

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 _____

Date _____

Activity 1

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?

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

Activity 2

Read the text.

| Valley Park Centre Sport for all | | | | |
|---|------------|---|---------|---------|
| About us | Our sports | Opening hours | Book in | Members |
| <h3>Welcome to the city's new sports centre!</h3> | | | | |
|  | | <p>We're open seven days a week and there's something for everybody.</p> <p>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.</p> | | |
|  | | <p>Take a look at our price list. All activities are £7 each or get two for only £12. Buy a weekend pass for £15.</p> | | |
| <p>Volleyball</p> | | <p>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?</p> | | |
|  | | <p>Getting here is easy. We have a large car park with free parking for our members. Map</p> | | |
| <p>Football</p> | | <p>Find out more. Use the links, phone or come in and see for yourself.</p> | | |
|  | | <p> Call 01246 765432 or text 07246 765432</p> <p> Park Street, Bramford BM52 3PE</p> | | |
| <p>Cricket</p> | | | | |

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

Check 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