

Reads, plan and write a speech

Name _____ Date _____

Sample task

Plan and write a speech about the importance of learning to swim.

Use 250-350 words

Good morning. I am here today to talk to you about the importance of learning to swim. Did you know that 21% of adults cannot swim properly? In recent months in Berkshire three people have fallen into lakes or rivers and died. Learning to swim could have saved their lives!

You may not realise this but swimming is one of the best forms of exercise. You can burn more calories per hour swimming than you burn when running or cycling. It exercises and tones all parts of your body, which is supported by the water, preventing strain on your joints.

You do not need expensive equipment for swimming, just a swimming costume and a pair of goggles. You can easily find a swimming pool near to you and they are often open early in the morning until ten o'clock at night, which means swimming can be fitted in around your lifestyle.

Do not be scared or nervous about learning to swim. There are many adult classes available. You can also arrange for one to one teaching if you prefer. You can make new friends if you join a class and it is a fantastic, fun, family activity. If you are able to swim, you can be a role model for your children and you can help them to learn as well.

When you are a competent swimmer, you can get involved in a variety of exciting water activities such as aqua aerobics or water polo. You might decide to try more adventurous sports, such as surfing or white water rafting. Being able to swim opens up a world of new opportunities.

Go on! I dare you to take the plunge! Make a big splash at your nearest swimming pool. Learn to swim, take some regular exercise and it might save your life.

Thank you for listening. If you have any questions, I will answer them now.

317 words

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Writing task

In recent years teenagers have become very conscious of their appearance and many are tempted to try unhealthy diets.

You have been asked to give a speech to 16-18 year olds. Your speech is about having a positive body image, healthy lifestyle and avoiding unhealthy diets.

Write a speech of 250-300 words.

TIPS

- Use rhetorical questions.
- You are talking to teens so use a conversational style.