

Speed test Exercise

(note – for best results, follow the instructions on each page, before moving to the next page.

Do not skip ahead and view all pages!)

Instructions – Take 1

1. On the next page, you will see some text, please read this aloud
2. Before starting the text, have a stopwatch to hand, timer on your phone or second hand on your watch
3. When you click on to next page, immediately start the timer as you read the 1st word
4. End the timer on your last word
5. Note the time it took – the last page will reveal the ideal length of time it should have taken to read the text

Speeding up or slowing down are 2 elements of vocal variety that are often overlooked.

Speeding up slightly at an exciting part adds impact. The effect of slowing right down at parts that are serious complicated or vital can be enormous.

In normal speaking terms the average words per minute can range from one hundred and thirty to three hundred.

Instructions – Take 2

You will notice this time, there are more punctuation marks in the text

1. As before, have a stopwatch to hand, timer on your phone or second hand on your watch
2. When you click on to next page, immediately start the timer as you read the 1st word
3. Where you see commas, pause for **1** second, after a full stop pause for **2** seconds, after a paragraph, pause for **3** seconds
4. End the timer on your last word
5. Note the time – it should take you longer than the first time!

Speeding up, **or** slowing down, are two elements of vocal variety that are often overlooked.

Speeding up, slightly, at an **exciting** part can add impact. The effect of slowing right down at parts that are serious, complicated or **vital** can be **en-orm-ous**.

In **normal** speaking terms, the average words per minute can range from **one hundred and thirty** to three hundred.

Note:

It should have taken you **30 seconds** to read the text (at a rate of 120 words per minute)

You can repeat reading the previous page, pausing for longer and adding even more emphasis to words that are in bold, underlined etc.