

SECTION A (Reading): 40 marks

*In the **separate Resource Material** there are five texts on the theme of 'Swimming' labelled **Text A-E**. Read each text carefully and answer **all** the questions below that relate to each of the texts.*

Text A

A1. List **two** things that are strengthened by swimming. [2]

1.

2.

A2. How many calories are burned during a moderate 30-minute swim? [1]

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Text B

A3. **Text B** helps children to swim safely outdoors. Put these stages into the order in which they should be completed by numbering them.

One stage has been completed for you.

[3]

Stay alert while you are swimming and call for help if you need it.

Before you start, research a safe place to swim.

Look for a safe place to enter the water. Do not dive in if you don't know how deep the water is.

Make sure you take an adult with you.

A4. In **Text B**, the writer states that swimmers should 'Stay alert while you are swimming'. What is meant by the word 'alert'? **Tick (✓) the correct box.**

[1]

Stay accompanied

☐

Stay hydrated

☐

Stay attentive

☐

Stay in an upright position

☐

Text C**A5.** What is the name of Gabby Dickinson's outdoor swim company?**[1]**

.....

A6. List **two** natural features that can be enjoyed during an outdoor swim.**[1]**

1.

2.

A7. What is meant by the writer when she refers to a 'secluded location'? Tick (✓) the correct box. **[1]**

A place that is quiet and isolated

☐

A place that is in the countryside

☐

A place that is beautiful and picturesque

☐

A place that is easy to find

☐**A8.** In your own words, summarise why Gabby Dickinson enjoys wild swimming.**[5]**

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Time when you are active ☐

Time when you are bored ☐

Time when you are dynamic ☐

Time when you are inactive ☐

You must refer to the text to support your views.



Text E

A11. What do we learn about the writer before she takes up swimming?

[5]

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A12. Explain what the writer means when she tells us that she 'felt the black cloud ebbing away'.

[1]

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A13. Look at **Text D** and **Text E**. Synthesise the benefits of swimming using information taken from these two texts. [10]

Handwriting practice area with 20 horizontal lines for writing the answer to Question A13.



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Handwriting practice area with 10 horizontal lines for writing the answer to Question A14.