

SECTION A (Reading): 40 marksExaminer
only

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]

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.

2

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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Text D

A9. Explain what is meant when the writer refers to 'sedentary time'. Tick (✓) the correct box. [1]

- Time when you are active
- Time when you are bored
- Time when you are dynamic
- Time when you are inactive

A10. How does Text D try to persuade the reader that swimming is good for everyone?

[8]

You must refer to the text to support your views.



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Turn over.

Text E

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

[5]

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]

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