friends.
Besides that, I normally play with my classmates after school. We enjoy playing together and sometimes have friendly matches.
As for the advantages of this sport, there are many. Badminton helps me stay healthy and reduce stress. It also gives me a chance to spend time with my friends.
Personally, I believe people can be encouraged to take up a sport by inviting their friends to join them. Schools can also organise fun sports activities.

Sample B2

Today, I want to talk about a sport I like to do.
To begin with, my favourite sport is badminton because it is fun and does not require a large space. I usually play it at a nearby court.
Besides that, I normally play with my friends and classmates after school. Sometimes, we organise friendly matches and encourage each other to improve.
As for the advantages of this sport, there are several. Badminton helps me stay fit, reduce stress and improve my teamwork skills. It also allows me to spend quality time with my friends.
Personally, I believe people can be encouraged to take up a sport by making sports activities more enjoyable. Schools could organise friendly competitions and invite students to take part.

Personally, I believe badminton is my favourite sport. I enjoy playing it because it keeps me physically active while allowing me to spend quality time with my friends.

For example, I usually play with my classmates at a sports hall after school or during the weekend. We sometimes organise friendly matches.

All in all, it is an enjoyable sport that helps me stay healthy and connected with my friends.