Functional Skills English (4748) Entry 2 Reading Sample assessment



Candidate Paper

Sport and Fitness

Time allowed: 40 minutes			
Total marks: 14			
Candidate's name:			
City & Guilds enrolment number:			
Date of registration:			
Date of assessment:			
 You will need a pen with black or blue ink a dictionary. Instructions Read each question carefully. Answer all the questions. You do not need to write full sentences. There are no marks for spelling, punctuation or grammar. 			
Candidate's declaration: I confirm that this assessment is my own work.			
Candidate's signature			
D-4			

Read the text.

Ready, steady, go!

Follow our guide to feeling great

Doctors always say keeping fit is an important part of daily life, like eating, brushing your teeth and sleeping. But it's no surprise to learn that many people do not do anything to look after themselves.



Here are our tips for keeping fit.

Move more

Use the stairs not the lift. Walk or cycle when you can. If you use the bus, get off at the stop before yours and walk the rest of the way.

Keep costs down

You don't have to spend lots of money. Many activities cost nothing, like walking, jogging or running.

Enjoy

Do something you like. For example, dance is good for fitness. There's so much to choose from. You could try hip hop, ballroom or salsa. Why not go with a friend?

Make time

At least three times every week, do twenty minutes of activity that makes your heart beat faster.

Remember

Take care when you exercise. Breathe deeply. First warm up and then cool down when you finish.

What will you decide to DO this year?

Good Life magazine February

page 19

Answer the questions about the text.

1.	What is the text about? (Tick one)
	Eating well.
	Going out.
	Getting fit.
2.	Which tip links to the image?
3.	What should people who travel by bus do?
4.	What should people remember to do
	a) before an activity?
	b) after an activity?
5.	Name one activity that the text says is free.
6.	Use a dictionary. What does the word exercise mean in the text? (Tick one)
	Do something to make the body strong and healthy.
	Write answers to questions to learn new things.
	Take action to make something happen.

7 marks

Read the text.

	Valley Park Centre Sport for all					
About us	Our sports	Opening hours	Book in	Members		

Welcome to the city's new sports centre!



We're open seven days a week and there's something for everybody.

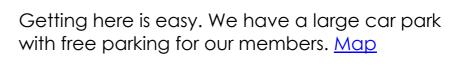
You can choose from six large sports halls, a gym, a swimming pool, a weights room and an outdoor football pitch. Also, there's a studio for many different classes.



Volleyball

Take a look at our price list. All activities are £7 each or get two for only £12. Buy a weekend pass for £15.

Members have many benefits, such as special events and cheaper prices in the café. It's easy to join the sports centre. Why not become a member today?



Find out more. Use the links, phone or come in and see for yourself.



Football



Call 01246 765432 or text 07246 765432





Park Street, Bramford BM52 3PE



Cricket

Answer the questions about the text.

1.	What is the purpose of the text? (Tick one)
	To tell people about a sports centre.
	To give opening times for a sports centre.
	To explain parking fines at a sports centre.
2.	Which word in the section starting 'You can' shows there is more to say about what you can find at the sports centre? (Tick one)
	also
	choose
	different
3.	How much will one activity cost at Valley Park Centre?
4.	Name one benefit that members have.
5.	How can people get more information without calling or visiting Valley Park Centre?
6.	Use your dictionary. What does the word pitch mean in the text? (Tick one)
	A place for selling things.
	An area to play a game.
	A high or low note in music.

7.	Which is the best caption for the photo at the top of the page? (Tick one)	
	Sport for all	
	Large car park	
	Different classes	
		7 marks
Ch	eck your work.	
	End of assessment	

Document 1

Cartoon image of woman – published anonymously

Document 2

Image of volleyball – tpsdave Image of football – tpsdave Image of cricket – shents