

GEPT Elementary Reading & Speaking Handout

Backpack Safety and Smart School Bags

全民英檢初級閱讀與口說講義 | Topic: back to school, backpack safety, school routine

Teacher Notes 教學重點

- Level: GEPT Elementary / CEFR A2
- Class time: 50-90 minutes
- Skills: reading short passages, describing daily school habits, giving simple advice
- Current topic: back-to-school backpack safety, school bag weight, organizing books, asking for help
- Note: This is language-learning material, not medical advice.

Warm-up Questions 暖身口說

- What do you usually put in your school bag?
- Is your backpack ever too heavy?
- How do you organize your bag?
- What should students do if their shoulder hurts?

A. Vocabulary 單字解析

Word	Part	中文	Easy meaning	Example
backpack	n.	背包；書包	a bag you carry on your back	My backpack is too heavy today.
strap	n.	背帶	a long narrow part used to carry something	Use both straps when you carry your bag.
pocket	n.	口袋；夾層	a small part of a bag or clothes for keeping things	Put your keys in the front pocket.
weight	n.	重量	how heavy something is	The weight of my bag is about five kilos.
heavy	adj.	重的	having a lot of weight	This science book is heavy.
light	adj.	輕的	not heavy	Choose a light backpack.
organize	v.	整理	to put things in a clear order	I organize my bag every night.
necessary	adj.	必要的	needed for a purpose	Bring only the necessary books.
locker	n.	置物櫃	a small cupboard at school for keeping things	I put my PE clothes in my locker.
shoulder	n.	肩膀	the part of your body near your neck and arm	My shoulder hurts after carrying the bag.
pain	n.	疼痛	a bad feeling in your body	Tell an adult if you have pain.
fit	v.	合身；適合	to be the right size	This backpack fits me well.

B. Reading 1 | A New Bag for School 閱讀

It is one week before school starts. Mia and her father go to a store to buy a new backpack. Mia wants a bag with a popular color, but her father asks her to check more things. He says, 'A school bag should look nice, but it should also feel safe and comfortable.'

First, Mia tries a small red backpack. It is pretty, but the straps are thin. Next, she tries a blue backpack with wide soft straps and many pockets. The bag is light when it is empty, and it fits her back well. There is also a small bright strip on the front, so drivers can see it at night.

Mia chooses the blue bag. Her father reminds her to use both straps, not only one. Mia says she will organize her bag every night. She wants to bring the things she needs, but she does not want to carry too much weight.

Reading Check

When do Mia and her father buy a backpack?

Answer: _____

Why does Mia not choose the red backpack?

Answer: _____

What does Mia promise to do every night?

Answer: _____

C. Reading 2 | Packing the Bag the Smart Way 閱讀

On the first day of school, Leo puts many things in his backpack. He brings five textbooks, two notebooks, a dictionary, a water bottle, sports shoes and a pencil case. When he walks to school, the bag feels very heavy. He walks slowly and leans forward.

In the classroom, Leo's teacher sees him. She says, 'Leo, your bag looks too heavy. You do not need every book today.' She tells the class to check the timetable. Students should bring only necessary books and keep extra things in their lockers.

After class, Leo takes out two books and puts his sports shoes in his locker. He puts the heaviest book close to his back and puts small things in different pockets. The next morning, his bag is lighter. Leo learns that a smart school bag is not full of everything. It has only what he needs for that day.

Reading Check

Why does Leo walk slowly?

Answer: _____

What does the teacher tell students to check?

Answer: _____

Where does Leo put his sports shoes?

Answer: _____

D. Reading 3 | When the Backpack Hurts 閱讀

Sara likes wearing her backpack on one shoulder because she thinks it looks cool. After a few days, her right shoulder starts to hurt. At first, she does not tell anyone. She thinks the pain will go away. But on Friday, the bag feels worse when she walks up the stairs.

At lunch, Sara tells her homeroom teacher. The teacher asks her to visit the school nurse. The nurse checks the bag and says, 'Use both straps and keep the bag close to your back. Do not carry books that you do not need. If the pain continues, tell your parents.'

Sara changes her habit. She uses both straps and bends her knees when she picks up her bag from the floor. She also asks her classmate what books are needed before she packs. After one week, her shoulder feels better. Sara learns that asking for help early is important.

Reading Check

How does Sara usually wear her backpack?

Answer: _____

Who does Sara visit at school?

Answer: _____

What does Sara learn?

Answer: _____

E. Dialog Practice 口說對話

Dialog 1 | Buying a Backpack

Mia	Dad, I like this red backpack. It looks cool.
Dad	It is nice, but try it on first.
Mia	The straps feel a little thin.
Dad	Try this blue one. The straps are wider and softer.
Mia	It also has many pockets.
Dad	Good. A backpack should fit you and help you organize your things.

Dialog 2 | Checking the Timetable

Teacher	Leo, why is your bag so heavy?
Leo	I brought all my books today.
Teacher	You only need English, math and science this morning.
Leo	So I can leave my PE shoes in the locker?
Teacher	Yes. Bring only necessary things.
Leo	OK. I will check the timetable every night.

Dialog 3 | Asking for Help

Sara	Teacher, my shoulder hurts.
Teacher	When did it start?
Sara	It started two days ago.
Teacher	How do you carry your backpack?

Sara	Usually on one shoulder.
Teacher	Please visit the nurse. You should use both straps.

Dialog 4 | Talking to the School Nurse

Nurse	Can I check your backpack?
Sara	Sure. Is it too heavy?
Nurse	It may be. Put the heavy book close to your back.
Sara	Should I use both straps?
Nurse	Yes. Also keep the bag close to your body.
Sara	Thank you. I will change my habit.

F. Speaking Practice 口說練習

Useful Speaking Frames

- My backpack is too heavy because _____.
- I should bring only _____.
- I use both straps because _____.
- I put _____ in my locker.
- My shoulder hurts. It started _____.
- A good backpack should have _____.
- Before school, I need to check _____.
- In my opinion, students should _____.

1. Pair Interview

- What is usually in your backpack?
- What is one thing you do not need every day?
- How can students make their bags lighter?
- What kind of backpack do you like?
- Who can you ask for help if your bag hurts your shoulder?

2. Role-play: At the Store

Student A: You want to buy a backpack. Ask about color, straps, pockets and size.

Student B: You are a parent or store clerk. Give advice and ask Student A to try the bag.

3. Role-play: At School

Student A: Your backpack is too heavy. Ask your teacher what to bring today.

Student B: You are the teacher. Tell Student A to check the timetable and use the locker.

4. Short Talk

Talk for 30 seconds: How can students keep their school bags safe and light?

Note: _____

Note: _____

Note: _____

G. Quiz 練習題

1. Vocabulary: A bag you carry on your back is a _____.

Answer: _____

2. Vocabulary: A long narrow part used to carry a bag is a _____.

Answer: _____

3. Vocabulary: A small cupboard at school is a _____.

Answer: _____

4. Reading 1: Mia chooses the _____ backpack.

Answer: _____

5. Reading 2: Leo should check the _____ every night.

Answer: _____

6. Reading 3: Sara's _____ hurts.

Answer: _____

7. Speaking: Tell a teacher your bag is too heavy.

Answer: _____

8. Speaking: Give one backpack safety rule.

Answer: _____

9. Writing: Write one thing you can put in a locker.

Answer: _____

10. Opinion: What makes a good backpack?

Answer: _____

H. Answer Key 答案

Reading Check

When do Mia and her father buy a backpack? - One week before school starts.

Why does Mia not choose the red backpack? - The straps are thin.

What does Mia promise to do every night? - She promises to organize her bag.

Why does Leo walk slowly? - His backpack is very heavy.

What does the teacher tell students to check? - She tells them to check the timetable.

Where does Leo put his sports shoes? - He puts them in his locker.

How does Sara usually wear her backpack? - She wears it on one shoulder.

Who does Sara visit at school? - She visits the school nurse.

What does Sara learn? - She learns that asking for help early is important.

Quiz

1. Vocabulary: A bag you carry on your back is a _____. - backpack
2. Vocabulary: A long narrow part used to carry a bag is a _____. - strap
3. Vocabulary: A small cupboard at school is a _____. - locker
4. Reading 1: Mia chooses the _____ backpack. - blue
5. Reading 2: Leo should check the _____ every night. - timetable
6. Reading 3: Sara's _____ hurts. - shoulder
7. Speaking: Tell a teacher your bag is too heavy. - My backpack is too heavy.
8. Speaking: Give one backpack safety rule. - Use both straps. / Bring only necessary books.
9. Writing: Write one thing you can put in a locker. - Sports shoes. / Extra books. / PE clothes.
10. Opinion: What makes a good backpack? - It should be light, fit well, and have wide straps.

I. Source Notes 教材參考來源

This handout is original classroom material rewritten for GEPT Elementary / CEFR A2 learners.

The source articles were used only for general topic background about backpack fit, weight, straps, organization and asking adults for help. This is not medical advice.

- Mayo Clinic News Network: Mayo Clinic Q&A: Are backpacks hurting your kids' backs? <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-qa-are-backpacks-hurting-your-kids-backs/>
- Mayo Clinic Health System: Choosing the best school backpack. <https://communityhealth.mayoclinic.org/featured-stories/choosing-a-backpack>
- Associated Press: School backpack overload: Heavy bags can strain kids' bodies. <https://www.ap.org/news-highlights/spotlights/2026/school-backpack-overload-heavy-bags-can-strain-kids-bodies/>