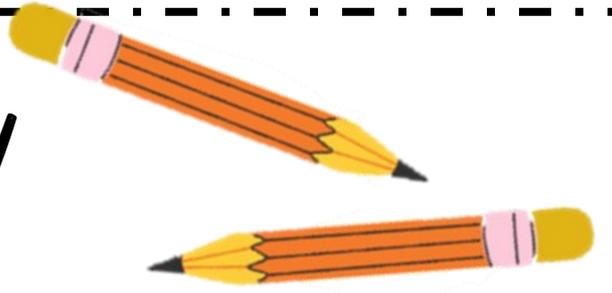


English



Language



Name

Form

Exam Information

For both Unit 2 and Unit 3 you will have:

- 2 hours, marked out of 80 (40 marks for reading section, 40 marks for writing section)
 - Resource material, featuring several different texts
- Questions to answer based on the texts which can include a combination of short reading questions, summary, synthesis, analysis, explain and compare and contrast questions

In Unit 2 only you will have:

- An editing and proofreading section (10 marks)
- A choice of two writing tasks (you complete one)
- Writing types that include description, narrative and exposition

In Unit 3 only you will have:

- Two writing tasks (you complete both)
- Writing types that can include letters, reviews, formal reports, articles, talks, leaflets, guides

Revision Reflection

What revision strategies do you know work well for you?

When thinking about English Language, what are your strengths?

When thinking about English Language, what do you find difficult?

What grade are you hoping to achieve? Why? How will you make sure you meet your goal?

How to revise for English Language

Trial some of the strategies below to help you prepare for your English Language exams. You may find some more useful than others. You don't have to use all of them- find the ones that work for you!

Is your writing pace slowing you down?

Practise timed responses frequently. There are some questions you could use in this booklet. Set a timer to monitor your time and minimise distractions around you to keep you focused.



Crack the questions!

Use flashcards to learn the exam vocabulary in this booklet to help you understand key words. You could also make a set with the success criteria of each question type.



Struggling for revision ideas?



Create revision clocks. Pinterest has some great examples. You could use one section of your clock for each type of reading question and you could also do this for the writing questions.

Make time for success!

Map out manageable revision sessions. Some days you may have time for only 20 minutes and others you may have time for more. Remember that every minute counts!



Prefer to study online?

WJEC has some great resources for English Language. Search for 'WJEC English Language Blended Learning' and explore the different areas of study.



Too much to think about?

Try a timed brain dump. Choose a topic to focus on e.g. persuasive techniques and write down everything you know about that topic.



Exam Vocabulary

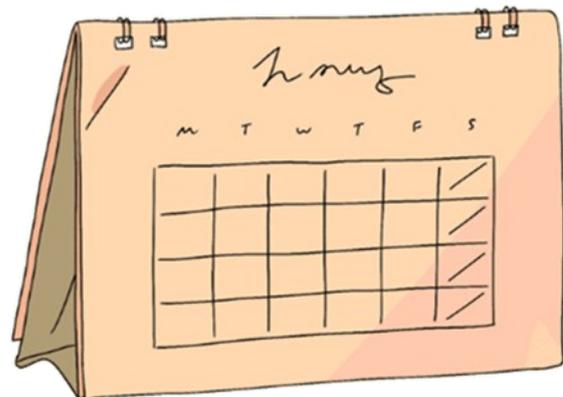
One way to boost your marks in the exam is to make sure you fully understand key vocabulary that can feature in the questions you are asked. Practise learning the following words and their definitions. You could try making flashcards for each of the words or using the *Look-Say-Cover-Write-Check* method.

The words below are often found in the reading section questions of both Unit 2 and Unit 3.

Word	Definition
Summarise	Express key information from a text briefly and in your own words
Synthesise	Bring together information from more than one text
Explain	Give reasons/ explore the cause and effect of something
Impression	An idea, feeling or opinion formed about someone or something (what the someone/something is like)
Analyse	Examine a text in detail, exploring language and technique
Compare	Identify and explain the similarities and differences
Editing	Choosing the best word for a sentence, identifying grammatically accurate sentences, and sequencing sentences

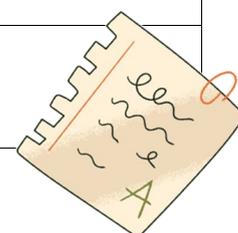
Revision Tip!

Regularly practise these words. Once you think you know them, revisit them two weeks later to see if you remember them. Study the ones you do not remember more regularly so you store them in your memory.



The words below are often found in the writing section questions. The first three are from Unit 2. The rest are from Unit 3.

Word	Definition
Description	A piece of writing that explains a short moment in lots of detail
Narrative/ Account	Story
Exposition	A personal essay in which you express your opinion
Article	A piece of writing intended to be included in a magazine, newspaper, or online publication
Talk	A written script of what you would say if you were delivering a speech, often intended to persuade
Leaflet	An informative and/or persuasive piece of writing that would be published on paper and distributed
Guide	A piece of writing found in a newspaper, magazine or other publication. It gives information about the topic and guides the reader to learn more about it
Formal letter	A structured piece of writing usually written for an audience you are not familiar with. It is written for an official purpose e.g. to complain, give an opinion
Formal report	An objective piece of writing (not based on your opinion) addressing the problems, causes, and solutions surrounding a given topic e.g. school facilities
Review	A subjective piece of writing (based on your opinion) exploring and evaluating a given topic e.g. a movie or a book
Personal letter	A letter written to a friend or someone you know well



Exam Vocabulary

Use this page to practise your reading section exam vocabulary. Remember you could create pages like this in your own revision notebook. You should be practising more than once!

Word	Definition
Summarise	
Synthesise	
Explain	
Impression	
Analyse	
Compare	
Editing	

Use this page to practise your writing section exam vocabulary. Remember you could create pages like this in your own revision notebook. You should be practising more than once!

Word	Definition
Description	
Narrative/ Account	
Exposition	
Article	
Talk	
Leaflet	
Guide	
Formal letter	
Formal report	
Review	
Personal letter	

How do I answer the reading questions?

Summary questions

Use BUMS to answer summary questions:

- Bullet points
- Use your own words
- Main points only
- Short and concise

Break down the question and highlight the texts

Write one paragraph about each text

Use quotations

No need to zoom in

No need to compare

Synthesis questions

Explain questions

Break down the question and highlight the text

Use PEE to structure your answer

Use cause and effect connectives

Give reasons and examples

Use the word *because*

How questions

- Break down the question and highlight the text
- Use quotations
- Zoom in on words/phrases/techniques and their effect
- Link all of your ideas back to the question, making sure your explanations are clear

- Break down the question and highlight the text
- Use quotations to explore what the person/thing is like
- Zoom in on words/phrases/techniques and their effect
- Link all of your ideas back to the question, making sure your explanations are clear

Impression questions

Comparison questions

- Break down the question and highlight the texts
- Weave your points together using PEE-link-PEE (one from Text A, one from Text B, one from Text A etc)
- Use quotations to support your points
- Use comparison connectives to join your points
- Explain similarities and/or differences, making links back to the question

- Read each question carefully
- Eliminate wrong answers before making your final decision
- For sequencing questions, look for clues within the sentences to put them in order

Editing

Resource Material: Plastics

Text C is taken from a blog about the benefits of plastic.

Why Plastic is Important in Modern Society?

Plastic has moulded the modern world and transformed life. There is no human activity where plastics do not play a key role. From clothing to shelter, from transport to communication and from entertainment to health care, plastic is essential.

Plastic has many attractive properties: it is cheap, lightweight and strong. It can be super tough and rigid as well as flexible. The growing world population and our material consumption has put severe pressure on natural resources and our fragile eco-systems. Plastics can offer a cost-effective alternative.

Plastics are made from hydrocarbons which come from petroleum, a non-renewable resource. Nevertheless, the consumption of petroleum in the production of plastics is less than 5%. Processing many natural materials (glass, paper, wood, metals) consumes far more energy which leads to greater consumption of fossil fuels. When handled properly, plastics do little damage to our environment and have the advantage that they can be easily reprocessed and recycled.

Text D is a webpage taken from Greenpeace's website.

8 ways to reduce your plastic use Greenpeace

We've all seen the headlines about the environmental problems caused by plastics and the harsh statistics about how much plastic we throw away. **So, what can we do to reduce our personal plastic footprints?**

Here are our 8 top tips:

- 1. Carry a reusable bottle** – In the UK we use over 13 billion plastic bottles every year. Carrying a reusable bottle reduces plastic use and saves money too!
- 2. Say no to plastic straws** – Discarded plastic straws are terrible for our oceans and over a billion are thrown away each day. Next time you order a drink, think about whether you need a straw. Ask your local pub to stop adding straws to drinks.
- 3. Take a reusable coffee cup** – An incredible 2.5 billion coffee cups are thrown away every year in the UK – and less than 1 in 400 are recycled. Carry a reusable cup with you – some cafes even offer a small discount if you use your own cup!
- 4. Avoid excessive food packaging** – A ridiculous amount of food is packaged in plastic, which quickly becomes rubbish. We can all try and cut down the plastic we use. Loose fruit and veg is also cheaper than pre-packaged alternatives!
- 5. Refill detergent bottle** – Let's face it, washing products are not good for the planet and neither are the plastic bottles they come in. The good news is that there is an increasing number of places where you can refill your old bottles.

6. Say no to disposable cutlery – We've all been there – caught out in a cafe or at a train station when we've bought a salad or a yogurt but the only cutlery on offer is plastic! Whilst it's hard to plan for every opportunity, consider carrying a spoon or fork (or spork!) in your bag or keeping cutlery in your desk at work.

7. Get your milk delivered – Although the early morning sound of a milk float is not as common as it used to be, there are still many places in the UK where you can get milk delivered in glass bottles – which are then collected and reused.

8. Carry a shopping bag – Since the plastic bag charge was introduced in England, there's been a massive 85% drop in their use. Many of us are used to carrying an extra bag with us but a shocking 2 billion bags are still thrown away each year. If you still find it hard to remember, try a foldaway one that you can carry in your normal day bag.

Making just a few small changes can have a big impact on the obscene amount of plastic we use on a day-to-day basis. Start today to reduce our plastic for tomorrow.

Text E is taken from a newspaper and warns us about the amount of plastic in oceans.

Prince Charles warns that 'plastic is now on the menu' due to the amount ingested by fish

The Prince of Wales has warned that "plastic is now on the menu" due to the increasing amounts found in the fish that is caught for us to eat. He said action must be urgently taken to deal with plastic pollution in order to save the world's marine life and oceans, stating that it may not be too late to turn the tide.

"The eight million tonnes of plastic that enter the sea every year – through our own doing – is now a global issue", he told a conference on safeguarding the world's oceans. "All the plastic that we have produced since the 1950s that has ended up in the ocean is still with us in some form, so that wherever you swim there are particles of plastic near you. We are very close to reaching the point when all wild-caught fish will contain plastic."

The Prince warned that the growing threat to the world's marine ecology had reached a critical point and that the irreversible damage to the Great Barrier Reef should act as a serious wake-up call for all nations. He stated, "It is crucial to create a system that allows plastics to be recovered, recycled and reused instead of created, used and then thrown away."

Each year more than 300 million tonnes of plastic are produced globally, of which 10 per cent will end up in the sea, the equivalent of a rubbish truck of waste every minute. By 2050 that will increase to four trucks every minute. Chemicals from the plastic leak into the water, and it has been shown that humans who eat seafood ingest up to 11,000 pieces of microplastic each year.

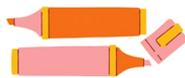
The Prince of Wales highlighted the painful decision Canada took 25 years ago of closing a fishery, to protect northern cod due to over-fishing and mismanagement. He added: "Surely we must take equally far-sighted steps to deal with the atrocious quantity of plastic pollution?"

He later said he could not possibly face his grandchildren if he did not do something about the environment. He told ITV News: "I worry about your grandchildren and everybody else's grandchildren, as well as my own. It seemed to me I couldn't possibly face my grandchildren or yours at the end of the day when we'd completely mucked up the whole of our environment. Our planet is a living thing. We have to manage it and look after it and respect it and then it will respect us. At the moment we are driving it insane."

Practice Questions: Plastics

Guidance

- Read Texts C, D, and E carefully. They all focus on the theme of plastic.
- Read the high-tariff (worth lots of marks) questions below and **highlight the key to each question**.
- Highlight the **number of marks** available for each question. This should indicate how much you need to write.
- In the back of your English book or in a revision notebook, practise answering these questions. **Time yourself** if you need timed practice. Remember to **refer back to the success criteria** for each question on pages 8-9 to help you.



Your Questions

1. Look at Text C. In your own words, summarise why the writer thinks plastic is important in modern society. [5]
2. Look at Text D. How does the writer persuade us that it is easy to reduce our plastic? [10]
3. Look at Text E. Explain why Prince Charles is worried about the plastic that ends up in our oceans. [5]
4. Look at Text D and E. Compare what the two texts say about the amount of plastic that is thrown away each year. [10]

Reflect

What went well...

What I need to work on...

Editing Practice (5 mins)

A14. Circle the word that best fits the meaning of the sentence below:

I would not attended the meeting if I'd known.

[1 mark]

- of
- maybe
- have
- only

A15. Tick (✓) the box of the sentence you think is grammatically correct.

[1 mark]

When she opened her eyes, she was seeing the strangest of sights.

When she opened her eyes, she saw the strangest of sights.

When she opened her eyes, she seen the strangest of sights.

When she opened her eyes, she sees the strangest of sights.

A16. Tick (✓) the box of the sentence you think is NOT grammatically correct.

[1 mark]

Do you have time for this now?

Do she have time for this now?

Do they have time for this now?

Do we have time for this now?

A17. Read the text below which consists of sentences in the wrong order and show your understanding by answering the questions that follow:

1. A sandwich has been left out for him in the kitchen.
2. Jacob's shift finally ends just before ten in the evening.
3. He drives home, looking forward to getting something to eat.
4. After parking the car on his drive, he heads inside.
5. Happily, he picks it up and begins to eat.

(a) Which sentence should come **second** in the text? Write the number of the sentence below. [1 mark]

.....

(b) Which sentence should come **third** in the text? Write the number of the sentence below. [1 mark]

Resource Material: Kindness

Text C suggests the benefits associated with helping others.

Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve our own emotional wellbeing and even benefit our physical health.

Today, why not take action within your schools, workplaces and local neighbourhoods to help people and communities thrive? It's so important to look after each other as it helps to protect and sustain good mental health for all.

What are the benefits?

1. Helping others feels good

When you help others, it promotes positive changes in the brain associated with happiness. Helping others encourages us to lead a more physically active lifestyle, distracts us from our own problems, and improves our self-esteem.

2. It brings a sense of belonging and reduces isolation

Being part of your local community leads to a feeling of belonging. Face-to-face activities such as volunteering at a drop-in centre can help reduce loneliness and isolation.

3. It keeps things in perspective

Helping others in need, especially those who are less fortunate than yourself, can make you realise how lucky you are. It also helps you to achieve a more positive outlook on things that may be causing you stress.

4. It makes the world a happier place – it's contagious!

Acts of kindness have the potential to make the world a happier place. They can also encourage others to repeat the good deed that they've experienced themselves.

5. The more you do for others, the more you do for yourself

Evidence shows that the benefits of helping others can last long after the act itself by providing a 'kindness bank' of memories that can be drawn upon in the future.

Physical health benefits

1. It reduces stress

Positive emotions reduce stress and boost our immune system which can protect us against disease.

2. It helps get rid of negative feelings

Negative emotions such as anger, aggression or hostility have a negative impact on our mind and body. Engaging in acts of kindness can help decrease these feelings and stabilise our overall health.

3. It can help us to live longer

Giving and helping others may increase how long we live. Studies of older people show that those who give support to others live longer than those who don't.

Daily Acts of Kindness

Give a compliment	Give biscuits to a friend	Volunteer	Walk a neighbour's dog	Donate to a food bank
Send a thank you card	Welcome a newcomer	Pick up litter	Donate to a charity shop	Bake a cake

Text D is taken from a Christmas blog.

The selfish act of kindness?

Kindness is a win-win quality.

This time of year, kindness becomes almost expected. We give presents to kids who otherwise wouldn't have them. We load bags with food for the hungry. We make donations to those in need. Sometimes we even let someone move ahead of us in a busy queue. Or we smile at, instead of fighting with, that guy who grabs the latest gadget. This time of year, we focus on doing good and it makes us feel great. Certainly, that's not a bad thing.

But, is all that kindness – selfish? Researchers say that kindness is a form of self-preservation as those who give more, get more. The most generous among us have greater influence and are more popular. Whereas, the meanies who are grouchy and unhelpful are more likely to be cast aside.

So, is kindness motivated by our genuine concern for others or are we do-gooders because it makes us look good? Most of us genuinely enjoy helping others. It makes us feel connected and happy which makes for a healthier more satisfying life. But, it doesn't hurt that we also receive other rewards – status and influence – that help us survive and thrive. Who can complain? If you're kind everybody benefits, even you.

Kindness can be a small, simple act and still make a gigantic impact. It's more a matter of awareness – noticing a need and then consciously offering a bit of yourself. Here are some other things you can do:

- help someone unload the groceries from their trolley
- drop off a meal to a friend who is unwell
- send a thank you card to someone who has been kind to you
- spend some time with those who need a friend

Remember, the act doesn't have to be epic to make a difference and it's one way we can all win.

Text E is taken from a magazine article.

Do Random Acts of Kindness Bring Happiness?

It is true that studies show that if you commit a random act of kindness, you'll feel happier. Giving flowers to a stranger or paying for a coffee for the person behind you, are typical examples. Doing something thoughtful for someone else is a surefire way to make yourself happier. Do good, feel good.

However, probably the reason you feel happier is that you're imagining that you're making someone else happy – and that's not as true as you might think. A study shows that many people reacted to receiving a random act of kindness with...suspicion! This certainly rings true for me. If someone randomly does something kind for me, I'm on guard. It's not that I don't trust people. It's just that I'm uneasy if I don't understand why someone behaves in an unusual way. It's not the *kindness* of the act that's the problem; it's the *randomness*.

We don't expect people to act randomly. A person might feel suspicious when you offer to share your umbrella, for example, because they might think they have to do something in return. After all, that's why charities send free pens or complimentary Christmas cards and then they ask you for money.

It's always nice to be nice, of course. It's not *bad* to practise random acts of kindness. But, if you want to build your happiness based on the happiness you bring to other people, it's more productive to have a specific target. Help a classmate even when you're rushing to meet a deadline yourself. Go out of your way to help an overwhelmed parent juggling toddlers and grocery bags. Just be careful what you do. For example, putting money towards a stranger's shopping is such an unexpected action that there's a good chance that it won't be understood correctly.

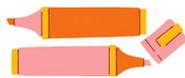
Maybe some people are attracted to acting randomly because it allows them to be more secretive about their good deeds. Some people believe that the fact that you get 'credit' for a worthy act somehow minimises its worth, and along the same lines, some people argue that you can never act without self-interest, because performing good acts inevitably brings the pleasure of happiness.

So, perform acts of kindness. Randomly, but even better, not randomly.

Practice Questions: Kindness

Guidance

- Read Texts C, D, and E carefully. They all focus on the theme of kindness.
- Read the high-tariff (worth lots of marks) questions below and **highlight the key to each question**.
- Highlight the **number of marks** available for each question. This should indicate how much you need to write.
- In the back of your English book or in a revision notebook, practise answering these questions. **Time yourself** if you need timed practice. Remember to **refer back to the success criteria** for each question on pages 8-9 to help you.



Your Questions

1. Look at Text C. How does the writer try to persuade us that helping others can be beneficial to our own health? [10]
2. Look at Text D. Summarise in your own words how being kind to others can help you. [5]
3. Look at Text E. Explain why some people are uncomfortable with random acts of kindness. [5]
4. Look at Text D and E. Synthesise information from these texts to show what a person can do to be kind to others. [10]

Reflect

What went well...

What I need to work on...

Resource Material: Foodbanks

Text B is adapted from a news story in a national newspaper.

'It's a life or death situation': why GPs are referring patients to food banks

The icy wind outside the Height Medical Practice in Salford, Manchester is a clear sign to its practice nurse that she will be sending patients – stuck with the choice of eating or keeping warm – to the local food bank.

More than half of the practice's 4,000 registered patients are classed by GPs as "very deprived", with high rates of alcohol and drug problems, as well as homelessness. Increasingly, a referral to Salford Foodbank has become more crucial to their care than anything she can offer from her clinical training.

"It's a life-and-death situation with some patients," says the practice nurse. "Some can't take their medication without food, so they are going without that too because they cannot afford to eat. It drives me up the wall." She refers to a man in his 50s who has diabetes and requires insulin three times a day to be taken with food. Since he does not necessarily eat even once a day, neither does he take his medication. She is struggling to persuade him to go to the food bank. "For many people, it's an admission of failure," she says.

In a recent inspection, the practice was rated as outstanding, with its links with Salford Foodbank singled out for special praise. Since 2014, the practice has sent 32 patients for food parcels.

Nearby, Langworthy Medical Practice makes even more referrals to Salford Foodbank – 263 since 2014. Currently, around 45 of their patients are surviving on GP-referred food parcels.

Text C is a poster advertising a Cardiff foodbank.

Reverse Advent Calendar

Cardiff foodbank
Banc Bwyd Caerdydd

Christmas Appeal

Christmas can be a difficult time for many, especially for those living on a tight budget. With increased winter fuel bills alongside the seasonal pressures many will find themselves in food crisis.

Can you help someone this year?

For 25 days, from the 6th November, please could you donate an item daily from the list below. Pop it in a box or bag and then drop it off at our warehouse in early December. We can then make up parcels for people in need – you really can make a big difference this Christmas!



1. Custard
2. £2 donation
3. Sponge/Christmas pud
4. £1 donation
5. Soup
6. £2 donation
7. Savoury biscuits
8. £1 donation
9. Crisps/nuts
10. £2 donation
11. Tinned ham
12. £1 donation
13. Gravy granules
14. £2 donation
15. Tinned veg
16. £1 donation
17. Coffee
18. £2 donation
19. Chocolate
20. £1 donation
21. Fruit juice
22. £2 donation
23. Biscuits
24. £1 donation
25. A non perishable food item of your choice

Thank you!

Info@cardiff.foodbank.org.uk www.cardiff.foodbank.org.uk

Text D is adapted from a blog.

Foodbanks aren't solving problems — they can make things worse too

by Edwina Currie

The Trussell Trust says there has been an increase in people using foodbanks in the last 12 months. Of course; that's because there are more foodbanks. As anyone with any sense can grasp, if you give away something worth having, you'll have takers queuing at the door.

Foodbank usage is being connected to poverty. The figures are being used as a stick to beat the government, often by well-meaning groups who want to 'do something' to help. In reality, they may be adding to the problems that brought people to their doorstep in the first place.



The users of foodbanks seem to me to fall into three categories.

1. **People with long-term issues, such as addiction, alcoholism and mental illness.** These people would struggle at any time; services for them are often atrocious, with long waiting lists. When councils start using money for foodbanks instead of health programmes, I despair. Manchester, for example, is spending over £240,000 on foodbanks this year. It'd be better spent on addiction clinics.
2. **People with short-term problems, such as debt.** Foodbanks are meant to be for emergencies only, not for maintaining people in a hand-to-mouth existence. How often do the same faces reappear claiming their tin of soup, instead of confronting failure and sorting out their money problems?
3. **People who are not poor.** There are people who seem to make a choice to stay on benefits, and to get free food. Kindly food bank operators rarely have the resources to visit such people at home. One imagines they would get as incensed as I do at the well-fed dogs, the wide-screen TVs, the satellite dishes, the manicures and mobiles – and the car parked outside... Desperate? No, not all of them.

Free food increases poverty and encourages problems rather than solving them.

Text E is adapted from the book 'Hunger Pains: Life inside foodbank Britain'.

I'm one of more than a million people who have been referred to a foodbank in recent years, reliant on a small parcel of emergency food. It happened so quickly. Within two months I had gone from a full-time salaried job to sobbing on the phone to the energy company, begging them not to turn off the heating in a flat with cold laminate flooring and large windows, occupied by a baby boy who was not yet two years old. I was once paid on the 15th of every month. The bills were all paid out of my bank account the same day. In, and straight out, and whatever was left went on food, clothing for a growing boy and the occasional nice time. Until it didn't. Until that certainty was taken away and threw me at the mercy of a local council whose answering machine informed me that there was 'a six-week delay in processing new Housing Benefit claims'. Those six weeks turned into eleven, from November, to December, to January. I waited, phoned, wrote letters, cried, screamed, turned up at the office, wrote to my MP. I'm going to be evicted, I told them. I have a baby. At the last minute, my MP stepped in. I escaped eviction but was drastically behind with my rent.

As much as the likes of Edwina Currie would have you believe that 'anyone' can turn up to a foodbank to top up the supermarket delivery with a couple of dented tins of tomatoes and some slightly black bananas, the reality is very different. The reality is that you need to be identified as being in need – by a social worker, a health visitor, a childcare provider, your doctor. Someone needs to recognise that without their intervention, your family is going to go hungry. They direct you to a foodbank for help. A lot of people don't go, because of the shame and the stigma attached to queuing up to beg for food. Because I'll tell you now, even after months of attending, it feels like begging. No matter how kind the volunteers, how discreet the carrier bags, you have to look someone in the face who knows that you are desperate and that your life is falling apart.

This is a country riddled with poverty. Turning off the heating and missing days of meals is not being budget conscious. Try it. Turn off the fridge because it's empty anyway. Walk everywhere in the same pair of shoes in the pouring rain, with a soaking wet and sobbing child trailing along behind you, into every shop and pub within reasonable walking distance and ask if they have any job vacancies. Try not to go red as the person behind the counter appraises your dirty jeans and tatty jumper and tells you that there's nothing. Trudge home. Pour some tinned tomatoes over some 39p pasta and try not to hurl it at the wall as your son tells you he doesn't want it.

Foodbanks are a better hope for the world. They are the mark of a decent society in action. They are all that hundreds of thousands of families have. But foodbanks are also a disgrace, and the issues that lead people to their doors need to be addressed. More cuts for the poorest people in our society is not the answer. Why not campaign for a real living wage instead, to ensure that people who work don't have to rely on charity food handouts, but instead have a reasonable income to buy food for themselves and their families?

Foodbanks are doing a brilliant job of pulling people out of the river. But we need to now go upstream, and stop anyone else from falling in.

Practice Questions: Foodbanks

1. Look at Text B. How does this article make it clear that the use of a foodbank is helpful for patients at the Height Medical Practice? [5]
2. Look at Text C. How does the Reverse Advent Calendar make it seem easy to help others at Christmas? [5]
3. Look at the first paragraph of Text E. What impressions does the writer give of what it is like to get into debt? [5]
4. Look at Text D and E. Compare and contrast what is said about people who use foodbanks. [10]

Reflect: What did you find easy? What did you find more difficult?

Editing Practice (5 mins)

A15. Circle the word below that best fits the gap in the sentence:

That evening, my family and I were intending to go to a new restaurant for
..... dinner.

me are our that [1]

A16. Tick (✓) the box of the sentence which is grammatically correct. [1]

He did not want no more ice cream.

He did not want know more ice cream.

He did not want any more ice cream.

He did not want many more ice cream.

A17. Circle the pair of words that best fit the meaning of the sentence below: [1]

Gina had to show she had experience as a volunteer for part of her Duke of
Edinburgh Award. She had no idea how much she would end up it.

required–loving

needed–enjoying

wanted–making

worked–hoping

A18. Read the text below which consists of sentences in the wrong order and show your understanding by answering the questions that follow:

1. Eventually, the shutters were lifted and the doors opened.
2. Despite this, a queue was already forming outside the local bakery.
3. It was bitterly cold on the last shopping day before Christmas.
4. Iwan joined the people waiting, rubbing his hands together for warmth.
5. The shop was welcoming as Iwan finally stepped into the warmth.

(a) Which sentence should come **third** in the text? Write the number of the sentence below. [1]

.....

(b) Which sentence should come **fifth** in the text? Write the number of the sentence below. [1]

.....

Resource Material: Swimming

Text C is taken from a blog about wild swimming.

Swim with nature in beautiful North Wales

Summer is fast approaching, and as the temperature rises so does the urge to take a dip into a cool pool. Public and purpose built swimming baths are great, but more and more people are opting for a natural approach – by swimming in natural pools.

North Wales' varied and untouched landscape offers a wealth of wild swimming locations where you can enjoy sparkling clear lakes, picturesque rivers and even waterfalls. Bathing in a secluded location surrounded by nature away from the hustle and bustle of busy life – it's no wonder that this sport is on the rise.

Wild swimming expert and enthusiast Gabby Dickinson, who runs outdoor swim firm Gone Swimming, has spoken about the joy and benefits of experiencing the natural waters and recommended a few of what she considers the best spots in North Wales to enjoy a refreshing dip with nature. "Swimming in open water is great for the body but also for the mind – the cold water makes the body kick out all sorts of great feel-good hormones that are fantastic for keeping our mental health in check. I think a lot of the joy of wild swimming is finding the hidden gems. Look for all the blue blobs on the maps and go and find them. Look for bends in small rivers where there might be a pool. There's something magical about discovering and exploring all these hidden and secluded spots."

Gabby advises people to swim in a group and have one person on shore. "It's a good idea to check that you know where you are and can spell it in case you need to call for help. It's worth noting if you or anyone else has a phone signal and if not, where was the last place you had it, so you can go back to that spot and make a call. Be sure to set your phone up to text 999, so without much signal you can get help. Follow local advice and signs and remember, do not trespass – it's bad for everyone."

She also said, "Swimming as a family is great and kids' wetsuits can be fun and picked up pretty cheaply. But I would recommend even in the height of summer taking warm stuff to change into, and, of course, some cake for afterwards too."

Text D is taken from a website about the benefits of swimming.

Why swimming is so good for you

Swimming is unlike any other aerobic workout. First, the fact that you're submerged in water means your bones and muscles are not affected by gravity. This makes swimming the ideal exercise for people with arthritis, for whom weight-bearing exercise can be extremely painful. Research has also linked swimming with helping to lower blood pressure.

But don't be fooled by swimming, your body is working hard when you're in the pool. Water is denser than air, so moving through water puts more pressure on your limbs than out-of-water exercise.

Who wouldn't want a swimmer's body? Swimming fires up more of your body's major muscle groups than other forms of cardio exercise. If you think about running or biking, you're mostly using your lower body. Swimming engages your legs, your upper body and core. Your back benefits too. Swimming helps to improve your posture and prevent the back injuries and pain that stem from long stretches of sedentary time, especially for people who have desk-based jobs.

Swimming is linked to many of the same life-extending, heart-saving, mood-lifting benefits associated with other forms of aerobic exercise. Swimming is an inexpensive hobby, so it won't break the bank. And it's fun, which matters.

If you are going to try swimming, start slowly. Try a thirty-minute session three times a week. Don't try to do too much too early and focus on proper technique. Consider finding a swimming instructor if you didn't have any swimming lessons as a child. If you're not used to swimming, it can be hard to relax in the water. Being tense may limit the sport's benefits.

Text E is a personal account which featured in a newspaper article.

How swimming helped heal my depression

I'll never forget the summer of 2015. At the time, I was living in the south of England with my husband and our two young boys. Things felt stressful as I was juggling working as a teacher, being a mum and studying at college.

But almost overnight, my life broke down. I felt tired but I couldn't sleep, and I became terrified of doing normal household tasks. Even the washing up was overwhelming. I'd often find myself crying for no reason.

On one occasion, I was sitting in the garden, watching my sons running around, and suddenly I felt I wanted to run away. That was the moment I knew something awful was happening to me.

My husband was amazing but we agreed he had to focus on caring for our children, so I moved in with his mum for a few weeks. I didn't want the boys to see me crying all the time. They visited every day and I managed to put on a brave face when they were there, but the rest of the time I felt so terrible. I was eventually diagnosed with depression but nothing seemed to help.

Then I started seeing a therapist who helped me greatly. But the biggest difference came one day last summer, when my father drove me to the beach.

I'd always enjoyed being by the sea, especially when swimming. So that day I peeled off my jeans and T-shirt, pulled on my bathing costume and waded in up to my waist. Then I started paddling through the water and immediately I felt different – calm and energised. I swam for about 30 minutes and felt the black cloud ebbing away. That moment I decided I would try to go swimming every day.

Sometimes, especially on cloudy, windy days, it was hard to drag myself down to the beach. But I went anyway. I knew that as soon as I got in the water, I'd feel good. Over the weeks, these relaxed, invigorated feelings became more permanent. I began reading about the benefits of cold-water swimming and learnt that repeated exposure to cold water can improve responses to the stresses that trigger depression. I decided to swim through the winter months too, even though I knew the sea would be bitterly cold.

To spread awareness of how cold-water swimming can help, I set up a Facebook page inviting others with depression to join me in the sea – and was happily surprised when 28 people turned up.

Six months later, I feel like my old self again. I'm back at work – and I still swim four times a week, often with others. They feel the same as me: that the water is wonderfully calming and soothing. Swimming really helped me get my life back.

Practice Questions: Swimming

1. Look at Text C. In your own words, summarise why Gabby Dickinson enjoys wild swimming. [5]
2. How does Text D try to persuade the reader that swimming is good for everyone? [8]
3. Look at Text E. What do we learn about the writer before she takes up swimming? [5]
4. Look at Text D and E. Synthesise the benefits of swimming using the information taken from these two texts. [10]

Editing Practice (5 mins)

A14. Read the sentences below and then answer the questions that follow:

Billie always (a) with determination. Good preparation was (b) to any sporting event.

(a) Circle the word below that best fits gap (a):

trained worked thought showed [1]

(b) Circle the word below that best fits gap (b):

inevitable essential predictable unimportant [1]

A15. Circle the pair of words that best fit the meaning of the sentence below: [1]

Caroline felt for Joseph's obvious loneliness, but that did not mean she was keen to sacrifice her own to take care of him.

empathy – money

horror – house

sympathy – independence

upset – children

happy – potential

A16. Read the text below which consists of sentences in the wrong order then answer the questions that follow:

1. Still, what was done was done. Now to make the most of it.
2. She knew she should have been going to work.
3. Jody headed to her car on that Friday morning feeling a little guilty.
4. Instead she was planning a day at the beach.
5. She recalled the feigned illness she had invented on the phone to her boss.

(a) Which sentence should come **second** in the text? Write the number of the sentence below. [1]

.....

(b) Which sentence should come **fifth** in the text? Write the number of the sentence below. [1]

Editing Practice (5 mins)

A13. Complete the sentence below by using the **past tense** of the verb given at the end:

The instructor me how to reverse the car into a parking space.
(use the past tense of **teach**)

[1 mark]

A14. Tick (✓) the box of the sentence you think is grammatically correct.

[1 mark]

Young people find volunteering was a rewarding or worthwhile activity.

Young people found volunteering were a rewarding or worthwhile activity.

Young people find volunteering to be a rewarding and worthwhile activity.

Young people found volunteering is a rewarding and worthwhile activity.

A15. Circle the word that best fits the meaning of the sentence below:

[1 mark]

The girl was grateful for the help she would have preferred to have completed the task by herself.

unless

whereas

altogether

although

A16. Read the text below which consists of sentences in the wrong order and show your understanding by answering the questions that follow:

1. Even so, the queue she decided upon was ridiculously long.
2. "Who's next please?" called the attendant, after what seemed an age.
3. Carefully, she scanned the area to find the shortest queue.
4. She loaded her bags onto a trolley and entered the terminal.
5. After a relatively short taxi journey, Fiona arrived at the airport.

(a) Which sentence should come **first** in the text? Write the number of the sentence below.
[1 mark]

.....

(b) Which sentence should come **second** in the text? Write the number of the sentence below.
[1 mark]

.....

Proofreading Practice (5 mins)

B1. In this task you will be assessed for the quality of your proofreading.

Look carefully at the advertisement below which is about Go Volunteer.

Circle the five errors and write them correctly in the spaces below.

[5 marks]

<p>FIND YOUR IDEAL VOLUNTEERING OPPORTUNITIE WITH Go volunteer</p>	<p>What does Go Volunteer do?</p> <p>It involves more than 28,000 volunteers every year.</p> <p>It has more than 125 programme's running across the world.</p> <p>It concentrates on the needs of the communities we serve.</p>
<p>Why volunteer?</p> <p>Volunteers make a massive difference at the UK and abroad.</p> <p>You could help to change someone's life for the better.</p> <p>Find a roll that means something to you.</p>	<p>For more infomation:</p> <p>visit: www.govolunteeruk.org email: info@govolunteeruk.org</p> <p>Go Volunteer</p>

1.
2.
3.
4.
5.

Proofreading Practice (5 mins)

31. In this task you will be assessed for the quality of your **proofreading**.

Read the booking form below that has been designed by a new company offering Outdoor Activities.

Circle the five errors and write them correctly in the spaces below.

[5]

Outdoor Adventures	
Booking Form	
Contact Information	
Full Name	
Adress	
Date of Birth	
Email	
Phone	
Emergancy Contact (please include name and telephone number)	
Medical Condition's	
Activities Offered	
Full Day Activitys Instruction and equiptment hire is charged at a rate of £25 per day. This is based on groups of 10-12 students. Smaller groups will be subject to additional fees.	<ul style="list-style-type: none">• caving• rock climbing & abseiling• kayaking• gorge walking

1.
2.
3.
4.
5.

Proofreading Practice (5 mins)

B1. *In this task you will be assessed for the quality of your proofreading.*

Read the following appeal.

Circle the five errors and write them correctly in the spaces below.

[5]

Our school have decided to take part in the Reverse Advent Calender appeal for our local foodbank. It is hoped that each form group will discuss this during tutor time and organise themselves to complete this task? Donations such as dried foods, tinned goods and toiletries would be gratefully recieved.

1.
2.
3.
4.
5.

Proofreading Practice (5 mins)

B1. *In this task you will be assessed for the quality of your proofreading.*

Circle the five errors and write them correctly in the spaces below.

[5 marks]

The Emperor Dragonfly is a large and beautiful dragonfly which can be saw in the UK in the summer months. It is mostly found near water. The female lays her egg's in floating pondweed. The Emperor Dragonfly flies quite high to look for other insects, such as butterflies, to pray on. Male Emperor Dragonflies are pale blue, with an apple green thorax and a black stripe running the length of the body. Females' are similar, but not as bright in colour.

1.
2.
3.
4.
5.

Unit 2 Writing Questions

Below are some practice questions for each writing type that could appear in Unit 2.

- Practise these under timed conditions.
- You get 55 minutes to spend on Unit 2 writing tasks. **You will have a choice of two tasks but you only complete one.**
- They are all worth 35 marks (20 for communicating and organising, 15 for writing accurately).
- Make sure you spend 5 minutes planning (at least 5 paragraphs), 45 minutes writing and 5 minutes proof-reading your work.

Writing Type	Tasks
Description	<p>Describe an occasion when technology made a difference to your life. [35]</p> <p>Describe a time when you faced a challenge. [35]</p> <p>Describe an occasion when you, or someone you know, showed courage. [35]</p>
Narration	<p>Write an account of a time when you did something for the first time. [35]</p> <p>Write an account of when you enjoyed or hated taking part in an outdoor activity. [35]</p> <p>Write an account of a time you were unwilling to do something. [35]</p>
Exposition	<p>Write an essay explaining why charity is important, giving clear reasons and examples. [35]</p> <p>'It is essential that more people are more active, more often.' Write an essay to explain how far you agree with this view, giving clear reasons and examples. [35]</p> <p>'Young people are selfish. They should all be made to volunteer to help others.'</p> <p>Write an essay to explain your views on this subject, giving clear reasons and examples. [35]</p>

Unit 3 Writing Questions

Below are some practice questions for each writing type that could appear in Unit 2.

- Practise these under timed conditions.
- You get 30 minutes to spend on Unit 3 writing tasks. **There are two tasks and you must complete both.**
 - They are all worth 20 marks (10 for communicating and organising, 10 for writing accurately).
 - Make sure you spend 5 minutes planning (at least 5 paragraphs) and 20 minutes writing (including proofreading).

Writing Type	Tasks
Article	<p>Write an article for a teenage magazine in which you give your views on the importance of celebrities in our modern lives. [20]</p> <p>In Text E, Felix states: "Social media is not a fundamental human need." Write an article for an online teenage magazine in which you give your views about social media. [20]</p>
Talk	<p>'There's really no harm in eating a sensible amount of sugar particularly if it's part of a balanced diet and comes with a side of exercise.' Write a talk for your classmates persuading them to live a healthy lifestyle. [20]</p> <p>According to your PE teacher, 'Swimming is the very best form of exercise.' You have been asked to prepare a talk for your classmates in which you give your views about swimming. Write down what you would say . [20]</p>
Formal letter	<p>Write a letter to your local council persuading them to improve the leisure facilities in your area. Write your letter. [20]</p> <p>Your Headteacher/Principal plans to ban all mobile phones and social media use for students while they are in school/college. You feel strongly about this proposal and decide to write a letter to your Headteacher/Principal giving your views on this matter. Write your letter. [20]</p>

Writing Type	Tasks
Leaflet	<p>Write a leaflet to persuade young people that it is important to be active. [20]</p> <p>Write a leaflet to persuade young people to take part in an event in your local area. [20]</p>
Guide	<p>Write a guide for other students persuading them to stay safe when using social media and the internet. [20]</p> <p>Write a lively guide for students at your school or college on how to lead a more environmentally friendly lifestyle. [20]</p>
Review	<p>Write a review for a teenage magazine of a book, film or TV programme/series that you have enjoyed in the last year and why it might appeal to others of your age. [20]</p> <p>Write a review of a book, CD, or film of your choice. [20]</p>
Formal Report	<p>A number of students have complained about the state of your school cafeteria. Write a report for your school council in which you argue for improvements to be made. [20]</p> <p>A number of students have complained about the lack of healthy food options available to them in school. Write a report for your school council in which you argue for improvements to be made. [20]</p>
Personal letter	<p>You have a friend who is considering travelling abroad after college. Write a letter to your friend giving your opinion. [20]</p> <p>You have a friend who is thinking of taking up boxing as a hobby. Write a letter to your friend giving your opinion. [20]</p>

Reflect: What writing skills do you still need to work on? Remember you are assessed on your content and accuracy.