

**ENTRY LEVEL 3
FUNCTIONAL SKILLS
ENGLISH: READING**



**QUESTION PAPER
SAMPLE ASSESSMENT MATERIAL**

| | |
|-----------------|--|
| Learner name: | |
| Learner number: | |
| Your Signature: | |
| Today's date: | |

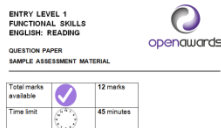


Total marks available: **18 marks**



Time limit: **45 minutes**

You need:



This **question and answer paper**



A **pen** with black or blue ink



A **dictionary**



You cannot use:



The **Internet**



Instructions

1. Check your name is correct on Page 1.
Write your **signature** if it is.



2. **Read** each text and question carefully



3. **Write** your answers in the spaces provided

Answer:

4. Answer **all** the questions



5. **Check** your work at the end



6. Ask your teacher for more **paper** if you need it.
Write your name on any extra pieces of paper.



7. Your teacher will **collect** your paper at the end of the assessment



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Text 1

KEEPING FIT AND HEALTHY



Out of breath already? You have only climbed up the stairs. So how fit and healthy are you?

A recent report from Nuffield Health¹ shows that 60% of us never walk upstairs and always use the lift. With so many ready meals, internet shopping sites and TV box sets to choose from, we need never leave the sofa!

The Government's Change4Life² scheme encourages people to 'eat well and move more'.

The National Health Service website³ suggests that walking, cycling, stair climbing and home exercise are easy ways to get more active, lose weight and become healthier.

Recommended amounts of activity are suggested for different age ranges. For those aged 19-64 this is 30 minutes each day. An increase in physical exercise improves self-esteem, mood, sleep quality and those who do regular physical activity are less prone to stress.

Increased weight gain is a concern nationally. People are at risk of developing medical conditions such as type 2 diabetes, heart disease, stroke, and cancer.

Can we afford to ignore the research findings? Who's in charge of your health and life expectancy? Are you doing enough?

¹ 'Transforming the nation's health and wellbeing' – Annual Report 2015

² www.nhs/change4life/

³ www.nhs.uk/

Question 1

(1 mark)

What is the purpose of Text 1?

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Question 2

(2 marks)

From the text, give **two** ways you could increase your daily physical activity.

.....

.....

Question 3

(2 marks)

From the text, list **two** benefits of physical exercise.

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.....

Question 4

(2 marks)

From the text, give **two** reasons why so many people are unfit.

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Question 5

(2 marks)

Using a dictionary, find the words 'campaign' and 'ignore' and write down their meanings.

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Question 6

(2 marks)

List **two** places where you can find more information about keeping fit and healthy.

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Text 2

→ www.gym4all.co.uk

GYM 4 ALL

[Home](#)

[Facilities](#)

[Classes](#)

[Personal
Training](#)

[Events](#)

[Contact](#)

[Video
Tour](#)

 [SEARCH](#)



Our excellent facilities include a swimming pool and sauna, training equipment and qualified fitness instructors.

Why not drop in to the centre and ask for a tour of the facilities which include a coffee bar, a fully supervised crèche and a very popular soft play area? You won't be disappointed.

Individual and family memberships are on offer and weekly or monthly payments can be arranged.

Opening times are 0800-2200 weekdays and 0900-2100 on Saturday and Sunday.

We offer various taster sessions to try out some of the activities available such as the climbing wall and trampolining. A full list is available using the tab above.

All new members complete a medical evaluation of their fitness levels and receive advice on health and safety procedures. Further information on gym equipment and suitable clothing and footwear is available via this link www.fittowear.com.

Why not contact us now and make a start on improving your health and fitness?



Phone: 01932 661792 to talk to a member of our team



Email: gym4all@gmail.com for appointments to tour the facilities or try out some of the activities.

Question 7

(1 mark)

What is the main purpose of Text 2?

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Question 8

(2 marks)

Give **two** facilities you can use at Gym 4 All.

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Question 9

(2 marks)

When can you visit Gym 4 All?

.....

.....

Question 10

(2 marks)

Give **two** ways to find out more information about Gym 4 All?

.....

.....

[End of assessment]

For Marker's Use Only

| Please tick | |
|---|--------------------------|
| I confirm that the work/evidence submitted is the learner's own work | <input type="checkbox"/> |
| I understand that learner results may be invalidated if evidence is submitted that does not belong to them | <input type="checkbox"/> |

| Questions | Marks available | Learner mark |
|------------------|-----------------|--------------|
| Task 1 (Qs1-4) | 7 | |
| Task 2 (Qs 5-10) | 11 | |
| Total | 18 | |

| Role | Name | Signature | Date |
|-----------------|------|-----------|------|
| Marker | | | |
| IV (if sampled) | | | |
| EV (if sampled) | | | |

Functional Skills Mark Scheme

English – Reading
Entry Level 3
Sample Assessment



General Marking Guidance

- Markers should apply the mark scheme consistently across all papers marked. Standardisation will take place at the beginning, middle and end of the marking window to ensure this takes place.
- Marks should be applied on the learners' assessment paper along with all associated feedback. It is recommended that marking is carried out using a different coloured pen to that of the learner.
- If a learner has crossed out a response to a question, the work should still be marked unless the learner has replaced it with an alternative answer.
- Markers should mark according to the mark scheme and should apply it positively awarding full marks where the answer meets the mark scheme.
- Where the answers do not meet the mark scheme, markers should be prepared to award zero marks.
- The mark scheme gives guidance as to how to allocate marks where an answer is graded according to learner performance. Where the response does not meet the requirements of the minimum mark, zero marks should be awarded.
- Where the mark scheme allows a mark for 'any (other) valid response', the marker should judge the response's merits based on the information provided in the assessment materials.
- Learners should not be penalised for spelling, punctuation and grammar errors providing the answer is comprehensible.
- Where the marker is unsure of how to apply the mark scheme, guidance from the team leader must be sought.
- Assessment papers and mark schemes must be kept secure at all times.
- Should any issues or irregular practice arise that may put at risk the security of assessment papers or mark schemes – these will be reported to Open Awards immediately.

Pass Mark: 12

E3 Reading Mark scheme – Sample Assessment

| Question Number | Question | Accepted Responses | Mark Allocated | Scope of Study Reference |
|-----------------|---|--|----------------|--------------------------|
| Task 1 Q1. | What is the purpose of the text? | <ul style="list-style-type: none"> To inform To persuade To emphasise the importance of exercise/physical activity/keeping fit for good health Accept similar wording. | (1 mark) | SC10 |
| Q2 | Give two ways you can increase your daily physical activity. | Award 1 mark for any of the listed indicative content points, up to a maximum of 2 marks: <ul style="list-style-type: none"> Walk upstairs instead of using the lift Walking Cycling Home exercise Accept similar wording. | (2 marks) | SC9 |
| Q3 | Give two benefits of physical exercise. | Award 1 mark for any of the listed indicative content points, up to a maximum of 2 marks: <ul style="list-style-type: none"> Lose weight Become healthier Improves self-esteem Improves mood Improves sleep quality Less prone to stress Accept similar wording. | (2 marks) | SC9 |

E3 Reading Mark scheme – Sample Assessment

| | | | | |
|--------------|---|--|-----------|------|
| Q4 | Give two reasons why so many people are unfit. | Award 1 mark for any of the listed indicative content points, up to a maximum of 2 marks: <ul style="list-style-type: none"> • Never walk up stairs • They use the lift • Ready meals • Internet shopping • TV box sets Accept similar wording. | (2 marks) | SC9 |
| Q5 | Using a dictionary, find the words 'campaign' and 'ignore' and write down their meanings. | <ul style="list-style-type: none"> • Campaign – a planned set of actions aimed at achieving a particular result • Ignore – dictionary definition of ignore Accept similar wording in each case. | (2 marks) | SC11 |
| Q6 | List two places where you can find more information about keeping fit and healthy. | <ul style="list-style-type: none"> • <i>Nuffield Health Annual Report 2015 – Transforming the nation's health and wellbeing</i> • www.nhs/change4life/ • www.nhs.uk/ | (2 marks) | SC12 |
| Task 2 Q7 | What is the main purpose of Text 2? | <ul style="list-style-type: none"> • To promote / advertise / encourage people to join Gym4All Accept similar wording. | (1 mark) | SC10 |

E3 Reading Mark scheme – Sample Assessment

| | | | | |
|---------------------|--|---|-----------------|------|
| Q8 | List two facilities you can use at Gym4All. | <ul style="list-style-type: none"> • Swimming pool • Sauna • Training equipment • Coffee bar • Crèche • Soft play area • Trampoline • Climbing wall | (2 marks) | SC9 |
| Q9 | When can you visit Gym 4 All? | <ul style="list-style-type: none"> • Weekdays/Monday to Friday 0800-2200 • Weekends/Saturday and Sunday 0900-2100 <p>Accept specific valid times, e.g. Tuesday at 1030</p> | (2 marks) | SC9 |
| Q10 | Give two ways to find out more information about Gym4All? | <ul style="list-style-type: none"> • Click on web page tabs (accept specific tab) • Phone (01932 661792) • Email (gym4all@gmail.com) • Drop in <p>Accept similar wording</p> | (2 marks) | SC12 |
| 10 Questions | | | 18 marks | |