



SPEAKING PRACTICE

Speaking Bank 1

Lifestyle and Daily Routines | morning routines and time management | Cambridge IGCSE ESL 0511

Part 1: Interview

Take turns asking and answering. Each person should aim to speak for 2-3 minutes in total.

Question	Strategy
Personal / present What do you usually do before school in the morning?	Use sequence and routine language: <i>First I... / After that... / Before I leave...</i>
Past experience Can you tell me about a morning when everything went wrong?	Use past sequencing: <i>One morning... / I forgot to... / In the end...</i>
Opinion / advice Is it important to have a morning routine? Why? Why not?	Give advice and reasons: <i>It is useful to... / A routine helps because... / Some people prefer...</i>

Part 2: Short talk

Prepare for 1 minute. Then speak on your own for up to 2 minutes.

Improving morning routines

You often feel rushed before school and want to improve your morning routine. You are considering these options:

- preparing school things the night before
- waking up earlier and following a checklist

Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.

Strategy: plan your short talk

Open: Briefly introduce the situation:
There are two possible ways to improve my morning routine...

Compare: Give one advantage and one disadvantage for each option. Do not ignore either option.

Choose: Finish clearly:
I would prefer... because...

Part 3: Discussion

Discuss the questions. Each person should give reasons and examples, not just short answers.

Follow-up questions

1. Why do some people find it difficult to be organised?
2. Should schools start later in the morning? Why? Why not?
3. What are the advantages and disadvantages of having a strict routine?
4. How can young people manage their time better?

Strategy: develop your ideas in Part 3

Sequence: Organise your answer in order: *First... / After that... / Finally...*

Reason: Explain why it helps:
This helps because... / The main benefit is... / It makes it easier to...

Alternative: Mention another possibility:
Another option is... / Some people might... / It depends on...



SPEAKING PRACTICE

Speaking Bank 2

Lifestyle and Daily Routines | sleep and energy | Cambridge IGCSE ESL 0511

Part 1: Interview

Take turns asking and answering. Each person should aim to speak for 2-3 minutes in total.

Question	Strategy
Personal / present How many hours do you usually sleep on a school night?	Use amounts and frequency: <i>I usually sleep for...</i> / <i>Most nights...</i> / <i>I feel tired when...</i>
Past experience Can you tell me about a time when you were too tired to do something well?	Use cause and effect: <i>I was tired because...</i> / <i>This affected...</i> / <i>Afterwards...</i>
Opinion / advice What can teenagers do to sleep better?	Give practical advice: <i>They should try to...</i> / <i>It might help to...</i> / <i>They should avoid...</i>

Part 2: Short talk

Prepare for 1 minute. Then speak on your own for up to 2 minutes.

Getting better sleep

Your class is preparing advice for students who feel tired at school. You are considering these options:

- turning off phones one hour before bed
- doing relaxing activities before sleeping

Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.

Strategy: plan your short talk

Open: Briefly introduce the situation:
There are two possible ways to help students sleep better...

Compare: Give one advantage and one disadvantage for each option. Do not ignore either option.

Choose: Finish clearly:
I would prefer... because...

Part 3: Discussion

Discuss the questions. Each person should give reasons and examples, not just short answers.

Follow-up questions

1. Why is sleep important for students?
2. Do you think homework affects students' sleep? Why? Why not?
3. Is it better to relax alone or with other people?
4. How might daily routines affect people's health?

Strategy: develop your ideas in Part 3

Cause: Explain why something happens:
This is because... / *One reason is...* / *It often happens when...*

Effect: Explain the result:
This can lead to... / *As a result...* / *Students may feel...*

Advice: Suggest a realistic action:
A good idea is... / *People could...* / *It would help to...*



SPEAKING PRACTICE

Speaking Bank 3

Lifestyle and Daily Routines | free time and hobbies | Cambridge IGCSE ESL 0511

Part 1: Interview

Take turns asking and answering. Each person should aim to speak for 2-3 minutes in total.

Question	Strategy
Personal / present What do you enjoy doing in your free time?	Use likes and reasons: <i>I enjoy... / I am interested in... / It helps me...</i>
Past experience Can you tell me about a hobby you tried for the first time?	Use past experience: <i>I tried... / At first... / Later I...</i>
Opinion / comparison Is it better to have one serious hobby or many different hobbies?	Compare choices: <i>One serious hobby can... / Many hobbies are... / I would prefer...</i>

Part 2: Short talk

Prepare for 1 minute. Then speak on your own for up to 2 minutes.

Choosing a new hobby

You want to start a new hobby after school. You are considering these options:

- joining a creative club such as art or music
- learning a practical skill at home

Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.

Strategy: plan your short talk

Open: Briefly introduce the situation:
There are two possible hobbies to choose from...

Compare: Give one advantage and one disadvantage for each option. Do not ignore either option.

Choose: Finish clearly:
I would prefer... because...

Part 3: Discussion

Discuss the questions. Each person should give reasons and examples, not just short answers.

Follow-up questions

1. Why are hobbies important for young people?
2. Should everyone try creative activities? Why? Why not?
3. What are the disadvantages of spending too much time on hobbies?
4. How can schools help students discover new interests?

Strategy: develop your ideas in Part 3

Personalise: Connect the idea to real life:
For me... / In my free time... / People my age often...

Develop: Add more detail to the reason:
This is useful because... / It can also... / Another benefit is...

Limit: Show the idea is not always true:
However... / Not everyone... / It depends on...



SPEAKING PRACTICE

Speaking Bank 4

Lifestyle and Daily Routines | balanced lifestyles | Cambridge IGCSE ESL 0511

Part 1: Interview

Take turns asking and answering. Each person should aim to speak for 2-3 minutes in total.

Question	Strategy
Personal / present How do you balance schoolwork, rest and free time?	Use balance language: <i>I try to...</i> / <i>I make time for...</i> / <i>Sometimes it is difficult to...</i>
Past experience Can you tell me about a busy week you had?	Describe pressure and response: <i>I had to...</i> / <i>It was stressful because...</i> / <i>I managed it by...</i>
Opinion / evaluation Do young people today have enough free time? Why? Why not?	Evaluate both sides: <i>Some young people...</i> / <i>On the other hand...</i> / <i>Overall...</i>

Part 2: Short talk

Prepare for 1 minute. Then speak on your own for up to 2 minutes.

Planning a balanced week

You have a busy week coming up and want to keep a healthy balance. You are considering these options:

- making a detailed study and rest timetable
- choosing three main priorities and leaving free time

Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.**Strategy: plan your short talk**

Open: Briefly introduce the situation:
There are two possible ways to plan a balanced week...

Compare: Give one advantage and one disadvantage for each option. Do not ignore either option.

Choose: Finish clearly:
I would prefer... because...

Part 3: Discussion

Discuss the questions. Each person should give reasons and examples, not just short answers.

Follow-up questions

1. Why do some students feel under pressure?
2. Is it better to plan every day carefully or be flexible?
3. Should young people spend more time outdoors? Why? Why not?
4. What can families do to support a balanced lifestyle?

Strategy: develop your ideas in Part 3

Priority: Explain what matters most:
The most important thing is... / *I would focus on...* / *This matters because...*

Balance: Show two sides: *On one hand...* / *On the other hand...* / *A good balance is...*

Example: Add a realistic example:
For example... / *During exam time...* / *In a family...*



SPEAKING PRACTICE

Speaking Bank 5

Lifestyle and Daily Routines | weekends and routines | Cambridge IGCSE ESL 0511

Part 1: Interview

Take turns asking and answering. Each person should aim to speak for 2-3 minutes in total.

Question	Strategy
Personal / present What do you usually do at the weekend?	Use frequency and activities: <i>At weekends I usually... / Sometimes I... / I like to...</i>
Past experience Can you tell me about a weekend you really enjoyed?	Use story details: <i>Last weekend... / We decided to... / The best part was...</i>
Opinion / future Would you prefer a busier or quieter weekend? Why?	Use would prefer and reasons: <i>I would prefer... / A quiet weekend helps me... / A busy weekend can be...</i>

Part 2: Short talk

Prepare for 1 minute. Then speak on your own for up to 2 minutes.

Organising the weekend

Your friends want to spend the weekend together. You are considering these options:

- planning several activities in different places
- having a relaxed day at someone's home

Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.**Strategy: plan your short talk**

Open: Briefly introduce the situation:
There are two possible ways to organise the weekend...

Compare: Give one advantage and one disadvantage for each option. Do not ignore either option.

Choose: Finish clearly:
I would prefer... because...

Part 3: Discussion

Discuss the questions. Each person should give reasons and examples, not just short answers.

Follow-up questions

1. Why do people need time away from school or work?
2. Is doing nothing sometimes useful? Why? Why not?
3. Should teenagers help with jobs at home during the weekend?
4. Do you think weekends are becoming too busy for young people? Why? Why not?

Strategy: develop your ideas in Part 3

Preference: State what you prefer:
I would rather... / For me... / I enjoy this because...

Reason: Give a clear explanation:
The reason is... / This gives people... / It can be good for...

Contrast: Compare with another view:
However... / Other people might... / In contrast...