

PUPIL BOOKLET 学生用

Oral Rehearsal Studio

Record · Review · Refine · seven themes, two languages

THEMES 主题

7

FRAMEWORKS

A.P.R.I.C.O.T · DOES

LANGUAGES

English · 华文

PSLE English & 华文 Oral (SBC / 会话) · A.P.R.I.C.O.T + DOES

HOW THE REHEARSAL STUDIO WORKS 录音室怎么用

1

PLAN

读题 · 计划

2

TAKE 1

录第一遍

3

REVIEW

自我检查

4

TAKE 2

再录一遍

In the studio you do not just answer once. You plan, record a first take, review it against a checklist, then record a better second take. Hearing yourself is the fastest way to improve.

在录音室里，你不只回答一遍。先读题计划，录下第一遍，再对照检查表检查，然后录出更好的第二遍。听自己说，是进步最快的方法。

The star question ★ 星号题

For every theme, question 3 is a personal-experience story. It carries the most marks. Aim to reach Instance ★ and Occasion ★ (English) or 举例说明 ★ (华文): a real story with when, where and how you felt.

A.P.R.I.C.O.T · shape your English answer

Use these seven steps to build a full spoken answer. Instance and Occasion are the mark-winning steps, shaded in green.

	Step	What you do	Ways to start
A	Answer	Answer the question directly	<i>Yes, I think... / In the picture...</i>
P	Point	Give your main point or opinion	<i>One thing I notice is... / I feel that...</i>
R	Reinforce	Support it with a reason	<i>This is important as... / One reason is that...</i>
I	Instance ★	Tell a real, specific story	<i>I remember the time when... / There was once...</i>
C	Consider	Look at it from another angle	<i>On the other hand... / Some may say...</i>
O	Occasion ★	Add when, where and how you felt	<i>That afternoon... / At that moment I felt...</i>
T	The conclusion	Round off with what you learnt	<i>From that day on... / That is why...</i>

DOES 答题框架 · 华文会话的四个步骤

用这四个步骤把答案说完整。「举例说明」是最能拿分的一步，用绿色标出。

	步骤 Step	作用 What it does	常用句型 Sentence starters
D	描述 Describe	描述画面或情况	图中... / 我看到...
O	观点 Opinion	表明自己的看法	我认为... / 我觉得...
E	举例说明 ★	举例、说明原因、分享经历	举个例子... / 记得有一次...
S	建议·总结	提出建议或做出总结	我建议... / 总的来说...



Look closely 仔细观察

- Let the pupil describe freely first, then ask the (b) opinion question.
- For (c ★), listen for a real story with when / where / how they felt (Instance and Occasion).

English

1. Look at the visual. What are the children doing?
2. What do you think of the way the children are treating one another?
3. Tell me about a time when you faced a difficulty during a sport or outdoor activity. ★

华文

1. 请看图片。图中的孩子们在做什么？
2. 你觉得他们互相帮助的表现怎么样？
3. 请说一说你在运动或户外活动中遇到困难的一次经历。 ★

Plan your answer · English

Feelings	Actions	Useful phrases
› relieved › grateful › frustrated at first › encouraged	› kneel down to help › check the chain › steady the wheel › cheer one another on	› work as a team › keep to the side of the path › never give up › lend a hand

A.P.R.I.C.O.T planner · focus on question 3 ★

A.P.R.I.C.O.T	My plan
A Answer	
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T Conclusion	

计划你的答案 · 华文

主题词语

团队合作 teamwork	互相帮助 help each other	坚持不懈 persevere
脚踏车 bicycle	车链 chain	头盔 helmet
感激 grateful	鼓励 encourage	安全 safe

常用句型 Sentence starters

开场：我认为... / 我觉得... / 图中我看到... 举例：举个例子... / 记得有一次... 收束：我建议... / 总的来说...

DOES 计划表 · 重点：问题三 ★

DOES	我的计划
D 描述	
O 观点	
E 举例说明 ★	
S 建议 · 总结	

STEP INTO THE STUDIO · Take 1 · Review · Take 2

TAKE 1 录第一遍

Answer question 3 ★ out loud. Ask a partner to record you, or record yourself.

Speak for about a minute. Try to reach Instance ★ and Occasion ★ without reading your notes.

大声回答问题三 ★。请同伴替你录音，或自己录下来。尽量说到「举例说明 ★」，别照稿念。

Review your take 检查你的录音

I checked that I...	Take 1	Take 2
answered what the children are doing clearly	☐	☐
gave my opinion and a reason	☐	☐
told a real story ★	☐	☐
added when, where and how I felt ★	☐	☐
ended by saying what I learnt	☐	☐
spoke loudly, clearly and at a steady pace	☐	☐

One thing to improve 一件要改进的事：

TAKE 2 再录一遍

Record again and fix the one thing above. Then listen to both takes and compare.

My best take was: Take 1 / Take 2 (circle one)

再录一遍，改进上面那一点。听听两次录音，比一比哪一次更好。

THEME 2 • Family Time and Family Meals 家庭时光与共餐



Look closely 仔细观察

- Invite the pupil to name who is at the table and what each person is doing.
- For (c ★), a specific meal or outing with real detail scores better than a general answer.

English

1. What is happening during this family meal?
2. Do you think eating together is important for families? What makes you think so?
3. Tell me about a memorable meal or activity you shared with your family. ★

华文

1. 请说一说这家人正在做什么。
2. 你认为一家人一起吃饭重要吗？为什么？
3. 请谈一谈你和家人一起吃饭或参加活动的一次难忘经历。 ★

Plan your answer · English

Feelings	Actions	Useful phrases
› warm › close › cared for › cheerful	› serve rice to grandmother › pass a dish › chat and laugh › set the table	› spend time together › show respect to elders › share the day › a home-cooked meal

A.P.R.I.C.O.T planner · focus on question 3 ★

A.P.R.I.C.O.T	My plan
A Answer	
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C Consider	
O Occasion ★	
T Conclusion	

计划你的答案 · 华文

主题词语

团圆 reunion	孝顺 filial	温馨 warm
长辈 elders	盛饭 serve rice	关心 care for
难忘 unforgettable	珍惜 cherish	谈笑 chat and laugh

常用句型 Sentence starters

开场：我认为... / 我觉得... / 图中我看到... 举例：举个例子... / 记得有一次... 收束：我建议... / 总的来说...

DOES 计划表 · 重点：问题三 ★

DOES	我的计划
D 描述	
O 观点	
E 举例说明 ★	
S 建议 · 总结	

STEP INTO THE STUDIO · Take 1 · Review · Take 2

TAKE 1 录第一遍

Answer question 3 ★ out loud. Ask a partner to record you, or record yourself.

Speak for about a minute. Try to reach Instance ★ and Occasion ★ without reading your notes.

大声回答问题三 ★。请同伴替你录音，或自己录下来。尽量说到「举例说明 ★」，别照稿念。

Review your take 检查你的录音

I checked that I...	Take 1	Take 2
described who is at the table and what they are doing	☐	☐
gave my opinion with a clear reason	☐	☐
told a real family story ★	☐	☐
added when, where and how I felt ★	☐	☐
ended with why it matters to me	☐	☐
spoke warmly, loudly and clearly	☐	☐

One thing to improve 一件要改进的事：

TAKE 2 再录一遍

Record again and fix the one thing above. Then listen to both takes and compare.

My best take was: Take 1 / Take 2 (circle one)

再录一遍，改进上面那一点。听听两次录音，比一比哪一次更好。



Look closely 仔细观察

- Ask the pupil to explain who dropped the groceries and who is helping.
- For (c ★), reward a specific act of help with a clear beginning, middle and feeling.

English

1. What has happened near the lift?
2. What do you think of the children's actions?
3. Tell me about a time when you helped someone who needed assistance. ★

华文

1. 请说一说电梯附近发生了什么事。
2. 你觉得这些孩子的表现怎么样?
3. 请谈一谈你主动帮助别人的一次经历。 ★

Plan your answer · English

Feelings	Actions	Useful phrases
› kind-hearted › thoughtful › proud to help › touched	› pick up the oranges › hold the lift door › carry the bags › offer a hand	› a little help goes a long way › without being asked › care for our neighbours › do a good deed

A.P.R.I.C.O.T planner · focus on question 3 ★

A.P.R.I.C.O.T	My plan
A Answer	
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计划你的答案 · 华文

主题词语

助人为乐 glad to help	主动 take initiative	善良 kind
邻居 neighbour	捡起 pick up	扶 support/help up
感动 touched	公德心 public-spirited	关怀 care

常用句型 Sentence starters

开场：我认为... / 我觉得... / 图中我看到... 举例：举个例子... / 记得有一次... 收束：我建议... / 总的来说...

DOES 计划表 · 重点：问题三 ★

DOES	我的计划
D 描述	
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E 举例说明 ★	
S 建议 · 总结	

STEP INTO THE STUDIO · Take 1 · Review · Take 2

TAKE 1 录第一遍

Answer question 3 ★ out loud. Ask a partner to record you, or record yourself.

Speak for about a minute. Try to reach Instance ★ and Occasion ★ without reading your notes.

大声回答问题三 ★。请同伴替你录音，或自己录下来。尽量说到「举例说明 ★」，别照稿念。

Review your take 检查你的录音

I checked that I...	Take 1	Take 2
described what happened near the lift	☐	☐
gave my opinion of the children with a reason	☐	☐
told a real story of helping someone ★	☐	☐
added when, where and how I felt ★	☐	☐
ended with what helping taught me	☐	☐
spoke clearly and confidently	☐	☐

One thing to improve 一件要改进的事：

TAKE 2 再录一遍

Record again and fix the one thing above. Then listen to both takes and compare.

My best take was: Take 1 / Take 2 (circle one)

再录一遍，改进上面那一点。听听两次录音，比一比哪一次更好。



Look closely 仔细观察

- Ask what the students are doing right as they wait for the train.
- For (c ★), any considerate act in a public place counts: giving up a seat, queueing, keeping quiet.

English

1. What do you notice about the students waiting for the train?
2. How can passengers make public transport more pleasant and safe for everyone?
3. Tell me about a time when you showed consideration in a public place. ★

华文

1. 请描述学生们等候列车时的表现。
2. 乘客可以怎样让公共交通更安全、更舒适？
3. 请说一说你在公共场所为别人着想的一次经历。 ★

Plan your answer · English

Feelings	Actions	Useful phrases
› patient › considerate › responsible › calm	› queue behind the line › let passengers alight first › give up a seat › keep your voice down	› stand behind the yellow line › graciousness › make room for a stroller › set a good example

A.P.R.I.C.O.T planner · focus on question 3 ★

A.P.R.I.C.O.T	My plan
A Answer	
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计划你的答案 · 华文

主题词语

守秩序 orderly	排队 queue	耐心 patient
礼让 give way	黄线 yellow line	让座 give up a seat
安全 safe	为别人着想 thoughtful of others	公德心 civic-mindedness

常用句型 Sentence starters

开场：我认为... / 我觉得... / 图中我看到... 举例：举个例子... / 记得有一次... 收束：我建议... / 总的来说...

DOES 计划表 · 重点：问题三 ★

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STEP INTO THE STUDIO · Take 1 · Review · Take 2

TAKE 1 录第一遍

Answer question 3 ★ out loud. Ask a partner to record you, or record yourself.

Speak for about a minute. Try to reach Instance ★ and Occasion ★ without reading your notes.

大声回答问题三 ★。请同伴替你录音，或自己录下来。尽量说到「举例说明 ★」，别照稿念。

Review your take 检查你的录音

I checked that I...	Take 1	Take 2
described how the students are waiting	☐	☐
suggested clear ways to make transport pleasant and safe	☐	☐
told a real story of being considerate ★	☐	☐
added when, where and how I felt ★	☐	☐
ended with why consideration matters	☐	☐
spoke clearly at a steady pace	☐	☐

One thing to improve 一件要改进的事：

TAKE 2 再录一遍

Record again and fix the one thing above. Then listen to both takes and compare.

My best take was: Take 1 / Take 2 (circle one)

再录一遍，改进上面那一点。听听两次录音，比一比哪一次更好。



Look closely 仔细观察

- Ask the pupil to name each activity: watering, sorting recycling, picking up litter.
- For (b), let them pick any action and defend it. For (c ★), a real green act with detail scores best.

English

1. Describe the different activities taking place in the visual.
2. Which action in the visual do you think is most useful? Explain your view.
3. Tell me about a time when you helped to care for the environment. ★

华文

1. 请描述图片中的孩子们正在进行哪些活动。
2. 你认为图中哪一个环保行动最有意义？为什么？
3. 请谈一谈你为保护环境而采取行动的一次经历。 ★

Plan your answer · English

Feelings	Actions	Useful phrases
› responsible › determined › satisfied › hopeful	› water a young tree › sort the recycling › pick up litter › sort into the right bin	› reduce, reuse, recycle › keep our estate clean › every bottle counts › protect our planet

A.P.R.I.C.O.T planner · focus on question 3 ★

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计划你的答案 · 华文

主题词语

环保 protect the environment	回收 recycle	垃圾分类 sort rubbish
浇水 water plants	绿化 greening	资源 resources
珍惜 treasure	污染 pollution	家园 homeland

常用句型 Sentence starters

开场：我认为... / 我觉得... / 图中我看到... 举例：举个例子... / 记得有一次... 收束：我建议... / 总的来说...

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STEP INTO THE STUDIO · Take 1 · Review · Take 2

TAKE 1 录第一遍

Answer question 3 ★ out loud. Ask a partner to record you, or record yourself.

Speak for about a minute. Try to reach Instance ★ and Occasion ★ without reading your notes.

大声回答问题三 ★。请同伴替你录音，或自己录下来。尽量说到「举例说明 ★」，别照稿念。

Review your take 检查你的录音

I checked that I...	Take 1	Take 2
described each activity in the picture	☐	☐
chose one action and explained why it is most useful	☐	☐
told a real story of caring for the environment ★	☐	☐
added when, where and how I felt ★	☐	☐
ended with why the environment matters	☐	☐
spoke clearly and with expression	☐	☐

One thing to improve 一件要改进的事：

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Record again and fix the one thing above. Then listen to both takes and compare.

My best take was: Take 1 / Take 2 (circle one)

再录一遍，改进上面那一点。听听两次录音，比一比哪一次更好。



Look closely 仔细观察

- Ask what the pupils are presenting and how the class is responding.
- For (b), draw out lessons from mistakes. For (c ★), reward a nervous-but-completed task with real feeling.

English

1. What is happening during the presentation?
2. What can students learn from making mistakes?
3. Tell me about a time when you felt nervous but still completed a difficult task. ★

华文

1. 请描述课堂上正在发生的事情。
2. 学生可以从失败或错误中学到什么？
3. 请谈一谈你虽然感到紧张，却仍然完成任务的一次经历。 ★

Plan your answer · English

Feelings	Actions	Useful phrases
› nervous at first › proud › encouraged › more confident	› present a model bridge › explain their design › listen and ask questions › give feedback	› learn from mistakes › try, try again › step out of my comfort zone › believe in myself

A.P.R.I.C.O.T planner · focus on question 3 ★

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计划你的答案 · 华文

主题词语

汇报 present	紧张 nervous	自信 confident
失败 failure	尝试 try	坚持 persist
进步 progress	反思 reflect	成长 grow

常用句型 Sentence starters

开场：我认为... / 我觉得... / 图中我看到... 举例：举个例子... / 记得有一次... 收束：我建议... / 总的来说...

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大声回答问题三 ★。请同伴替你录音，或自己录下来。尽量说到「举例说明 ★」，别照稿念。

Review your take 检查你的录音

I checked that I...	Take 1	Take 2
described what is happening in the classroom	☐	☐
explained what mistakes can teach us	☐	☐
told a real story of a nervous but completed task ★	☐	☐
added when, where and how I felt ★	☐	☐
ended with what I learnt about myself	☐	☐
spoke clearly, showing my feelings	☐	☐

One thing to improve 一件要改进的事：

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My best take was: Take 1 / Take 2 (circle one)

再录一遍，改进上面那一点。听听两次录音，比一比哪一次更好。



Look closely 仔细观察

- Ask what the two girls are doing versus what the boy is doing.
- For (b), let the pupil judge the boy fairly. For (c ★), a device that distracted OR helped both work.

English

1. What are the three students doing in the library?
2. Do you think the boy is using his time wisely? Explain your view.
3. Tell me about a time when a digital device distracted you or helped you. ★

华文

1. 请说一说三名学生在图书馆里做什么。
2. 你认为男孩有没有好好利用时间？为什么？
3. 请谈一谈电子产品曾经影响或帮助你的一次经历。 ★

Plan your answer · English

Feelings	Actions	Useful phrases
› focused › distracted › tempted › determined	› work on a tablet › discuss a project › play a game › check the time	› use time wisely › a tool, not a toy › stay focused › set a time limit

A.P.R.I.C.O.T planner · focus on question 3 ★

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计划你的答案 · 华文

主题词语

专心 focused	分心 distracted	电子产品 digital device
自律 self-discipline	游戏 game	查资料 look up information
节制 moderation	时间管理 time management	工具 tool

常用句型 Sentence starters

开场：我认为... / 我觉得... / 图中我看到... 举例：举个例子... / 记得有一次... 收束：我建议... / 总的来说...

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TAKE 1 录第一遍

Answer question 3 ★ out loud. Ask a partner to record you, or record yourself.

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大声回答问题三 ★。请同伴替你录音，或自己录下来。尽量说到「举例说明 ★」，别照稿念。

Review your take 检查你的录音

I checked that I...	Take 1	Take 2
described what each student is doing	☐	☐
gave a fair opinion of the boy with a reason	☐	☐
told a real story about a device distracting or helping me ★	☐	☐
added when, where and how I felt ★	☐	☐
ended with what I learnt about using devices	☐	☐
spoke clearly at a steady pace	☐	☐

One thing to improve 一件要改进的事：

TAKE 2 再录一遍

Record again and fix the one thing above. Then listen to both takes and compare.

My best take was: Take 1 / Take 2 (circle one)

再录一遍，改进上面那一点。听听两次录音，比一比哪一次更好。