



HOW TO USE THIS COURSEWARE



1. About This Courseware

This courseware is a Form 3 English module based on the Sabah folktale The Legend of Mount Kinabalu. It integrates reading and writing activities designed to help students understand the story and express their ideas clearly.

2. What You Need

- A device (laptop, PC, tablet, or shared classroom device)
- Access to Liveworksheets (teacher shares link/QR code)
- Paper and pen for drafting (optional)



3. How to do the Activities

Step 1: Read the Story

- Students read the provided story of the Legend of Mount Kinabalu to understand the sequence of events, characters, and emotions.

Step 2: Complete the Activities in Order

- The courseware includes three activities. Students should complete them one by one:
- Activity 1: Write an alternative ending (Writing – LS 4.1.5)
- Activity 2: Match/write meaning of vocabulary (Reading – LS 3.1.3)
- Activity 3: Express the woman's feelings in a paragraph (Writing – LS 4.1.4)



Step 3: Submit Your Work

- Online class: Submit answers through Liveworksheets or Canva link
- Offline class: Write answers in exercise books and submit to teacher

Step 4: Feedback & Reflection

- Teacher checks students' work and provides short feedback on language, organisation, and ideas. Students are encouraged to revise.

4. Modes of Use

This courseware can be used in:

- Full digital mode (individual devices)
- Hybrid mode (teacher projects slides + students answer on paper)
- Low-resource mode (printed worksheets)



READING METHODS

1



SKIMMING

Reading quickly to get the overall idea of the text **without focusing on details**.

When to use skimming:

- To understand what the text is mainly about

How to skim:

- Look at headings, pictures, and keywords
- Ignore examples, descriptions, or long explanations

2



SCANNING

Looking through a text quickly to **find one specific piece of information**.

When to use scanning:

- To locate a key fact or detail
- When answering questions like "When...?", "Where...?", "Who...?"

How to scan:

- Move your eyes quickly down the page
- Look for capital letters, numbers, or repeated words

3



LIGHT READING

Reading at a **comfortable pace** to understand the storyline, characters, and main events.

When to use light reading:

- When reading stories, legends, or narratives
- When you want to enjoy the text

How to do light reading:

- Focus on the flow of the story
- Guess the meaning of difficult words from context

4

SPEED READING

Reading faster than usual **to cover more text in a shorter time** while still **understanding the main ideas**.

When to use speed reading:

- When you need to finish long texts quickly
- When you only need a general understanding, not deep analysis

How to do speed reading:

- Move your eyes smoothly across the lines without stopping too often
- Focus on keywords and skip unimportant words



5

WORD-BY-WORD READING

Reading the text slowly, **focusing on each word to understand precise meaning and details**.

When to use word-by-word reading:

- When reading difficult or unfamiliar texts
- When learning new vocabulary

How to do word-by-word reading:

- Read each sentence carefully without skipping words
- Pause to make sure you understand each line
- Highlight or underline important details



6

PROOFREADING

Reading carefully **to find and correct mistakes in grammar, spelling, punctuation, and formatting**.

When to use proofreading:

- When checking for errors that affect clarity and accuracy

How to do proofreading:

- Read slowly and focus on one type of error at a time (e.g., spelling first, then punctuation)
- Take a short break before proofreading to improve focus



READING COMPREHENSION

Use one of the reading methods to read the text and answer the following questions.

THE LEGEND OF MOUNT KINABALU

A long time ago, a Chinese prince was sailing across the seas when his ship was caught in a terrible storm. The waves were huge, and the ship sank. The prince managed to survive and washed ashore in Sabah, far from home. Alone and exhausted, he wandered along the coast, hoping to find help.

During his stay, he met a kind and beautiful *Kadazan* woman. She welcomed him and cared for him. Over time, they fell in love and got married. The couple was happy, and the woman soon discovered she was expecting a child. Life seemed peaceful, and the villagers admired the couple for their love and courage.

However, after some time, the prince had to return to China to visit his parents. He promised to come back for his wife, leaving her behind with a token of his love. The woman waited faithfully, but months turned into years, and the prince never returned. Heartbroken, she wandered up the nearby mountain, hoping to catch sight of his return.

As she climbed higher, her grief was so deep that, according to legend, she turned into stone, her spirit forever tied to the mountain. People say that her “face” now faces the sea, always watching and waiting for the prince who never came back.

Because of this story, the mountain became known as *Kinabalu*, which some say means the “Chinese Widow” (*Cina Balu*). Today, Mount Kinabalu stands as the tallest mountain in Sabah, a natural wonder, and a symbol of love, loyalty, and devotion that lasts beyond life itself.



ACTIVITIES

① Answer the following questions.

1. How did the Chinese prince arrive in Sabah?

2. Why did the prince have to return to China?

3. What happened to the woman when the prince never returned?

4. Why do you think the villagers admired the couple?

5. Based on the woman's actions, what kind of person do you think she was?

② Write the **meaning of each word** in your own words.

1. Kadazan

2. Grief

3. Devotion

4. Kinabalu

5. Widow

ACTIVITIES

- 3 Read the excerpt below from the Legend of Mount Kinabalu. Then write a short paragraph expressing the woman's feelings at different moments in the story.

Write 5–7 sentences expressing the woman's feelings during these moments:

1. When she married the prince
2. When he left for China
3. When she waited for him
4. When she climbed the mountain
5. When she realised he would never return

Use emotion words such as:

happy, hopeful, worried, lonely, heartbroken, surprised, disappointed, proud, loyal

1. When she married the prince

2. When he left for China

3. When she waited for him

4. When she climbed the mountain

5. When she realised he would never return

This activity:

- Uses a local legend well-known in Sabah
- Activates students' emotional connection to Mount Kinabalu
- Encourages pride in local identity and heritage
- Works on any device, including shared phones
- Supports multilingual students with simple emotion vocabulary

ACTIVITIES

You have read the legend about how the Kadazan woman turned into stone and became part of Mount Kinabalu. Now, imagine that the story ended differently.

Your task: Rewrite the ending of the story in your own words. You may choose the ending for your story from the option below.

- Option 1: A Hopeful Ending
- Option 2: A Magical Ending
- Option 3: A Realistic Ending
- Option 4: A Tragic Ending

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