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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.	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 ☐

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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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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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