



### SPEAKING PRACTICE

# Speaking Bank 1

Sports and Leisure | exercise and active 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
<b>Personal / present</b> How active are you during a typical week?	Use frequency and honest detail: <i>I exercise... / During the week... / I would like to be more...</i>
<b>Past experience</b> Can you tell me about a physical activity you enjoyed?	Describe activity and feeling: <i>I took part in... / The activity involved... / I enjoyed it because...</i>
<b>Opinion / motivation</b> What is the best way to encourage teenagers to exercise?	Suggest motivation: <i>Teenagers are more likely to... / It helps if... / Schools could...</i>

## Part 2: Short talk

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

**Becoming more active**  
 You want to include more physical activity in your week. You are considering these options:

- joining a regular exercise class
- walking or cycling for short daily journeys

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

Strategy: plan your short talk		
<b>Open:</b> Briefly introduce the situation: <i>There are two possible ways to become more active...</i>	<b>Compare:</b> Give one advantage and one disadvantage for each option. Do not ignore either option.	<b>Choose:</b> Finish clearly: <i>I would prefer... because...</i>

## 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 stop exercising after a short time?
2. Should exercise be treated as an individual responsibility?
3. Is everyday movement as valuable as organised sport?
4. How can towns make active lifestyles easier?

Strategy: develop your ideas in Part 3		
<b>Motivation:</b> Explain what keeps people active: <i>People are motivated when... / A clear goal can... / Support from others...</i>	<b>Habit:</b> Connect activity to routine: <i>If exercise becomes... / Small daily actions... / It is easier to continue when...</i>	<b>Access:</b> Suggest environmental support: <i>Towns could provide... / Safe spaces would... / This would allow more people to...</i>



## SPEAKING PRACTICE

# Speaking Bank 2

Sports and Leisure | team sports and cooperation | 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
<p><b>Personal / present</b> Do you enjoy playing or watching team sports? Why?</p>	Use preference and reasons: <i>I enjoy... / Team sports are exciting because... / I prefer watching because...</i>
<p><b>Past experience</b> Can you tell me about a time when a team worked well together?</p>	Describe cooperation: <i>Each person... / We communicated by... / The team succeeded because...</i>
<p><b>Opinion / leadership</b> What makes someone a good team captain?</p>	Identify leadership qualities: <i>A captain should... / It is important to... / They must not...</i>

## Part 2: Short talk

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

### Building a stronger school team

A school team wants to improve cooperation before an important competition. You are considering these options:

- holding an extra team-building day
- training together for a short time every morning

**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 team cooperation...*

**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. Are team sports a good way to develop leadership?
2. Should winning be the main purpose of competitive sport?
3. How should a team respond when one player makes a serious mistake?
4. Can competition bring people together as well as divide them?

### Strategy: develop your ideas in Part 3

**Teamwork:** Explain effective cooperation:  
*A strong team needs... / Players should... / Trust develops when...*

**Values:** Discuss more than winning:  
*Winning matters because... / However, sport also teaches... / Fair play is...*

**Response:** Suggest constructive action:  
*The team should... / Blaming the player would... / A better response is...*



## SPEAKING PRACTICE

# Speaking Bank 3

Sports and Leisure | individual and adventurous sports | 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
<b>Personal / present</b> Is there an individual sport you would like to try?	Use would like and challenge: <i>I would like to try... / It looks challenging because... / I would need to learn...</i>
<b>Past experience</b> Can you tell me about a personal challenge you completed?	Describe effort and achievement: <i>My goal was... / I found it difficult to... / I felt proud when...</i>
<b>Opinion / risk</b> Why do some people enjoy dangerous or extreme sports?	Explain attraction and risk: <i>They may enjoy... / The excitement comes from... / However, the danger...</i>

## Part 2: Short talk

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

### Trying a challenging activity

You want to try a more challenging outdoor activity. You are considering these options:

- joining a supervised climbing course
- training for a long-distance running event

**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 challenging activities to try...*

**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. What do people learn by testing their physical limits?
2. Should dangerous sports have stricter age limits?
3. Is success in individual sport mainly about natural ability or hard work?
4. Do extreme sports encourage unnecessary risk-taking?

### Strategy: develop your ideas in Part 3

**Challenge:** Explain personal growth:  
*A difficult activity teaches... / People discover that... / Completing it can...*

**Risk:** Evaluate safety and freedom:  
*Participants should be free to... / However, organisers must... / The risk becomes unacceptable when...*

**Factor:** Compare talent and effort:  
*Natural ability helps... / Hard work is essential because... / At the highest level...*



## SPEAKING PRACTICE

# Speaking Bank 4

Sports and Leisure | watching sport and major events | 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
<b>Personal / present</b> What kind of sporting event do you enjoy watching, if any?	Use preference and atmosphere: <i>I enjoy watching... / The atmosphere is... / I am not very interested in...</i>
<b>Past experience</b> Can you tell me about a memorable match or competition you watched?	Describe key moment: <i>The event was... / The most exciting moment... / I remember it because...</i>
<b>Opinion / comparison</b> Is watching sport live better than watching it at home?	Compare experiences: <i>At a stadium... / At home, viewers can... / I would prefer...</i>

## Part 2: Short talk

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

**Watching an important final**  
 You want to watch an important sports final with friends. You are considering these options:

- buying tickets and watching at the stadium
- organising a viewing evening 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		
<b>Open:</b> Briefly introduce the situation: <i>There are two possible ways to watch the final...</i>	<b>Compare:</b> Give one advantage and one disadvantage for each option. Do not ignore either option.	<b>Choose:</b> Finish clearly: <i>I would prefer... because...</i>

## Part 3: Discussion

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

Follow-up questions
1. Why do people become emotionally connected to sports teams?
2. Are major sporting events worth the money they cost to host?
3. Should professional athletes be treated as role models?
4. How does media coverage influence the way people see sport?

Strategy: develop your ideas in Part 3		
<b>Emotion:</b> Explain supporter attachment: <i>Fans identify with... / A team can represent... / Shared experiences create...</i>	<b>Cost:</b> Weigh public benefit and expense: <i>Hosting can bring... / However, the money could... / It is worthwhile only if...</i>	<b>Influence:</b> Discuss media effects: <i>Media coverage can make... / It may focus too much on... / As a result...</i>



## SPEAKING PRACTICE

# Speaking Bank 5

Sports and Leisure | leisure choices and facilities | 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
<b>Personal / present</b> How do you prefer to spend a free afternoon?	Use preference and purpose: <i>I prefer to... / It helps me relax because... / Sometimes I choose...</i>
<b>Past experience</b> Can you tell me about a leisure activity that was better than expected?	Describe expectation and result: <i>I expected it to be... / Instead, it was... / I would do it again because...</i>
<b>Opinion / balance</b> Should leisure time be relaxing or productive?	Evaluate both purposes: <i>Relaxation is important because... / Productive hobbies can... / A good balance would...</i>

## Part 2: Short talk

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

### Improving leisure facilities

Your local area wants to create one new leisure facility for teenagers. You are considering these options:

- an indoor games and activity centre
- an outdoor park with sports and social spaces

**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 leisure facilities for teenagers...*

**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 young people sometimes say there is nothing to do?
2. Should leisure facilities be free for teenagers?
3. Do online activities provide the same benefits as activities outside the home?
4. How should communities decide which leisure facilities to build?

### Strategy: develop your ideas in Part 3

**Need:** Explain what young people require: *Teenagers need places where... / A useful facility would... / The area currently lacks...*

**Access:** Discuss cost and inclusion: *Free access would... / However, facilities cost... / A reduced fee could...*

**Decision:** Set fair priorities: *Communities should consult... / The decision should consider... / The best choice would serve...*