

1. MỤC TIÊU

1.1. Kiến thức. Học sinh ôn tập các kiến thức về: Unit 6,7,8,9,10 và trọng tâm Unit 8,9,10

1.2. Kỹ năng: Học sinh rèn luyện các kỹ năng: Reading, Writing & Language

2. NỘI DUNG

2.1. Phonetics & Pronunciation (unit 8,9,10)

2.2. Vocabulary and Grammar

- Passive voice with modal verbs
- Comparatives and superlative adjectives
- Relative clause: Defining and non-defining relative clauses with who, that, which and whose.
- Reported speech
- Conditional sentences type 1 and type 2

2.3. Topics for reading

- New ways to learn
- Protecting the environment
- Ecotourism

2.4. Writing

- Rewrite sentences by using passive voice with modal verbs, comparatives and superlative adjectives, relative clauses, reported speech & conditional sentences type 1 and type 2

2.5. Ma trận: Đề kiểm tra tiếng anh khối 10 học kỳ 2 gồm 50 câu (thời gian 60 phút)

| STT | Lĩnh vực/ Phần | Chuyên đề | Mức độ | | | | |
|-------------|--|--------------------------------------|-----------|-----------|------------|----------|--------------|
| | | | Số câu | Nhận Biết | Thông Hiểu | Vận Dụng | Vận Dụng Cao |
| 1 | Ngữ âm | Phát âm | 2 | 2 | 0 | 0 | 0 |
| | | Trọng âm | 2 | 0 | 2 | 0 | 0 |
| 2 | Ngữ pháp – Từ vựng | Ngữ pháp + Từ vựng | 11 | 4 | 3 | 2 | 2 |
| | | Cấu tạo từ | 5 | 1 | 2 | 1 | 1 |
| | | Từ đồng nghĩa | 2 | 0 | 1 | 1 | 0 |
| | | Từ trái nghĩa | 2 | 0 | 1 | 1 | 0 |
| | | Tìm lỗi sai | 2 | 0 | 1 | 1 | 0 |
| 3 | Chức năng giao tiếp/ Từ - Ngữ thể hiện chức năng giao tiếp | Chức năng giao tiếp | 1 | 0 | 1 | 0 | 0 |
| 4 | Kỹ năng đọc | Điền từ vào bài đọc | 5 | 1 | 2 | 1 | 1 |
| | | Đọc hiểu | 5 | 2 | 1 | 1 | 1 |
| 5 | Kỹ năng viết | Câu có nghĩa gần nhất với câu đã cho | 3 | 0 | 1 | 1 | 0 |
| | | Nối hai câu thành một câu | 2 | 0 | 0 | 1 | 1 |
| Tổng | | | 50 | 20 | 14 | 10 | 6 |

2.6. Gợi ý những từ vựng

UNIT 8. NEW WAYS TO LEARN

1.access /'ækses/(v): truy cập

2.application / ,æpli'keiʃn/(n): ứng dụng

- 3.digital /'dɪdʒɪtl/(adj): kỹ thuật số
- 4.identify /aɪ'dentɪfaɪ/(v): nhận dạng
- 5.learning tool (phr.n): công cụ học tập
- 6.mobile (adj): di động, có thể mang đi
- 7.native /'neɪtɪv/(adj): bản ngữ
- 8.portable /'pɔ:təbl/(adj): xách tay
- 9.technology /tek'nɒlədʒi/ (n): công nghệ
- 10.touch screen /tʌtʃskri:n/ (n.phr): màn hình cảm ứng
- 11.voice recognition/vɔɪs'rekəg'nɪʃn/ (n.phr): nhận dạng giọng nói

Unit 9: PRESEVING THE ENVIRONMENT

- 1) aquatic /ə'kwætɪk/(adj): dưới nước, sống ở trong nước
- 2) awareness /ə'weə.nəs/ (n): sự nhận thức
- 3) consumption /kən'sʌmpʃn/ (n): sự tiêu thụ, tiêu dùng
- 4) contaminate /kən'tæmɪneɪt/ (v): làm bẩn, nhiễm
- 5) deforestation /,di:fɒrɪ'steɪʃn/(n) : sự phá rừng
- 6) degraded /dɪ'greɪd/ (adj): giảm sút chất lượng
- 7) deplete /dɪ'pli:t/ (v) : làm suy yếu, cạn kiệt
depletion/dɪ'pli:ʃn/ (n): sự suy yếu, cạn kiệt
- 8) ecosystem /'i:kəʊsɪstəm/ (n): hệ sinh thái
- 9) environmental impact (n.phr): tác động môi trường
- 10) fossil fuel (n.phr): nhiên liệu hóa thạch (làm từ sự phân hủy của động vật hay thực vật tiền sử)
- 11) global warming /'gləʊbl'wɔ:mɪŋ/(n.phr): sự nóng lên toàn cầu
- 12) greenhouse effect /'grɪ:nhaʊsɪ'fekt/ (n.phr): hiệu ứng nhà kính
- 13) influence (v,n): ảnh hưởng, tác dụng
- 14) inorganic /,ɪnɔ:'gæɪnɪk/(adj): vô cơ
- 15) polar ice melting/'pəʊlə(r)aɪs'meltɪŋ/ : sự tan băng ở địa cực
- 16) pollute /pə'lu:t/(v): gây ô nhiễm
pollutant /pə'lu:tənt/ (n): chất ô nhiễm
pollution /pə'lu:ʃn/ (n): sự ô nhiễm
- 17) preserve/prɪ'zɜ:v/ (v): giữ gìn, bảo tồn
preservation /,prezə'veɪʃn/(n): sự bảo tồn, duy trì
- 18) protect /prə'tekt/ (v): bảo vệ, che chở
protection /prə'tekʃn/ (n): sự bảo vệ, che chở
- 19) sewage /'su:ɪdʒ/ (n) : nước cống
- 20) solution /sə'lu:ʃn/(n): giải pháp, cách giải quyết
- 21) vegetation /,vedʒə'teɪʃn/(n): cây cỏ, thực vật

UNIT 10: ECOTOURISM

- 1.adapt /ə'dæpt/ (v): sửa lại cho phù hợp, thích nghi
2. biosphere reserve /'baɪəʊsfɪə(r)rɪ'zɜ:v/(n): khu dự trữ sinh quyển
3. discharge /dɪs'tʃɑ:dʒ/ (v) : thải ra, xả ra
4. eco-friendly /i:kəʊ'frendli/(adj): thân thiện với môi trường
5. ecology /i'kɒlədʒi/ (n): hệ sinh thái
6. ecotourism /'i:kəʊtʊərɪzəm/ (n) : du lịch sinh thái
7. entertain /,entə'teɪn/(v): tiếp đãi, giải trí
8. exotic /ɪg'zɒtɪk/ (adj) : từ nước ngoài dựa vào; đẹp kì lạ
9. fauna /'fɔ:nə/ (n): hệ động vật
10. flora /'flɔ:rə/(n): hệ thực vật
11. impact /'ɪmpækt/(n): ảnh hưởng
12. sustainable/sə'steɪnəbl/ (adj): không gây hại cho môi trường; bền vững

2.7. Câu hỏi và bài tập minh họa

I. Phonetics

1. Mark the letter A, B, C or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- | | | | |
|----------------------------------|------------------------------|-------------------------|-------------------------------|
| 1. A. im <u>me</u> di <u>ate</u> | B. <u>sch</u> ed <u>u</u> le | C. <u>bl</u> ended | D. <u>l</u> esson |
| 2. A. <u>f</u> ocus | B. <u>con</u> tr <u>o</u> l | C. <u>r</u> ole | D. <u>m</u> odern |
| 3. A. <u>ec</u> osystem | B. <u>to</u> r <u>to</u> ise | C. <u>b</u> iodiversity | D. <u>p</u> rom <u>o</u> tion |

4. A. discuss B. issue C. fossil D. classroom
 5. A. public B. brochure C. understand D. culture

II. Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions.

1. A. digital B. personal C. excellent D. effective
 2. A. concentrate B. benefit C. understand D. mobilize
 3. A. combine B. harmful C. disease D. destroy
 4. A. awareness B. illegal C. importance D. atmosphere
 5. A. ecotourism B. relaxation C. preservation D. disappointed

III. Choose the best answer.

1. _____ learning allows us to communicate with teachers immediately and directly.
 A. Face-to-face B. Online C. Blended D. indirect
2. You need a specific _____ to improve your English speaking skills.
 A. connection B. strategy C. outline D. list
3. Nick is watching the video that his geography teacher _____ on Google Drive.
 A. uploaded B. registered C. applied D. removed
4. Teachers _____ the role of a guide for them and prepare students for lifelong learning.
 A. put B. play C. do D. make
5. Students are expected to _____ discussions and express personal opinions.
 A. take part in B. get on with C. put up with D. catch up with
6. Teachers can use some _____ to get students more interested in the lessons.
 A. plans B. tips C. strategies D. tricks
7. In _____ learning, students may have face-to-face discussions, take online tests and submit homework online.
 A. normal B. blended C. traditional D. online
8. Using digital devices in class can help students improve their _____ experience in many ways.
 A. education B. educational C. technical D. learn
9. The _____ of the project is to provide students with opportunities to learn social skills.
 A. application B. aim C. experiment D. distraction
10. Personal electronic devices which distract students _____ their classwork are banned in most schools.
 A. from B. with C. in D. for
11. _____ damage to children's body may be caused by frequent contact with electronic devices.
 A. Immediate B. Permanent C. Short-term D. Serious
12. Many teachers have worked to change their traditional classrooms into an environment _____ students can use the latest technology for their learning process.
 A. whose B. who C. where D. that
13. My youngest son, _____ may be quiet or shy in a classroom, may become active in a social learning situation made possible by digital devices.
 A. that B. who C. whose D. whom
14. Some teachers _____ levels of IT are not very high may resist teaching with electronic devices.
 A. who B. whom C. whose D. which
15. I _____ a lot of new language from speaking with my host family and with other students from all over the world.
 A. picked up B. took up C. made up D. saved up
16. I have a test to take tomorrow morning. If I _____ free time, I _____ to Cuc Phuong National Park with you.
 A. had - would go B. will have - will go C. have - will go D. had - went
17. Air pollution is a major _____ that has serious effects on our health.
 A. measure B. solution C. issue D. sewage
18. We should _____ action to protect endangered animals.
 A. take B. get C. make D. do
19. The loss of forests can destroy the natural soil and lead _____ climate change.
 A. for B. to C. off D. down
20. Earth Hour _____ attention to climate change and global energy issues, and promotes green activities worldwide.
 A. attracts B. draws C. paints D. writes
21. If you _____ a choice, which country would you visit?
 A. have B. had C. have had D. will have

22. Air pollution is a _____ problem in many major cities.
A. practical B. global C. serious D. endangered
23. Thousands of acres of forest are being cut down every year and the _of many animals are being destroyed.
A. natural resources B. natural habitats C. ways of life D. living surroundings
24. The organisation focuses _____protecting the natural habitats of rare animals.
A. in B. for C. to D. on
25. The council has _____ ideas to help manage traffic.
A. come up with B. taken part in C. made up with D. raised awareness of
26. Ba said he _____ some good marks the semester before.
A. gets B. got C. had gotten D. have got
27. They told their parents that they _____ their best to do the test.
A. try B. will try C. are trying D. would try
28. She asked me where I _____ from.
A. come B. coming C. to come D. came
29. I wouldn't go there at night if I _____ you
A. am B. have been C. were D. had been
30. I asked Martha _____ to enter law school.
A. are you planning B. is she planning C. was she planning D. if she was planning
31. We can help local artists _____ a profit by buying handmade arts and crafts
A. do B. get C. make D. take
32. Many tourists are not _____ of the impact of their actions on the local community.
A. critical B. aware C. practical D. profitable
33. One of the benefits of _____ is that it creates job opportunities for local people.
A. mass tourism B. ecotourism C. sustainable tourism D. responsible tourism
34. Tourists are not allowed to _____ in the park.
A. litter B. rubbish C. garbage D. waste
35. When eco-tourists _____ a place, they also enjoy learning about the culture there.
A. find B. explore C. discover D. invent

IV. Complete the following sentences with the correct forms of the words in capitals

- Animals should be kept in their _____ habitats. (NATURE)
- Habitats of _____ animals are damaged by human activities. (DANGER)
- The presentation focused on _____ protection and climate change. (ENVIRONMENT)
- Class _____ is a main feature of modern schools. (DISCUSS)
- To entertain _____, we have to change our usual foods to suit their tastes or adapt dances and traditions to suit their needs. (TOUR)

V. Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

- They are also well-known for the coconut palms near the Thu Bon River and traditional crafts such as colourful paper lanterns.
A. famous B. excited C. mass D. local
- A sustainable forest is a forest where trees that are cut are replanted and the wildlife is protected.
A. pre-tested B. preserved C. reserved D. protested
- My friend said she would take part in a go-green event the following week.
A. participate in B. look after C. get on with D. carry out
- Many schools provide environmental education to increase students' awareness of conservation needs.
A. effort B. benefit C. exploitation D. knowledge
- Life on Earth is disappearing fast and will continue to do so unless urgent action is taken.
A. vanishing B. damaging C. polluting D. destroying

VI. Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

- In my country, it is compulsory to go to school between the ages of five and sixteen.
A. necessary B. essential C. optional D. selective
- Do you think that you pay enough attention in class? What have I been talking about?
A. neglect B. care C. notice D. consideration
- Being able to use computers and the Internet can lead to an improved quality of life.
A. increased B. enhanced C. promoted D. deteriorated

4. Researchers believe tourists disrupt animals in their natural habitat.

- A. disturb B. confuse C. organize D. mix up

5. Fresh water is very important to life because no one can live without it. Yet it is one of the limited and most endangered natural resources on our planet.

- A. Clean B. Drinkable C. Polluted D. Running

V. ERROR IDENTIFICATION: Choose the underlined part that needs correction

1. This year (A), that (B) is for the first time, the event is open to (C) all amateur athletes along with (D) the traditional professional.

2. Some people(A) think that there is still(B) gender discriminate (C) in(D) our country.

3. They announced that(A) he has met(B) a number of key(C) figures the day(D) before.

4. Rattan, a close(A) relative of bamboo, is often (B) used to make (C) tables, chairs, and other furnitures (D).

5. Natural(A) resources provide the raw material are needed(B) to produce(C) finished goods(D) .

VI. Rewriting the following sentences.

Rewrite the sentences in the passive

1. They will construct some new airports on islands.

=> _____

2. Might the new president fulfill this promise as quickly as people would like?

=> _____

3. They are going to find out the mystery.

=> _____

4. Where will your company send you next year?

=> _____

5. They ought to have reported the accident to the police.

=> _____

Rewrite sentences by using comparatives and superlative adjectives

6. No restaurant in the city is better than that one.

=> That restaurant is

7. This watch is not so expensive as that one

=> That watch

8. He does not write as carefully as his younger sister.

=> His younger sister

9. This story is more interesting than any other story that I have ever read.

=> This is the

10. I have never known such a beautiful girl before.

=> This is

Rewrite sentences by using relative clauses with who, that, which and whose.

11. Professor Wilson is an excellent lecturer. He teaches Chemistry.

=> _____

12. The man is a famous actor. You met him at the party last night.

=> _____

13. There are some words. They are very difficult to translate.

=> _____

14. Anna writes well. I read her composition.

=> _____

15. Jim's sister is a famous architect. You met her yesterday.

=> _____

Rewrite sentences by using reported speech

16. Mr Brown said: " I was watching TV here last night."

=> Mr Brown said that _____

17. "Did you bring this cake to our party last night?" They asked me

=> They asked me _____

18. Mr. Smith said to me, "Where are you going on your vacation?"

=> Mr. Smith asked _____

19. "Don't touch it," she said to him.

=> She told him _____

20. "You can get lots of information about endangered animals on this website," my teacher said.

=> My teacher said _____

Rewrite sentences by using conditional sentences type 1 and type 2

21. I will get a work permit. I will stay for another month.

→

22. He doesn't take any exercises. He is so unhealthy.

→

23. We can't get the ticket because I don't have the right change.

→

24. Study hard or you won't pass the exam.

→

25. Don't be impatient or you will make mistakes.

→

2.7. ĐỀ MINH HỌA

I. Choose the word whose underlined part is pronounced differently from that of the others.

1. A. disposal B. inorganic C. chemical D. natural

2. A. access B. affect C. application D. Fact

II. Choose the word whose stress is placed differently from that of the others.

3. A. fertilizer B. ecosystem C. agriculture D. environment

4. A. machinery B. independent C. preservation D. conservation

III. Choose the best answer.

5. Since the appearance of electronic devices, lessons have become more and more _____ and effective.
A. enjoyable B. disruptive C. accessible D. inappropriate

6. Ecotourism activities have had some negative impacts _____ the environment and people in the area.
A. for B. on C. from D. of

7. Burning garbage _____ dangerous gases to the environment, and this may lead to global warming.
A. throws B. sends C. emits D. rejects

8. Intensive pesticide and fertilizer sprays used in agriculture have resulted in the serious _____ of water, soil and land.

A. protection B. pollution C. deforestation D. consumption

9. _____ is a term that refers to the existence of different kinds of animals and plants which make a balanced environment.

A. Wildlife B. Biodiversity C. Challenge D. Investigation

10. The _____ rate of students in high schools is said to increase sharply this year.

A. equality B. gender C. discrimination D. enrolment

11. _____ becomes common these days due to Covid pandemic.

A. Domestic violence B. Online learning C. Economy D. Smartphones

12. Digital lessons are available in a variety of webpages and they can be freely _____ and stored in your computers.

A. uploaded B. downloaded C. printed D. distracted

13. Personal electronic devices which _____ students from their class work are banned in most schools.

A. benefit B. protect C. distract D. submit

14. Thanks to the Internet, students can look _____ new words in online dictionaries.

A. in B. on C. at D. up

15. Her parents were delighted that their daughter was engaged _____ such a nice young man.

A. with B. for C. to D. at

16. All forms of discrimination against all women and girls _____ immediately everywhere.

A. must be taken away B. must be ended C. must be allowed D. must be followed

17. Do you know the man _____ lives in the house opposite mine?

A. who B. what C. which D. when

18. The car owner sued the truck driver _____ the damage he caused to her car in the accident.

A. about B. on C. to D. for

19. Non-renewable energy sources are running _____.

A. up B. on C. to D. out

20. What do you think could be the negative effects of _____ computers?

A. overlooking B. overtaking C. overusing D. overeating

21. He's _____ with the president and may soon be fired.

- A. in favor of B. out of favor C. do a favor D. in his favor
22. We should develop such _____ sources of energy as solar energy and nuclear energy.
A. tradition B. alternative C. revolutionary D. surprising
23. Greenpeace is an international group that protests against anything which is a _____ to the environment.
A. threat B. threaten C. threatening D. threatener
24. He'll have to _____ and work harder or he'll fail the exam.
A. pull his socks up B. polish his head C. empty his washing basket D. stick his neck out
25. Davis: - I reckon that preserving the environment is the responsibility of every individual.
Mai: "- _____ . Everyone should do something to protect the earth - our common home."
A. I see things differently B. I'll say the opposite
C. There is no room for doubt D. That's not always the case
26. This tablet is more modern, but it costs _____ the other one.
A. as twice much as B. twice as much as C. two times much as D. two times as more than

IV. Mark the letter A, B, C, or D to indicate the words/phrases that are CLOSEST in meaning to the underlined words/phrases.

27. "Edwards seems like a dog with two tails this morning". "Haven't you heard the news? His wife gave birth to a baby boy early this morning."
A. extremely happy B. extremely dazed C. very exhausted D. very proud
28. Discharging chemical pollutants into the environment is a cruel action to the environment as well as the future generation.
A. Filling B. Releasing C. Making D. Adding

V. Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

29. It may become necessary for the United Nations to work out international agreements and strict environmental controls on the tourist industry.
A. tight B. loose C. exact D. accurate
30. Do you think that you pay enough attention in class? What have I been talking about?
A. neglect B. care C. notice D. consideration

VI. Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.

Ecotourism is booming and many tour operators say this is helpful to nature. Every year, millions of people visit protected (31) _____ areas to observe rare species. However, a new report casts doubt on this form of tourism. The report, published in the journal "Trends in Ecology and Evolution", suggests that ecotourism damages more than (32) _____ nature. Researchers believe tourists disrupt animals in their natural (33) _____. They point to a recent event in Costa Rica where turtles had problems laying their eggs because of the many tourists who had gathered on the beach to watch them.

The report says that ecotourism is making animals bolder. A human presence makes animals tamer and less cautious about other animals. This could put them at (34) _____ of being attacked by their natural predators, so more of them will be killed. The report says that when animals interact with humans, "they may let (35) _____ their guard". The report also says it is essential, "to develop a more comprehensive understanding of how different species in different situations respond to human visitation, and under what precise conditions human exposure might put them at risk".

31. A. nature B. natural C. naturally D. naturism
32. A. helps B. help C. helpful D. helpless
33. A. habitable B. habitation C. habit D. habitat
34. A. chance B. risk C. work D. once
35. A. up B. in C. down D. on

VII. Read the following passage and choose the best answers to the questions.

Conservation conflicts **arise** when natural-resource shortages develop in the face of steadily increasing demands from a growing human population. Controversy frequently surrounds how a resource should be used, or allocated, and for whom. For example, a river may **supply** water for agricultural irrigation, habitat for fish, and water-generated electricity for a factory. Farmers, fishers, and industry leader vie for unrestricted access to this river, but such freedom could destroy the resource, and conservation **methods** are necessary to protect the river for future use.

Conflicts worsen when a natural resource crosses political boundaries. For example, the headwaters, or source, of a major river may be located in a different country than the country through which the river flows.

There is no guarantee that the river source will be protected to accommodate resource needs downstream. In addition, the way in which one natural resource is managed has a direct effect upon other natural resources. Cutting down a forest near a river, for instance, increases erosion, the wearing away of topsoil, and can lead to flooding. Eroded soil and silt cloud the river and adversely affect many organisms such as fish and important aquatic plants that require clean, clear freshwater for survival.

36. What does “**supply**” in line 3 mean?
 A. cover B. provide C. make up for D. compensate for
37. Which word in the reading means “ living or growing in, or relating to water” ?
 A. agriculture B. major C. fresh D. aquatic
38. When do conflicts get worse ?
 A. when natural-resource shortages increase in the features of gradually increasing demands from a rising human population.
B. when a natural resource crosses political borders
 C. when freedom could destroy the resource. D. when eroded soil and silt cloud affect many organisms.
39. Which sentence below is NOT correct?
 A. Argument often surrounds how a resource should be used, or allocated, and for whom.
 B. A river may provide water for agricultural irrigation, habitat for fish, and water-generated electricity for a factory
 C. Conservation methods are incidental to care for the river for future use.
 D. Farmers, fishers and industry leaders vie for open access to this river.
40. What is the passage above mainly about?
 A. Conservation conflicts B. Agricultural irrigation
 C. The headwaters of a major river D. Natural-resource shortages

VIII. Find one mistake in the underlined words or phrases in each sentence. Write down

41. The teacher asked his students to focus on your topic
 42. On the way home, we saw a lot of men, women, and dogs which were playing in the park.

IX. Word formation

43. The _____ of fossil fuels has gradually increased in many countries which is concern for many environmentalists. (CONSUME)
 44. All fossil fuels are ___ resources that cannot be replaced after use. (RENEW)
 45. Many national parks have been established to protect _____ animals. (DANGER)

X. Rewrite the following sentences with the given words.

46. I can't remember the name of the garage. We had the car repaired at this garage. (*Using a relative pronoun*)
 => _____
47. We don't go on holiday because we don't have enough money.
 => If _____
48. The porter said to me, "I'll wake you up when the train arrives in Leeds." (*using Reported speech*)
 => _____
49. He will have to conduct this project next week.
 => This project _____
50. No one in the class can speak English as fluently as Mary.
 => Mary _____

NỘI DUNG THI HỌC KỲ II MÔN THỂ DỤC

- Khối 10+ Khối 11:** Bóng rổ: Tại chỗ ném rổ 1 tay trên vai vào rổ và Hai bước 1 tay trên vai vào rổ
 - Cầu lông: Lùi phải, lùi trái, đập cầu.
 - Bóng đá: Sút bóng vào gôn má trong Nam 25 m, Nữ 15 m