

Edexcel Functional Skills – Entry 3

English

Entry 3 Reading TASK D

Set 3

Controlled Assessment Material

Valid from September 2010 to August 2011

Turn over ►

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Read Text D1 and answer questions 1 to 4.

Text D1

You read this leaflet.

Be Active!

Being active can be part of what you do day to day, like cleaning the house and walking the dog. You can also do things like swimming, playing a sport and going to the gym.

Some of the benefits of keeping active include:

- keeping healthy
- feeling good
- better sleep
- more energy.

You should talk to your doctor before you start to get active.

Getting started

Experts say that you should exercise for thirty minutes a day, at least five times a week.

You can start gently and build up to this.

(Source: adapted from www.direct.gov.uk)

Text D1 questions

1 Put a tick ☒ in the correct box.

According to Text D1, which of these is a day to day task that keeps you active?

A	Cleaning the house	
B	Going to the gym	
C	Playing a sport	
D	Going swimming	

(Total for Question 1 = 1 mark)

2 Put a tick ☒ in the correct box.

Experts say that you should:

A	exercise for an hour every day	
B	exercise for thirty minutes every day	
C	exercise for thirty minutes five times a week	
D	take up a new sport	

(Total for Question 2 = 1 mark)

3 Write your answer on the line below.

According to Text D1, what should you do before you start to get active?

.....

(Total for Question 3 = 1 mark)

4 Write your answer on the lines below.

List **two** benefits of keeping active.

1

2

(Total for Question 4 = 2 marks)

TEXT D2 BEGINS ON THE NEXT PAGE

Read Text D2 and answer questions 5 to 9.

Text D2

Ahmed decides to join a gym. He has to fill in a fitness questionnaire before he can start.

Gym Fitness Questionnaire

Your Details

Name: **Ahmed Khan**
Date of Birth: **21.04.1971**
Doctor: **Dr Jensen, Witton Medical Centre**

Medical Information

Do you have any health problems we should know about?

No

Please tell your trainer of any problems with your health while you are at the gym.

Your Fitness

Are you new to exercise? **No**

If No then what exercise do you participate in? **Play Football**

How many times a week do you exercise for 30 minutes or more? **Two**

Fitness choices

What activities would you most like to participate in at the gym?

- 1. Keep fit classes**
- 2. Weight training**
- 3. Running machine**

Text D2 questions

5 Write your answer on the line below.

What should Ahmed do if he has a problem with his health while he is at the gym?

.....
(Total for Question 5 = 1 mark)

6 Write your answer on the line below.

Which section gives information on Ahmed's fitness?

.....
(Total for Question 6 = 1 mark)

7 Put a tick ☒ in the correct box.

How many questions has Ahmed answered **No** to?

A	One	
B	Two	
C	Three	
D	Four	

(Total for Question 7 = 1 mark)

8 Put a tick ☒ in the correct box.

What exercise does Ahmed do at the moment?

A	Keeping fit	
B	Weight training	
C	Playing football	
D	Using a running machine	

(Total for Question 8 = 1 mark)

9 Write your answer on the lines below.

Look up the word '**participate**' in your dictionary and write down what it means.

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(Total for Question 9 = 1 mark)