

Zestaw 7 - modelowe odpowiedzi

MaturaAngielski.org - autorski materiał ćwiczeniowy zgodny z formatem CKE

Wprowadzenie

Model odpowiedzi pokazuje, jak rozwinąć wszystkie elementy polecenia i zachować naturalny charakter rozmowy.

Rozmowa wstępna

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W modelowym przebiegu egzaminujący zadaje trzy pytania.

What helps you relax after a difficult day?

A short walk usually helps me relax because I can get away from screens and organise my thoughts. I also listen to quiet music or talk to a friend when something is worrying me.

Do you prefer team or individual sports? Why?

I prefer team sports because other players motivate me and make exercise more enjoyable. Team games also teach communication, although organising a time when everyone is available can be difficult.

Can health apps motivate people?

Yes, they can show progress, remind users to move and suggest realistic goals. However, an app cannot replace professional medical advice, and people should not become obsessed with numbers.

Zadanie 1

Zadanie 1. Rozmowa z odgrywaniem roli

Przykładowy dialog

Zdający

We need to plan our school health week. Its main aim should be to show students that small everyday choices can improve both physical and mental health.

Egzaminujący

What activities could we organise? Maybe sports competitions every day?

Zdający

Daily competitions might discourage students who do not enjoy sport. We could offer short exercise classes, healthy cooking workshops, first aid training and a session about dealing with stress. This would give everyone a choice.

Egzaminujący

Who should we invite?

Zdający

A dietician could answer questions about balanced meals, and a paramedic could run the first aid workshop. I would also invite a psychologist to talk about sleep, stress and asking for help.

Egzaminujący

I'm worried that students will find the talks boring.

Zdający

Instead of long lectures, the guests could organise demonstrations, quizzes and small group activities. Students could send anonymous questions before each meeting, so the content would match their real concerns.

Egzaminujący

We could promote the week on the school's social media.

Zdający

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Yes. We could publish short videos introducing the guests and share one practical health tip each day. Posters around the school should include the timetable and a QR code for workshop registration.

Egzaminujący

How can we involve students who are not very active?

Zdający

We should emphasise that the event is not a competition. Beginner-friendly activities such as walking, stretching or dancing would be less stressful. We could also let students attend with a friend.

Dlaczego to jest dobra realizacja?

Uczeń omawia cel, zajęcia, gości i promocje.

Odrzuca propozycje, podaje powód i oferuje alternatywę.

Reaguje na obawy rozmowcy i proponuje działania dla różnych grup uczniów.

Zadanie 2

Zadanie 2. Opis ilustracji i odpowiedzi na trzy pytania

Opis zdjęcia

The picture shows a group of teenagers attending a first aid workshop in a school gym. One boy is kneeling on the floor and practising CPR on a training mannequin. An instructor beside him is showing the correct hand position, while the other students are watching carefully. Everyone looks focused because they are learning a skill that could save someone's life.

Opis zawiera miejsce, osoby, czynności i logiczne wyjaśnienie sytuacji.

Why do you think these students are learning first aid?

They probably want to know how to react during an emergency instead of waiting helplessly for an adult. The workshop may be part of a school safety programme because basic first aid is useful in many everyday situations.

What health skills should every teenager have?

Every teenager should know how to call emergency services, treat a minor injury and recognise when someone needs professional help. It is also important to understand basic nutrition, sleep and ways of coping with stress.

Tell me about a situation when you had to stay calm in a difficult situation.

During a school trip, my friend fell and injured her ankle. I helped her sit down, asked another student to find our teacher and stayed with her. I was worried, but speaking calmly helped both of us until the teacher arrived.

Zadanie 3

Zadanie 3. Materiał stymulujący i odpowiedzi na dwa pytania

Wybór ilustracji i odrzucenie pozostałych propozycji

I would choose picture 2 because it shows teenagers enjoying an energetic team game outdoors. The players look active and involved, so the image presents exercise as a social and enjoyable experience. Basketball also requires little specialist equipment and many schools already have a court.

I would reject picture 1 because exercising alone at home may look less motivating. It also involves a screen, while the campaign should encourage students to leave their desks and spend time with other people.

I would also reject picture 3 because a group fitness class may require a paid instructor and access to a sports centre. Some students could also feel uncomfortable following exercises in a large organised class.

Therefore, picture 2 would send the clearest and most positive message to the widest group of students.

W modelowym przebiegu egzaminujący zadaje pytania 2 i 3.

Can technology help people become healthier? How?

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Yes. A phone or smartwatch can count steps, record workouts and remind someone to take a break from sitting. Online videos also make exercise accessible at home, but users should choose reliable advice and set realistic goals.

Should schools offer more choice during PE lessons?

Yes, because students have different abilities and interests. If they could choose between team games, dance, swimming or fitness, more of them might participate willingly. Schools would still need to make sure every option is safe and practical.

Kryteria wysokiej punktacji

Dlaczego te odpowiedzi mogą uzyskać bardzo wysoką punktację?

Uczeń realizuje i rozwija wszystkie elementy polecen.

Argumenty odnoszą się bezpośrednio do przedstawionych sytuacji.

Wypowiedzi zawierają konkretne rozwiązania, uzasadnienia i przykłady.

Sownictwo obejmuje zdrowie, sport, bezpieczeństwo i technologie.

Koncowy wynik zależy również od płynności, wymowy, zakresu środków językowych i poprawności.