

PRE-SPM Test 1

PAPER 1

One hour and forty-five minutes

This question paper consists of **two** sections. **Section A** and **Section B**. Answer **both** sections.

Section A: Directed Writing

[35 marks]

[Time suggested: 45 minutes]

You recently attended a seminar on how to boost your confidence. Your teacher has asked you to give a speech to share with your classmates what you have learnt. You also made some notes during the seminar. Using the information in the table below, write your **speech**.

Aspect	What You Must Do
1 Dressing	<ul style="list-style-type: none">• carry yourself well• change the way you interact with people• dress to suit your personality
2 Posture	<ul style="list-style-type: none">• shoulders slumped – lack self-confidence• stand up straight – keep your head up
3 Power of knowledge	<ul style="list-style-type: none">• read self-help books• attend motivational talks
4 Speak up	<ul style="list-style-type: none">• get rid of your fears• courage to express your views• speak during group discussions
5 Keep fit	<ul style="list-style-type: none">• regular workout• improve physical appearance – energetic

When writing the **speech**, you should remember to:

- use an appropriate greeting
- state the purpose of the speech
- use **all** the notes given
- give your **own ideas** when needed
- use an appropriate closing

Note:

For your speech, you will receive up to **15 marks** for the format and content points, and up to **20 marks** for the quality of your writing.

Good morning, Puan Hanim and friends. Today, I would like to share with you some useful tips which I learnt during a seminar recently. The tips will help boost your confidence.

First, dress well. When you look good, you will carry yourself well and even change the way you interact with people. Determine your flaws and assets in order to help you dress accordingly. Do not follow fashion trends blindly as they may not suit you. Find a style that suits your personality. Fashion trends come and go but your style will always be the right one for you.

Next, make sure you have a good posture. Do not walk with your shoulders slumped because it indicates a lack of self-confidence. It also shows that you are not enthusiastic about what you are doing or even consider yourself not important. Remember to practise good posture and you will automatically feel confident. And here is how you do it; stand up straight, keep your head up and make eye contact.

Another way to build your confidence is to equip yourself with knowledge. Read self-help books, attend motivational talks or learn from others. Having the knowledge to stay motivated and confident will help lift your spirits when you are down.

Next, learn to speak up. The only way to improve your confidence is to get rid of your fears and gather courage to express your views. Most people are afraid to speak up when they are in a group. Do not let fear hold you back. Instead, make an effort to speak at least once during a group discussion and soon your confidence will grow.

Lastly do not neglect your health and fitness. Keeping fit and feeling good about your body and health can have a huge impact on your self-confidence. Exercise regularly as a good workout will help improve your physical appearance and keep you energetic. So when you feel good inside, it shows on the outside. This is a great boost to your confidence.

I hope that you have found the tips useful. I urge you, friends, to practise the tips because once you have gained confidence, you can draw on it to help you achieve all your goals.

Thank you.

Section B: Continuous Writing

[50 marks]

[Time suggested: One hour]

Write a composition of about **350 words** on one of the following topics.

- 1 How can we stop cyberbullying?
- 2 Write a story about how a chance meeting with a stranger changed your life.
- 3 What would you do if you were a millionaire?
- 4 'Social media does more harm than good'. What do you think?
- 5 "To err is human, to forgive is divine"
Describe an experience when this was true for you.
- 5 'To err is human, to forgive is divine'
Describe an experience when this was true for you.

Introduction

- Excitement filled the air and bubbled inside me. Finally, the school examination was over and it was time to let our hair down!
- All of us looked forward to doing something fun and enjoyable. However, it did not turn out the way I had expected.

Body**Paragraph 1**

- Our class teacher allowed us to play board games, have Physical Education or chat with our friends as long as we were all occupied.
- Many of my friends brought their ipads, tablets and smartphones

Paragraph 2

- My friends took the opportunity to whip out their latest and sophisticated smartphones. Everyone was occupied and focused on playing digital games.
- I looked at them and was very interested to join them.

Paragraph 3

- However, I did not have one. So, my friend Weng lent me his smartphone. I happily thanked him for his kind gesture.
- A few minutes later, I returned it to Weng. I continued playing board games with other friends.

Paragraph 4

- Suddenly, Weng exclaimed that his smartphone was missing and Andy professed that I was the thief.
- I was deeply hurt to have been accused of something I did not do. All three of us were ordered to go to the principal's office.

Paragraph 5

- Andy insisted that I was a thief and accused me of stealing the phone. I tried to defend myself.
- Unexpectedly, another classmate Hashim rushed into the principal's room.
- He said that the smartphone was found in Andy's drawer.

Conclusion

- My name was cleared. Andy finally admitted that he took the smartphone.
- Andy apologised profusely for his behaviour. Both of us accepted his apologies and forgave him. We believe that to err is human, to forgive is divine.

KERTAS PEPERIKSAAN TAMAT

PAPER 2**Two hours and fifteen minutes**

This question paper consists of four sections: **Section A**, **Section B**, **Section C** and **Section D**. Answer all the sections in this question paper. Questions in **Section A** have four options. Answer each question by circling A, B, C or D on the question paper.

Section A

[15 marks]

[Time suggested: 25 minutes]

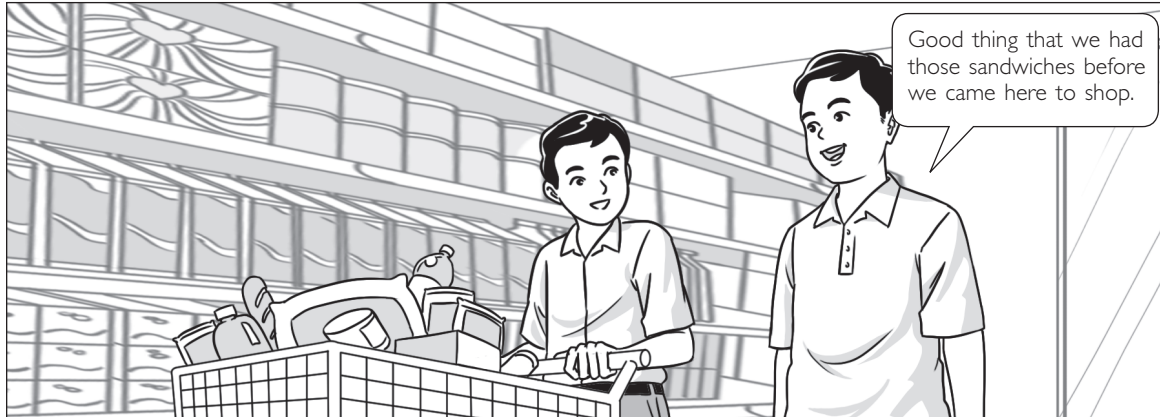
Grand Krayon

Come discover the natural beauty of rocky cliffs
and undulating peaks

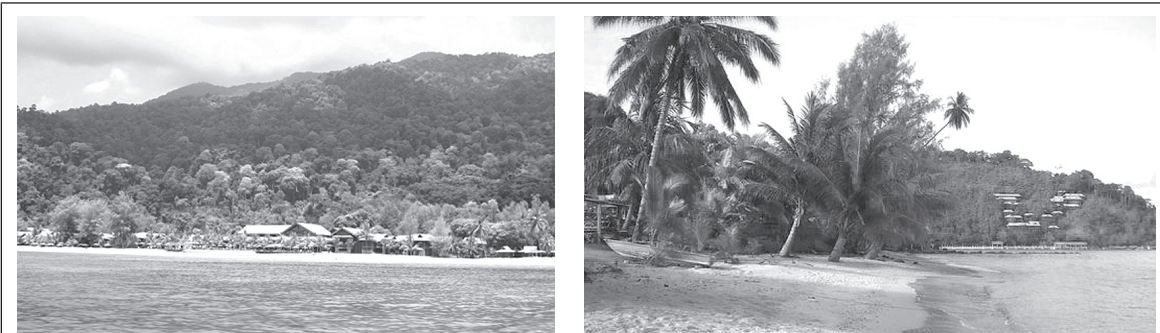
With peaks soaring over 1700 metres, there is a sense of wonder that overcomes you in Grand Krayon. Keep exploring and you will discover more natural phenomena in one destination than you ever imagined.

- 1 From the extract above, it can be concluded that Grand Krayon has
- A beautiful beaches
 - B exciting nightlife
 - C mountain views
 - D natural parks





- 2 From the cartoon strip, we can conclude that both the men
- A did not agree with the saying
 - B shopped on an empty stomach
 - C had not shopped enough for foodstuff
 - D bought a lot of foodstuff despite having eaten



Many people in the city would want to settle down in a quieter locality when they retire. One such place they may want to consider is the coast off Rompin, a little island, four thousand hectares in an area scattered with rock, thorny bushes and trees, with eagles and wildlife making the place their home. Nobody has thought of settling there until recently.

- 3 From the extract, it can be concluded that
- A no one wants to stay on the island
 - B there are people living on the island
 - C the island has many primitive settlements
 - D only eagles and wildlife can be found on the island

Do you enjoy snacking? Here are a few tips to help you:

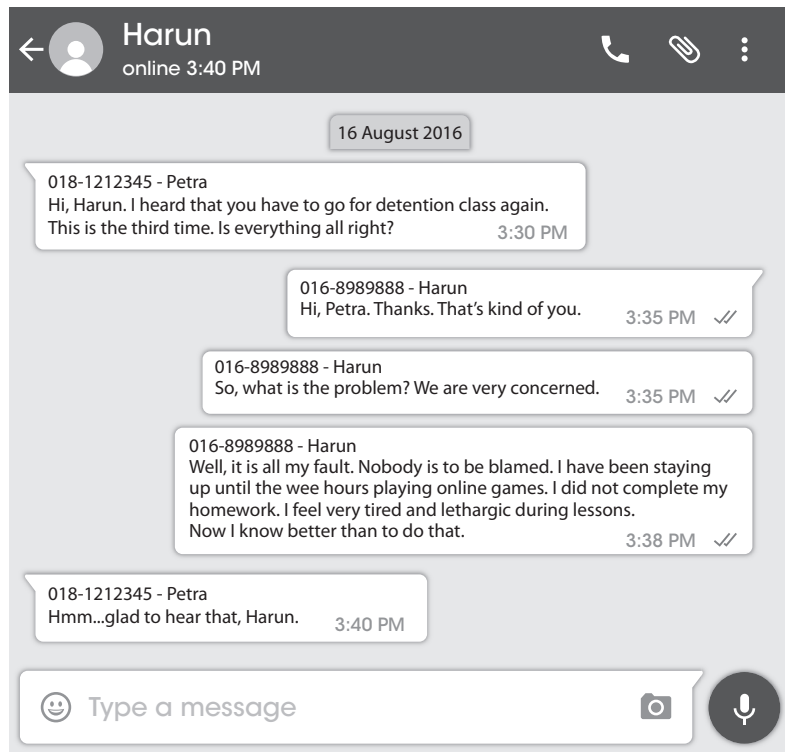
- Keep each snack about the same size to avoid over-eating yet still satisfies your appetite
- Appetizer-size portions in restaurants and at home are about the right size for mini-meals
- You don't have to plan six or more different bite-sized meals each day
- You could portion out the meals you are having

- 4 We can conclude that if you enjoy snacking, you have to
- A consume as much food as you like
 - B eat both at home and at restaurants
 - C make sure that you do not eat too much
 - D divide your meal portions equally each day

Students Offer Cash Aid to Syrian Refugees

Petaling Jaya: Students nationwide came together as one when a collection of RM800,000 was collected to aid Syrian refugees in Lebanon and Jordan due to the civil conflict in Syria. The campaign, spearheaded by Datuk Megat Ayub, the Director of Relief Aid Foundation, is a collaboration between Relief Aid Foundation and Warisan Sdn. Bhd. Students pledged their donations via English carnivals, jumble sales and charity drives such as jogathons and food fairs.

- 5 From the news report, we know that the campaign
- A aims to promote humanitarian values
 - B has targeted a collection of RM800,000
 - C is a joint effort between two companies
 - D has received limited support from students
- 6 The extract tells us that the Syrian refugees are affected by
- A natural disasters
 - B drought
 - C famine
 - D war



- 7 When Harun said ... *I know better than to do that*, he was referring to
- A doing his homework
 - B playing online games
 - C going to detention class
 - D being tired and lethargic

Piranhas hunt with speed and surprise tactics. The typical way of attacking prey is by swimming directly into a shoal of fish. The attacked shoal will scatter in all directions, and the piranha quickly overpowers an individual fish. Small fish are swallowed whole. As for the larger prey, chunks are ripped out of *them*, which the piranha swallows instantly so it can immediately attack another prey.

- 8 The word *them* in the extract refers to the
- A chunks
 - B piranhas
 - C small fish
 - D larger fish

Questions 9 – 15 are based on the following passage. Choose the best answer to fill in each blank.

Come February, figure skater Chew Kai Xiang will create history when he becomes the first ever Malaysian to **9** at the Winter Youth Olympics in Lillehammer, Norway.

No Malaysian has ever competed in these games, whether at senior or youth level. Sixteen-year-old Kai Xiang, is now braced for the **10** occasion of his skating career in February. Kai Xiang who started skating **11** the age of four, will compete against 15 other competitors in the men's figure-skating event, including **12** from Japan and the United States.

The Japan-based skater **13** a year off from school to train in Osaka to prepare for Lillehammer and attempted to qualify for the 2018 Winter Olympics in South Korea.

"It's really hard as I stopped studying for one year to train in Japan. I train in the morning, then I go for Japanese language classes for three hours **14** I train again at night," Kai Xiang said.

Kai Xiang is actually a **15** for Julian Yee Zhi Jie who won Malaysia's spot in Lillehammer after finishing 19th at the World Junior Championship in Tallinn Estonia in March.

However, as Julian is over the age limit of 17, his place went to Kai Xiang who is the country's No. 2 ranked junior figure skater. Kai Xiang is also hoping that figure-skating is included in the 2017 Sea Games in Kuala Lumpur as it is a step towards qualifying for the Olympics.

Adapted from NST January 2016

- 9 A compete
B competes
C competed
D competing
- 10 A big
B bigger
 C biggest
D most big
- 11 A at
B in
C of
D by
- 12 A ones
B them
C these
 D those
- 13 A took
B takes
 C has taken
D had taken
- 14 A after
B when
C while
 D before
- 15 A reserve
B stand-in
 C substitute
D replacement

Section B

[10 marks]

[Time suggested: 25 minutes]

Questions 16 – 25

Read the following poster and answer the questions that follow.

**Are Your Parents Thinking of Owning a Luxury Property?
Be a Proud Owner of Azure Villas Residence**

Azure Villas Residence is a new prestigious landmark located in KLCC – a housing project by DK Sdn Bhd. It is a brand new full fledged villa located in the heart of Jalan Suria, KLCC. It is only a 5 minute walk to the iconic Petronas Twin Towers.

Each villa has a built-up area of 7 000 square feet, giving you and your family a spacious home, suitable for large families. Each villa comes with five bedrooms and a living room, with a balcony that overlooks the waterways and lakes. A CCTV camera is installed in every home to give you a sense of security and peace.

At Azure Villas Residence, your safety and well-being is of paramount importance. The entire development is gated and guarded with 24-hour security patrol.

Furthermore, the area will feature a private clubhouse with sports and recreation facilities exclusively only for the residents. In addition, Azure Villas Residence has a primary and secondary school to cater to your children's education. A hypermarket, bicycle paths and a jogging track complete the vast array of facilities.

A shuttle bus is provided at every 30-minute interval to the hub of the housing estate. So, you and your family can enjoy the facilities and amenities without the hassle of driving.

The villas cost RM750,000 each. To own such an exclusive property is a dream come true.

Using the information from the text, complete the table below.

AZURE VILLAS RESIDENCE	
Location	16 <u>Heart of Jalan Suria, KLCC</u>
Developer	17 <u>DK Sdn Bhd</u>
Built-up area	7 000 square feet
Security	18 <u>24-hour security patrol</u> 19 <u>gated and guarded</u>
Facilities	<ul style="list-style-type: none"> • clubhouse • hypermarket • 20 <u>bicycle paths</u> • 21 <u>jogging track</u>
Educational institution	<ul style="list-style-type: none"> • 22 <u>primary school</u> • 23 <u>secondary school</u>
Public transport provided	24 <u>shuttle bus</u>
Price per unit	25 <u>RM750 000</u>

[10 marks]

Section C

[25 marks]

[Time suggested: 50 minutes]

Questions 26 – 31 are based on the following passage.

- 1 Laughter yoga, founded by Dr. Madan Kataria, an Indian physician from Mumbai in 1995, is a unique exercise routine that has become a worldwide phenomenon, with more than 6000 social laughter clubs in 65 countries. In laughter yoga, practitioners force themselves to laugh loudly and heartily as they incorporate yoga breathing techniques. People of all ages can practice it.
- 2 The concept of laughter yoga is based on a scientific fact that the body cannot differentiate 5 between fake and real laughter. Thus, in laughter yoga, laughter is simulated as a body exercise which might turn into real and contagious laughter. Practitioners laugh for no reason, continuously for at least 10 to 15 minutes, without relying on humour, jokes or comedy, and get the same physiological and psychological benefits.
- 3 The laughter has to be a belly laugh which is loud and deep, coming from the diaphragm, in 10 order to reap the health benefits of laughter. It might not be socially acceptable to laugh heartily, but laughter yoga clubs provide a safe environment where one can laugh loudly and heartily without any social implication.
- 4 Natural laughter depends upon many reasons and conditions, however there are not many 15 reasons which make us laugh. This means that if we leave laughter to chance, laughter may happen or it might not. In contrast, in laughter yoga clubs, laughter is not left to chance, but done out of necessity and commitment. It is a guaranteed way of reaping the health benefits of laughter.
- 5 Laughter yoga provides a life-changing experience. People in Japan are highly stressed and 20 many of them are workaholics. They are always running and walking in a mad rush and most of them wear face masks as they are prone to flu and cough. They could hardly laugh but surprisingly, participants enjoyed the sessions in laughter yoga clubs. They felt very relaxed, even though laughter was not spontaneous. In India, thousands of Laughter Yoga clubs meet every morning in public areas. Club members proudly report that it makes them happy, healthy and energised. Laughter yoga has changed their lives. 25
- 6 Clinical research on laughter yoga methods has been conducted at the University of Graz 30 in Austria, the United States as well as in Bangalore, India. The results have demonstrated that laughter lowers the level of stress hormones such as epinephrine and cortisol in the blood. Practitioners of laughter yoga are less likely to succumb to stress and feelings of depression as they are able to laugh away their troubles. They are full of positive energy. This helps them to cope with stress and avoid depression. In fact, the impact of laughter is so profound that many practitioners claim they no longer need anti-depressants. The sustained positive emotions keep them coming back for more.
- 7 Participants report significant health improvements. Many felt a reduced frequency of 35 respiratory infections such as common cold and flu, while others reported chronic medical problems improving or even disappearing. *As the word spreads*, it is obvious that Laughter Yoga is helping people to become healthier.
- 8 In laughter yoga, practitioners receive healing, good company, humour and the physical 40 sensation of deep-throated laughs. It is really encouraging to see the laughter movement spread cheer and joy the world over.

Adapted from:

<http://laughteryoga-ontario.com/laughter-yoga/html>

<http://www.laughteryoga.org/laughter-yoga-in-japan>

<http://www.laughteryogaamerica.com>

- 26 From paragraph 1,
 (a) what do yoga practitioners do in laughter yoga sessions?
They laugh loudly and heartily.
 _____ [1 mark]

- (b) what does the word 'it' in line 4 refer to?
Laughter yoga.
 _____ [1 mark]

- 27 (a) From paragraph 3, how do practitioners gain physiological and psychological benefits of laughter yoga?
They laugh for no reason continuously for at least 10 to 15 minutes.
 _____ [1 mark]

- (b) From paragraph 4, what is the difference between natural laughter and laughter yoga?
A natural laughter depends on reasons and conditions while laughter in laughter yoga is done out of necessity and commitment.
 _____ [1 mark]

- 28 (a) From paragraph 5, which word conveys the meaning of 'spur-of-the-moment'?
'spontaneous'
 _____ [1 mark]

- (b) 'They are always running and walking in a mad rush...' (line 21).
 What does this tell us about the Japanese?
They are highly stressed.
 _____ [1 mark]

- 29 From paragraph 7,
 (a) what **one** piece of evidence shows that practitioners have gained from practising laughter yoga?
Practitioners report significant health improvements.
 _____ [1 mark]

- (b) what does the phrase *as the word spreads* means?
People are telling others about the benefits of laughter yoga.
 _____ [1 mark]

- 30 'Laughter yoga provides a safe environment where one can laugh loudly and heartily without any social implication.'
 Based on this statement, state **one** area that is considered a safe environment for practising laughter yoga.
 Give a reason to support your answer.
 Area: *In an open park (Accept any suitable answer)*
 _____ [1 mark]

- Reason: *It does not distract other users in the park. (Accept any suitable answer)*
 _____ [1 mark]

Section D

[20 marks]

[Time suggested: 35 minutes]

32 Read the poem below and answer the questions that follow.

The Living Photograph

My small grandmother is tall there,
 straight-back, white broderie anglaise shirt,
 pleated skirt, flat shoes, grey bun,
 a kind, old smile round her eyes.
 her big hands hold mine,
white hand in black hand.
 Her sharp blue eyes look her own death in the eye.

It was true after all; that look.
 My tall grandmother became small.
 Her back round and hunched.
Her soup forgot to boil.
 She went to the awful place grandmothers go.
 Somewhere unknown, unthinkable.

But there she is still,
 in the photo with me at three,
the crinkled smile is still living, breathing.

Jackie Kay

- (a) What does the line *white hand in black hand* tell us about the persona's family?
They are of a mixed race. _____ [1 mark]
- (b) In stanza 2,
 i. why do you think *her soup forgot to boil*?
The persona's grandmother was forgetful/absent-minded. _____ [1 mark]
- ii. what happened to the persona's grandmother?
She passed away./She died. _____ [1 mark]
- (c) The persona remembers and loves her grandmother.
 i. Why do you think the persona says *the crinkled smile is still living, breathing*?
The grandmother's smile looks so alive and real in the photograph. _____ [1 mark]
- ii. Do you think the persona is right in remembering her grandmother?
 Give your reason.
Yes, she should as her grandmother was a kind and supportive person/her grandmother was a source of inspiration. (Accept any suitable answer) _____ [1 mark]
- [5 marks]

KERTAS PEPERIKSAAN TAMAT