

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.

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.

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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]

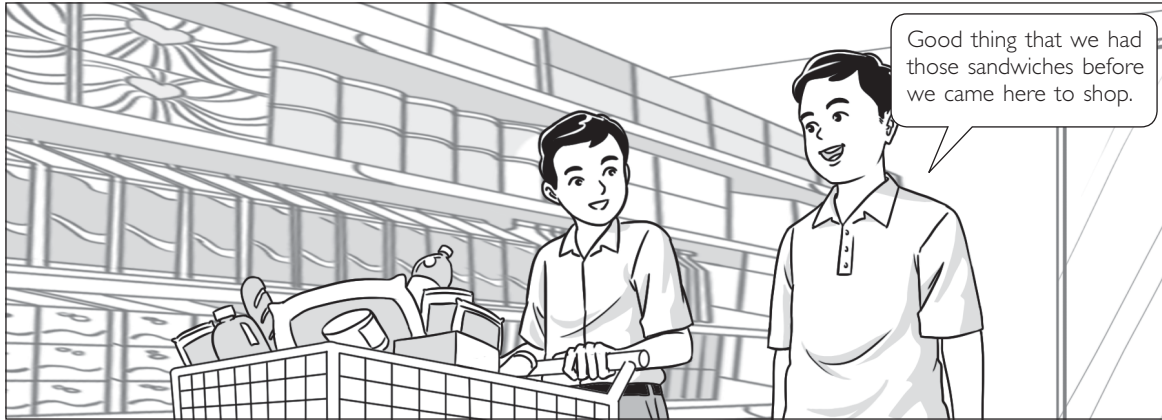
Grand Krayon

Come discover the natural beauty of rocky cliffs
and undulating peaks

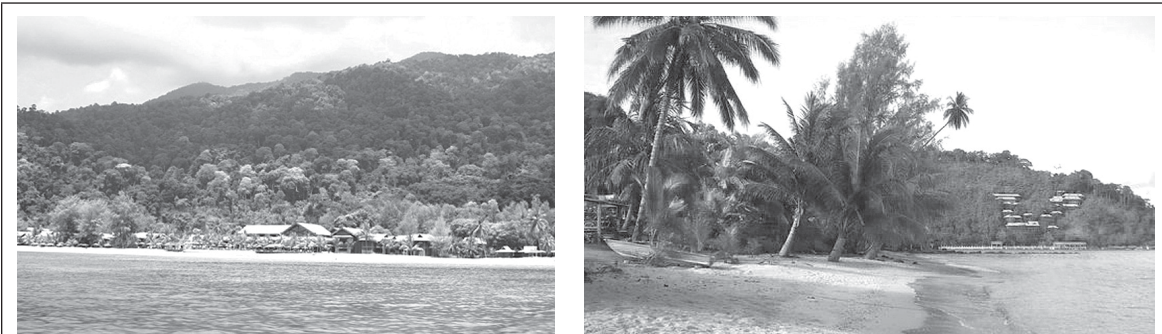
With peaks soaring over 1700 metres, there is a sense of wonder that overcomes you in Grand Krayon. Keep exploring and you will discover more natural phenomena in one destination than you ever imagined.

- 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
- did not agree with the saying
 - shopped on an empty stomach
 - had not shopped enough for foodstuff
 - 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
- no one wants to stay on the island
 - there are people living on the island
 - the island has many primitive settlements
 - only eagles and wildlife can be found on the island

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

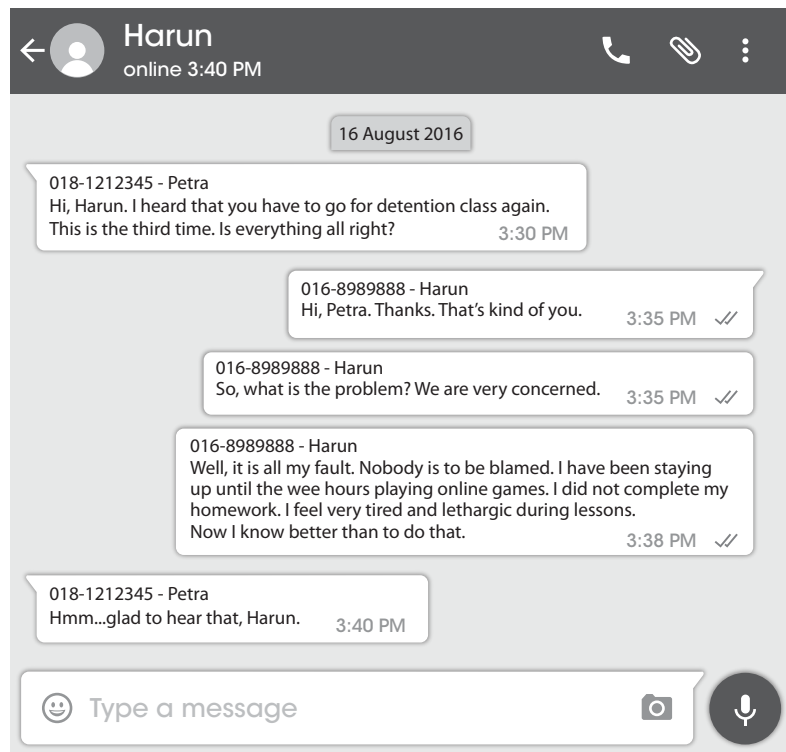
- Keep each snack about the same size to avoid over-eating yet still satisfies your appetite
- Appetizer-size portions in restaurants and at home are about the right size for mini-meals
- You don't have to plan six or more different bite-sized meals each day
- You could portion out the meals you are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

- 4 We can conclude that if you enjoy snacking, you have to
- consume as much food as you like
 - eat both at home and at restaurants
 - make sure that you do not eat too much
 - 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 | C competed |
| B competes | D competing |
| 10 A big | C biggest |
| B bigger | D most big |
| 11 A at | C of |
| B in | D by |
| 12 A ones | C these |
| B them | D those |
| 13 A took | C has taken |
| B takes | D had taken |
| 14 A after | C while |
| B when | D before |
| 15 A reserve | C substitute |
| B stand-in | 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 _____
Developer	17 _____
Built-up area	7 000 square feet
Security	18 _____ 19 _____
Facilities	<ul style="list-style-type: none"> • clubhouse • hypermarket • 20 _____ • 21 _____
Educational institution	<ul style="list-style-type: none"> • 22 _____ • 23 _____
Public transport provided	24 _____
Price per unit	25 _____

[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 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. 5
- 3 The laughter has to be a belly laugh which is loud and deep, coming from the diaphragm, in 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. 10
- 4 Natural laughter depends upon many reasons and conditions, however there are not many 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. 15
- 5 Laughter yoga provides a life-changing experience. People in Japan are highly stressed and 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. 20
- 6 Clinical research on laughter yoga methods has been conducted at the University of Graz 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. 25
- 7 Participants report significant health improvements. Many felt a reduced frequency of 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. 30
- 8 In laughter yoga, practitioners receive healing, good company, humour and the physical sensation of deep-throated laughs. It is really encouraging to see the laughter movement spread cheer and joy the world over. 40

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?

_____ [1 mark]

(b) what does the word 'it' in line 4 refer to?

_____ [1 mark]

27 (a) From paragraph 3, how do practitioners gain physiological and psychological benefits of laughter yoga?

_____ [1 mark]

(b) From paragraph 4, what is the difference between natural laughter and laughter yoga?

_____ [1 mark]

28 (a) From paragraph 5, which word conveys the meaning of 'spur-of-the-moment'?

_____ [1 mark]

(b) 'They are always running and walking in a mad rush...' (line 21).
What does this tell us about the Japanese?

_____ [1 mark]

29 From paragraph 7,

(a) what **one** piece of evidence shows that practitioners have gained from practising laughter yoga?

_____ [1 mark]

(b) what does the phrase *as the word spreads* means?

_____ [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: _____
_____ [1 mark]

Reason: _____
_____ [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?

_____ [1 mark]

(b) In stanza 2,

i. why do you think *her soup forgot to boil*?

_____ [1 mark]

ii. what happened to the persona's grandmother?

_____ [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*?

_____ [1 mark]

ii. Do you think the persona is right in remembering her grandmother?
Give your reason._____
_____ [1 mark]

[5 marks]

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