

## Appendices 14

### Transcript of students' monologue in pretest

1. How to run without getting tired  
First, warm up  
Second, drink enough  
Third, listen to music  
Four, run away  
Five, take a deep breath  
Sixth, don't give up  
Seventh, cool down  
Last, finish it
2. How to run  
First, stretch  
Second, keep a distance  
Third, breath steadily  
Fourth, run smooth  
Last, cool down
3. There are some steps for running without getting tired  
First, don't forget to stretch out  
Second, keep health by drinking enough water before running  
Third, listen to music for running  
Fourth, don't run for the finish line  
Fifth, breathe  
Sixth, keep moving on eventhough you tired  
Seventh, cool down if finish  
Last, stop and have a break
4. Some tips for run  
First, buy run shoe  
Second, warm on  
Third, take break  
Fourth, sip water
5. How to run  
First, be warm

Second. Drink bring  
Third, be music  
Four, run away  
Five, take away  
Six, run again  
Seven, be cool  
Last, the end

6. steps for running without getting tired

First, stretch out  
Second, drinking enough  
Third, listen to music  
Fourth, run again  
Fifth, breathe  
Sixth, keep jog  
Seventh, cool down  
Last, stop

7. This is how to run

First, stretch  
Second, stay hydrated  
Third, listen music  
Fourth, run like jog  
Last, calm inside

8. How to run

First, warm up  
Second, stay hydrated  
Third, listen music  
Fourth, start run  
Fifth, nreath  
Sixth, keep going!  
Seventh, cool down  
Last, have a break.

9. How to run without getting tired

First, warm up before running  
Second, drink enough to keep healthy  
Third, listen to music to keep you run well

Fourth, start running  
Fifth, take a long and depth breath  
Sixth, don't give easily  
Seventh, do a cool down  
Last, finish the running

10. How to run without getting tired

First, use run shoes  
Second, warm up before run  
Third, run good  
Fourth, breathe  
Last, enjoy yours

11. How to run

First, warm up before you begin any form of exercise or running  
Second, stay hydrated  
Third, listen to music for mood booster  
Fourth, don't just sprint for the finish line.  
Fifth, make sure you breathe in as deeply as you can through your nose and exhale in controlled manner through your mouth  
Sixth, keep going! Once you get tired don't let it stop you  
Seventh, cool down  
Last, have a break.

12. How to run

First, stretch  
Second, keep a distance  
Third, breath steadily  
Fourth, run smooth  
Last, cool down

13. Some steps for run

First, use run shoe  
Second, warm on  
Third, running  
Fourth, take break  
Fourth, sip water

14. This is how to run

First, stretch  
Second, stay hydrated  
Third, listen music  
Fourth, run like jog  
Last, calm inside

15. How to run

First, do warm on  
Second, prepare water  
Third, run with run shoes  
Fourth, breath  
Last, cooling down

16. How to run without getting tired

First, do stretch  
Second, use shoe  
Third, run good  
Fourth, calm down

17. How to run without getting tired

First, warm up  
Second, drink enough  
Third, listen to music  
Four, run away  
Five, take a deep breath  
Sixth, don't give up  
Seventh, cool down  
Last, finish

18. How to run without getting tired

First, do a scratch  
Second, provide water  
Third, wear headset  
Fourth, start run  
Fifth, depth breath  
Sixth, keep jogging  
Seventh, cool do  
Eight, the end

19. How to run

First, wear shoes  
Second, bring drink  
Third, listen headset  
Fourth, run hard  
Fifth, breath do  
Sixth, run going  
Seventh, be cool  
Last, finish run

20. How to run

First, be warm  
Second. Drink bring  
Third, be music  
Four, run away  
Five, take away  
Six, run again  
Seven, be cool  
Last, the end

21. How to run without getting tired

First, warm up before running  
Second, drink enough to keep healthy  
Third, listen to music to keep you run well  
Fourth, start running  
Fifth, take a long and depth breath  
Sixth, don't give easily  
Seventh, do a cool down  
Last, finish the running

22. Some steps for run

First, use run shoe  
Second, warm on  
Third, running  
Fourth, take break  
Fourth, sip water

23. There are some steps for running without getting tired

First, don't forget to stretch out  
Second, keep health by drinking enough water before running  
Third, listen to music for running

Fourth, don't run for the finish line  
Fifth, breathe  
Sixth, keep moving on eventhough you tired  
Seventh, cool down if finish  
Last, stop and have a break

24. I want to present about steps how to without getting tired

First, warm up  
Second, drink enough water  
Third, listen to music if you need to.  
Fourth, don't run for finish line  
Fifth, keep a breath  
Sixth, keep running  
Seventh, do a cooling down  
Last, don't forget to run again

25. How to run

First, be warm  
Second. Drink bring  
Third, be music  
Four, run away  
Five, take away  
Six, run again  
Seven, be cool  
Last, the end

26. How to run

First, stretch  
Second, keep a distance  
Third, breath steadily  
Fourth, run smooth  
Last, cool down

27. steps for running without getting tired

First, stretch out  
Second, drinking enough  
Third, listen to music  
Fourth, run again  
Fifth, breathe  
Sixth, keep jog

Seventh, cool down

Last, stop

28. How to run

First, warm up

Second, stay hydrated

Third, listen music

Fourth, start run

Fifth, nreath

Sixth, keep going!

Seventh, cool down

Last, have a break.

29. Some tips for run

First, buy run shoe

Second, warm on

Third, take break

Fourth, sip water

30. First, stretch out

Second, drinking enough

Third, listen to music

Fourth, run again

Fifth, breathe

Sixth, keep jog

Seventh, cool down

Last, stop

### **Transcript of students' monologue in posttest**

1. I want to present about how to ride a bicycle  
First, find a good place to ride it  
Second, make sure that you know how to ride safely like using helmet.  
Third, don't forget to check the brake that it works or not.  
Next, practice balancing on the bike  
Then, Practice gilding down gentle slops  
After that, Get ready to ride your bicycle  
And, pedal down the slop and onto the flat area  
Then, pedal from a complete stop on the flat area  
Last, use extra power to move uphill
2. There some steps to ride a bicycle  
First, find a safe place to practice  
Second, know how to ride it  
Third, be careful to stop  
Then, learn how to balance  
Next, learn how to turn right or left  
Last, time to ride
3. Here are the steps to ride a bicycle  
First, avoid riding a bicycle on bad road  
Second, use helmet and other equipments  
Third, check the brakes of your bicycle  
Fourth, keep the balance in order not to fall  
Fifth, learn how to glide down well  
Sixth, start off on the easy streets  
Seventh, obey the rules on the road  
Then, pedal from a complete stop on the flat area  
Last, give extra power to move uphill
4. There are some steps to ride a bicycle  
First, start off on the easy road  
Second, Make sure you are comfortable with your equipment  
Third, don't ride bicycle too fast because it's dangerous  
Fourth, make a good balance in order to avoid falling down  
Fifth, be careful when you wanna turn right or left  
Sixth, Start riding confidently



Seventh, obey the rules of traffic

Last, don't forget to use extra power when you are on uphill

5. If you like riding bicycle , you have to know the steps for doing it well

First, find a good place to ride it

Second, wear a good helmet is a good idea for cycling

Third, check the brakes if it works or not

Fourth, keep the balance in order not to fall

Fifth, learn how to glide down well

After that, Get ready to ride your bicycle

And, pedal down the slop and onto the flat area

Then, pedal from a complete stop on the flat area

Last, use extra power to move uphill

6. How to ride a bicycle

First, avoid riding a bicycle on bad road

Second, use helmet and other equipments

Third, avoid riding so fast because it's dangerous

Fourth, balance your cycling it's so important

Fifth, learn how to glide down well

Sixth, start off on the easy streets

Seventh, obey the rules on the road

Then, pedal from a complete stop on the flat area

Last, keep cycling on fire when face uphill

7. I want to present about steps riding a bicycle

First, start on comfortable place to ride

Second. Wear right equipments for cicyling

Third, check the brakes of your bicycle before riding

Fourth, make a good balance in order to avoid falling down

Fifth, be careful when you wanna turn right or left

Sixth, Start riding confidently

Seventh, obey the rules of traffic

Last, don't forget to use extra power when you are on uphill

8. How to ride a bicycle

First, know that bad road is not good place to cycle

Second, use helmet is a good idea to do

Third, cycle too fast is not good for you

Fourth, keep the balance of your bicycle

Fifth, learn how to glide down well  
Sixth, start off on the easy streets  
Then, pedal from a complete stop on the flat area  
Last, use extra power to move uphill

9. I want to present about how to ride a bicycle

Here are the steps for riding bicycle

First, prepare the equipment

Second, check the brakes

Third, check the tires

Next, keep the balance

Last, enjoy the ride

10. I want to present about how to ride a bicycle

First, check the road that it can be first place to ride or not

Second. Make sure that you wear the right equipments

Third, don't ride bicycle too fast because it's dangerous

Fourth, make a good balance in order to avoid falling down

Fifth, be careful when you wanna turn right or left

Sixth, Start riding confidently

Seventh, obey the rules of traffic

Last, use more power to pedal on uphill

11. There are some steps to ride a bicycle

First, start off on the easy road

Second, Make sure you are comfortable with your equipment

Third, don't ride bicycle too fast because it's dangerous

Fourth, make a good balance in order to avoid falling down

Fifth, be careful when you wanna turn right or left

Sixth, Start riding confidently

Seventh, obey the rules of traffic

Last, don't forget to use extra power when you are on uphill

12. How to ride a bicycle

First, know how to pedal the bicycle

Second, wear a right shoes and the other equipments

Third, check the brakes

Fourth, keep the balance when cycling

Fifth, Practice gilding down gentle slops

- After that, Get ready to ride your bicycle  
And, pedal down the slop and onto the flat area  
Then, pedal from a complete stop on the flat area  
Last, pedal the cycle more powerful on the uphill
13. I want to present about how to ride a bicycle  
First, find a good place to ride it  
Second, make sure that you know how to ride safely like using helmet.  
Third, don't forget to check the brake that it works or not.  
Next, practice balancing on the bike  
Then, Practice gilding down gentle slops  
After that, Get ready to ride your bicycle  
And, pedal down the slop and onto the flat area  
Then, pedal from a complete stop on the flat area  
Last, use extra power to move uphill
14. There are some steps to ride a bicycle  
First, know the rules and sense  
Second, ride in the right direction  
Third, turn right or left well  
Next, give attention to the others  
Then, obey traffic signals  
Last, enjoy it
15. There some steps to ride a bicycle  
First, find a safe place to practice  
Second, know how to ride it  
Third, be careful to stop  
Then, learn how to balance  
Next, learn how to turn right or left  
Last, time to ride
16. There are some steps to ride a bicycle  
First, start off on the easy road  
Second, Make sure you are comfortable with your equipment  
Third, don't ride bicycle too fast because it's dangerous  
Fourth, make a good balance in order to avoid falling down  
Fifth, be careful when you wanna turn right or left  
Sixth, Start riding confidently  
Seventh, obey the rules of traffic

- Last, don't forget to use extra power when you are on uphill
17. Wanna tell how to ride a bicycle
- First, have the equipment
  - Second, pray to god
  - Third, check the equipment
  - Next, check the tires
  - Last, be a safe rider
18. How to ride a bicycle
- First, avoid riding a bicycle on bad road
  - Second, use helmet and other equipments
  - Third, avoid riding so fast because it's dangerous
  - Fourth, balance your cycling it's so important
  - Fifth, learn how to glide down well
  - Sixth, start off on the easy streets
  - Seventh, obey the rules on the road
  - Then, pedal from a complete stop on the flat area
  - Last, keep cycling on fire when face uphill
19. There are some steps to ride a bicycle
- First, start off on the easy road
  - Second, Make sure you are comfortable with your equipment
  - Third, don't ride bicycle too fast because it's dangerous
  - Fourth, make a good balance in order to avoid falling down
  - Then, Practice gilding down gentle slops
  - After that, Get ready to ride your bicycle
  - And, pedal down the slop and onto the flat area
  - Then, pedal from a complete stop on the flat area
  - Last, use extra power to move uphill
20. First, find a good place to ride it
- Second, make sure that you know how to ride safely like using helmet.
  - Third, don't forget to check the brake that it works or not.
  - Next, practice balancing on the bike
  - Then, Practice gilding down gentle slops
  - After that, Get ready to ride your bicycle
  - And, pedal down the slop and onto the flat area
  - Then, pedal from a complete stop on the flat area
  - Last, use extra power to move uphill

21. How to ride a bicycle

First, know how to pedal the bicycle  
Second, wear a right shoes and the other equipments  
Third, check the brakes  
Fourth, keep the balance when cycling  
Fifth, Practice gilding down gentle slops  
After that, Get ready to ride your bicycle  
And, pedal down the slop and onto the flat area  
Then, pedal from a complete stop on the flat area  
Last, pedal the cycle more powerful on the uphill

22. How to ride bicycle

First, equip with right thing  
Second, check the brakes  
Third, keep balance it  
Then, be careful not to fall  
Fifth, learn how to glide down well  
Sixth, start off on the easy streets  
Seventh, obey the rules on the road  
Then, pedal from a complete stop on the flat area  
Last, keep cycling on fire when face uphill

23. I want to present about how to ride a bicycle

First, check the road that it can be first place to ride or not  
Second. Make sure that you wear the right equipments  
Third, don't ride bicycle too fast because it's dangerous  
Fourth, make a good balance in order to avoid falling down  
Fifth, be careful when you wanna turn right or left  
Sixth, Start riding confidently  
Seventh, obey the rules of traffic  
Last, use more power to pedal on uphill

24. There some steps to ride a bicycle

First, find a safe place to practice  
Second, know how to ride it  
Third, be careful to stop  
Then, learn how to balance  
Fifth, be careful when you wanna turn right or left  
Sixth, Start riding confidently

Seventh, obey the rules of traffic

Last, don't forget to use extra power when you are on uphill

25. I want to present about how to ride a bicycle

First, check the road that it can be first place to ride or not

Second, Make sure that you wear the right equipments

Third, don't ride bicycle too fast because it's dangerous

Fourth, make a good balance in order to avoid falling down

Fifth, be careful when you wanna turn right or left

Sixth, Start riding confidently

Seventh, obey the rules of traffic

Last, use more power to pedal on uphill

26. I want to tell about how to ride a bicycle

First, know how to pedal

Second, use helmet

Third, check the brakes

Next, check the tires

After that, Get ready to ride your bicycle

And, pedal down the slop and onto the flat area

Then, pedal from a complete stop on the flat area

Last, use extra power to move uphill

27. There are some steps to ride a bicycle

First, know the rules and sense

Second, ride in the right direction

Third, turn right or left well

Next, give attention to the others

Then, obey traffic signals

Last, enjoy it

28. There are some steps to ride a bicycle

First First, check the road that it can be first place to ride or not

Second, ride in the right direction

Third, turn right or left well

Next, give attention to the others

Then, obey traffic signals

After that, Get ready to ride your bicycle

And, pedal down the slop and onto the flat area

Then, pedal from a complete stop on the flat area

Last, use extra power to move uphill

29. How to ride a bicycle

First, avoid riding a bicycle on bad road

Second, use helmet and other equipments

Third, avoid riding so fast because it's dangerous

Fourth, balance your cycling it's so important

Fifth, learn how to glide down well

Sixth, start off on the easy streets

Seventh, obey the rules on the road

Then, pedal from a complete stop on the flat area

Last, keep cycling on fire when face uphill

30. If you like riding bicycle , you have to know the steps for doing it well

First, find a good place to ride it

Second, wear a good helmet is a good idea for cycling

Third, check the brakes if it works or not

Fourth, keep the balance in order not to fall

Then, obey traffic signals

After that, Get ready to ride your bicycle

And, pedal down the slop and onto the flat area

Then, pedal from a complete stop on the flat area

Last, use extra power to move uphill