SPEAKING NOTES

SPM TRIAL 2026 - PART 2

SABK

@fieqateachenglish

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

A Skill

Talk about a skill you would like to learn

- what skill you want to learn
- why you want to learn it
- how you plan to learn it
- how this skill could help you in the future

Useful Phrases

Practical skills
Daily practice, Build confidence
Improve performance
Learning process, Useful ability
Personal growth
Career opportunities
Problem-solving skills
Valuable experience

SABK (Set 1)

Sample B1	Sample B2
Today, I want to talk about a skill that I would like to learn. To begin with, the skill I want to learn is public speaking. I think it is an important skill because I am quite shy when speaking in front of many people. Besides that, I want to learn it because it can help me become more confident and improve my communication skills. As for how I plan to learn it, I will watch online videos, join school activities and practise speaking in front of my friends. Personally, I believe this skill will be very useful in the future. It can help me during interviews, presentations and group discussions. All in all, learning public speaking can help me become a more confident person.	Today, I would like to talk about a skill that I want to learn, which is graphic design. To begin with, I am interested in graphic design because I enjoy being creative and producing attractive posters and social media content. It allows me to express my ideas in a visual way. Besides that, I want to learn this skill because many companies look for people who have digital and creative abilities. It could also help me earn extra income in the future. As for how I plan to learn it, I intend to watch online tutorials, take part in short courses and practise using design software whenever I have free time. I may also learn from experienced designers online. Personally, I believe this skill can open up many opportunities. It may help me in university projects, future jobs or even starting my own business. All in all, graphic design is a useful and practical skill that can benefit me in many ways.

Fashion

Talk about fashion trends among teenagers

- what fashion trend you like
- who influences you
- where you purchase your fashion items
- if it is important to follow fashion trends (why/why not)

Useful Phrases

Fashion trends, Personal style
Comfortable clothing
Stylish outfits, Latest trends
Fashion sense, Affordable fashion
Unique designs, E
xpress individuality
Sustainable fashion

SABK (Set 1)

Sample B1	Sample B2
Today, I would like to talk about a fashion trend that I like. To begin with, I enjoy wearing casual streetwear because it is comfortable and suitable for daily activities. I usually wear oversized T-shirts, jeans and sneakers. Besides that, my friends and social media influencers influence my fashion choices. I often see interesting outfit ideas on Instagram and TikTok. As for where I buy my fashion items, I usually shop online because it is convenient and affordable. Sometimes, I also visit shopping malls with my family. Personally, I believe it is not necessary to follow every fashion trend. Comfort and personal style are more important. All in all, fashion should help people feel confident and express themselves.	Today, I would like to talk about a fashion trend that I enjoy, which is Korean fashion. To begin with, I like this trend because it looks modern, simple and stylish. Many Korean outfits are comfortable and easy to wear for different occasions. Besides that, I am influenced by social media influencers and celebrities. I often watch fashion content online and learn how to combine different clothing items to create attractive outfits. As for where I purchase my fashion items, I usually buy them from online shopping platforms because they offer a wide range of choices at affordable prices. Occasionally, I visit shopping malls to try on clothes before buying them. Personally, I believe it is not essential to follow every fashion trend. While trends can provide inspiration, people should choose clothes that suit their personality, comfort and budget. All in all, fashion is a way to express individuality and build confidence.

A Camp

Talk about a camp that you have attended

- what the camp was about
- when and where it was held
- what you learnt from the camp
- if it is important for students to attend camps (why/why not)

Useful Phrases

Outdoor activities, Team spirit
Leadership skills
Exciting challenges, Survival skills
New friendships
Build confidence
Personal development
Memorable experience
Overcome fears

SABK (Set 2)

Sample B1	Sample B2
Today, I want to talk about a camp that I attended. To begin with, it was a leadership camp organised by my school. The camp focused on teamwork and leadership skills. Besides that, it was held during the school holidays at a campsite in Pahang. The camp lasted for three days and two nights. As for what I learnt from the camp, I learnt the importance of teamwork, communication and responsibility. For example, my group had to complete several challenges together. Personally, I believe it is important for students to attend camps because they can gain confidence and make new friends. All in all, the camp was a valuable experience that taught me many useful life skills.	Today, I would like to talk about a camp that I attended last year. To begin with, it was an outdoor adventure camp organised by my school. The main purpose of the camp was to develop teamwork, leadership and problem-solving skills through various outdoor activities. Besides that, the camp was held during the mid-year school holidays at a recreational park in Johor. It lasted for three days and involved activities such as jungle trekking, obstacle courses and group challenges. As for what I learnt from the camp, I gained valuable skills such as communication, cooperation and self-discipline. One memorable experience was completing a treasure hunt with my teammates, which taught us the importance of working together. Personally, I believe attending camps is very important for students because they provide learning opportunities outside the classroom and help students become more independent. All in all, the camp was both enjoyable and educational, and I would encourage more students to join similar programmes.

Living in A Village

Talk about your experience living in a village

- where the village is
- what life in the village is like
- what you learnt from living there
- if living in the village is beneficial (why/why not)

Useful Phrases

Peaceful environment, Fresh air
Friendly neighbours,
Close-knit community
Beautiful scenery
Traditional lifestyle
Strong relationships
Natural surroundings
Simple lifestyle, Community spirit

SABK (Set 2)

Sample B1	Sample B2
Today, I would like to talk about my experience living in a village. To begin with, the village is in Kedah, where my grandparents live. It is surrounded by paddy fields and has a very peaceful environment. Besides that, life in the village is simple and relaxing. The neighbours are friendly, and everyone knows each other. I enjoy breathing the fresh air and spending time outdoors. As for what I learnt, I became more responsible by helping my grandparents with household chores and gardening. I also learnt the importance of helping others. Personally, I believe living in a village is beneficial because it reduces stress and teaches important values. All in all, it was a valuable experience that helped me appreciate a simpler way of life.	Today, I would like to talk about my experience living in a village during the school holidays. To begin with, the village is located in Terengganu, near the coast, where my grandparents live. The area is surrounded by beautiful natural scenery and has a very close-knit community. Besides that, life in the village is peaceful and less stressful than life in the city. People are friendly and often help one another. I enjoyed spending my mornings cycling around the village and visiting nearby farms. As for what I learnt from living there, I developed a greater sense of responsibility and independence. I also learnt to appreciate nature and the importance of community spirit. For example, I joined local residents in cleaning the village hall before a community event. Personally, I believe living in a village is beneficial because it teaches important life values and strengthens family relationships. All in all, it was a memorable and rewarding experience that taught me many useful lessons.

A Sleeping Habit

Talk about your sleeping habits

- when you normally sleep
- how long you sleep
- how you can improve your sleeping habit
- why having a good sleep is important to you

Useful Phrases

Healthy routine, Sleep quality
Enough rest, Sleep deprivation
Regular bedtime, Daily energy
Mental focus, Sleeping patterns
Reduce stress
Better concentration

SABK
(Set 3)

Sample B1	Sample B2
Today, I want to talk about my sleeping habits. To begin with, I normally go to bed at about 11.00 p.m. on school nights. Sometimes I sleep later when I have a lot of homework. Besides that, I usually sleep for about seven hours. I wake up at 6.00 a.m. to get ready for school. As for improving my sleeping habits, I can use my phone less at night and have a fixed bedtime. For example, I can stop watching videos 30 minutes before I sleep. Personally, I believe good sleep is important because it helps me concentrate better in class and gives me enough energy for the day.	Today, I want to talk about my sleeping habits. To begin with, I normally go to bed at around 10.30 or 11.00 p.m. on school nights. However, I sometimes stay up late when I have homework or revision to complete. Besides that, I usually get around seven hours of sleep, although I can sleep for eight hours on weekends. As for improving my sleeping habit, I think I should reduce my screen time before bed and follow a regular sleeping schedule. For example, I can put my phone away at least 30 minutes before going to bed and avoid drinking coffee at night. Personally, I believe having good sleep is important because it helps me concentrate better, improves my mood and gives me enough energy for school. It also helps me study more effectively.

A Childhood Memory

Talk about your childhood memory

- what the memory is
- when it happened
- why it is something you cannot forget
- why keeping memories is important

Useful Phrases

Happy memories
Special moments , Family bonding
Unforgettable experience
Childhood friends
Precious memories,
Meaningful experience
Lasting impression
Joyful moments, Nostalgic feelings

SABK (Set 3)

Sample B1	Sample B2
Today, I want to talk about a childhood memory I remember well. To begin with, my favourite memory is a family holiday to Langkawi. I went there with my parents and my brother. Besides that, it happened when I was about eight years old, during the school holidays. We stayed in a hotel near the beach. I cannot forget this memory because I had a lot of fun with my family. For example, we played on the beach, ate delicious food and took many photos together. In my opinion, I think it is important because they remind us of happy moments. Personally, I believe old photos help us remember special people and experiences.	Today, I want to talk about a childhood memory I remember well. To begin with, one of my most memorable experiences was my primary school concert. I performed a traditional dance with my classmates when I was in Year 3. Besides that, it happened about seven years ago, but I can still remember many details about that day. I cannot forget it because it was my first time performing on stage. I was nervous before the performance, but I felt extremely proud when it ended. My parents were also there to support me, which made the experience even more special. In my opinion, I think it is important to keep memories because they allow us to look back on our childhood and appreciate the people who were part of our lives. Personally, I believe photos and videos are a good way to preserve these moments.