



Cut the filler, upgrade the words

Name: _____

Date: _____

A Filler hunt

Cross out every filler word, then rewrite the sentence so it sounds confident.

1 "So, um, I basically think that, like, sports day should be longer."

2 "You know, homework is, like, actually kind of too much, I guess."

3 "Um, the library should, like, basically stay open after school, so yeah."

4 "I mean, actually, we should, um, plant more trees, you know?"

B Word upgrade

Pick the stronger word from the bank, then use it in a sentence of your own.

outstanding

crucial

harmful

I'm convinced that

a huge number of

what's more

exhausted

EVERYDAY

UPGRADE

MY SENTENCE

very important

very tired

I think

bad for you

a lot of

really good

also

Coach's tip: when you feel an "um" coming, close your mouth and pause for one second. A pause sounds confident; a filler sounds unsure.

Three ways to win a room



Name: _____

Date: _____

Trust (Ethos)

Why believe you? Your experience, or a respected voice.

Feeling (Pathos)

Make them care: a picture, a story, an emotion.

Logic (Logos)

Reasons, real facts and examples that make sense.

A Spot the appeal

Circle T (Trust), F (Feeling) or L (Logic) for each line from a speech about a school podcast club.

1. "I've hosted our class radio show for two years, and I've seen how much students love it."

☐ T ☐ F ☐ L

2. "Picture the shy kid in the back row finally hearing their own voice on air."

☐ T ☐ F ☐ L

3. "It costs nothing extra: we already have phones and a free app."

☐ T ☐ F ☐ L

4. "Our librarian, who runs the media lab, fully supports this idea."

☐ T ☐ F ☐ L

5. "Each episode means research, scripting and editing: three skills in one project."

☐ T ☐ F ☐ L

6. "Don't let another brilliant idea stay locked inside someone's head."

☐ T ☐ F ☐ L

B Write your own

Topic: "Our school should have a longer lunch break." Write one line for each appeal.

Trust

Feeling

Logic

Coach's tip: a Logic line only works if your facts are real. If you're not sure of a number, use an example or your own experience instead.

My 60-second pitch planner



Name: _____

Date: _____

1 Choose a topic

☐ School should start one hour later.

☐ Students should help plan the canteen menu.

☐ Every student deserves one "no homework" pass a month.

☐ My own idea:

2 Plan it (keywords only, not a full script)

Hook

Grab attention

☐ Question ☐ Picture ☐ Mini story ☐ Bold claim

Point

Your opinion in one line

I'm convinced that...

Proof

Two reasons, each with an example

First, ... For example, ...

Second, ... What's more, ...

Push

What should they do?

So let's... / Give us... / Start today by...

Delivery checklist: stand or sit tall · eyes on your audience · pause after the hook · count reasons on your fingers · slow down for the push · finish, then smile.

See both sides, win the argument



Name: _____

Date: _____

THE MOTION

Pick one: Weekend homework should be banned · Video games teach useful life skills · Every student should learn to code · School uniforms should be optional

A Build both sides

Good debaters know the other side's arguments before they speak.

For (agree)Reason 1

Reason 2

Example
_____**Against (disagree)**Reason 1

Reason 2

Example
_____**B My side and my rebuttal**

I firmly believe that _____

because _____.

For example, _____.

The other side might say: _____

I see your point, but _____.

Coach's tip: never attack the person, only the argument. "I see your point, but..." keeps you calm, polite and convincing.

Speaker scorecard



Name: _____

Date: _____

A Rate the pitch

1 = just starting · 2 = getting there · 3 = strong · 4 = outstanding. You rate yourself, then a parent or friend rates you.

Skill	Me	Audience
Voice: pace, volume and pauses	1 2 3 4	1 2 3 4
Presence: eye contact and posture	1 2 3 4	1 2 3 4
Fluency, with few filler words	1 2 3 4	1 2 3 4
Vocabulary and grammar	1 2 3 4	1 2 3 4
Structure: Hook, Point, Proof, Push	1 2 3 4	1 2 3 4
Persuasion: Trust, Feeling, Logic	1 2 3 4	1 2 3 4
Confidence overall	1 2 3 4	1 2 3 4

B Two stars and a wish

Star 1 	Star 2 	Wish
---------------------------	---------------------------	-------------------------

C 7-day speaking challenge

One minute a day. Tick each day you complete it.

Day 1 Describe your room with zero fillers. ☐	Day 2 Explain your favourite game to an adult. ☐	Day 3 Tell a 1-minute story about a funny moment. ☐	Day 4 Convince someone to watch a film you love. ☐	Day 5 Debate a family member on any motion. ☐	Day 6 Record your pitch and watch it back. ☐	Day 7 Give your pitch again, better. ☐
---	--	---	--	---	--	--



Worksheet 1A • Filler hunt (sample rewrites)

1. I believe sports day should be longer.
2. We get too much homework.
3. The library should stay open after school.
4. We should plant more trees.

Fillers: so, um, basically, like, you know, actually, kind of, I guess, I mean, so yeah.

Worksheet 1B • Word upgrade

1. very important → crucial
2. very tired → exhausted
3. I think → I'm convinced that
4. bad for you → harmful
5. a lot of → a huge number of
6. really good → outstanding
7. also → what's more

Worksheet 2A • Spot the appeal

1. Trust (personal experience)
2. Feeling (a picture that makes you care)
3. Logic (cost reasoning)
4. Trust (a respected voice)
5. Logic (skills gained)
6. Feeling (emotional call)

Worksheet 2B • Model lines

Trust: "As a student who eats lunch in ten minutes every day, I know how rushed it feels."

Feeling: "Imagine finally having time to laugh with friends instead of gulping down your food."

Logic: "A longer break means time to eat properly and move around, so we come back to class more focused."

Model 60-second pitch (from the lesson)

Hook: What if the next big idea in our school belongs to a student who has never been asked to speak?

Point: I'm convinced that every school should start a student-run podcast club. **Proof:** First, it builds real skills: research, writing and teamwork. Second, it gives quiet students a voice, because a mic feels less scary than a stage. What's more, all it needs is a phone and a free editing app. **Push:** So give us one room on Fridays for one term, and we'll give you a show worth listening to.

For parents: praise effort and specific improvements ("You paused instead of saying um!") rather than general "good job". Ask your child to give you their pitch again at dinner this week.