

Edexcel Functional Skills – Entry 2

English

Entry 2 Reading TASK D

Set 1

Controlled Assessment Material

Valid from September 2012 to August 2013

Learner name

Learner signature and date

Turn over ►

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5/4/4/2



PEARSON

Read Text D1 and answer questions 1 to 5.

Text D1

Danny reads this advert.

Being Fit!

Being fit helps you look and feel better. You should be able to climb stairs without being out of breath. All exercise is good for you.



Tips

- The best all-round exercise is swimming, walking or cycling.
- Start slowly and build up your exercise little by little.
- Exercise until you are pleasantly tired not exhausted.
- Slow down your pace towards the end of the session, don't stop suddenly.
- Don't exercise straight after a heavy meal. Leave at least an hour before exercising.

Text D1 questions

1 Write your answer on the line below.

According to Text D1 name **one** thing that being fit helps.

.....

(Total for Question 1 = 1 mark)

2 Write your answer on the line below.

How long after eating a meal should you wait before you exercise?

.....

(Total for Question 2 = 1 mark)

3 Put a tick in the correct box.

According to Text D1 one of the best types of all-round exercise is:

A	cycling	<input type="checkbox"/>
B	running	<input type="checkbox"/>
C	climbing	<input type="checkbox"/>

(Total for Question 3 = 1 mark)

4 Write your answer on the lines below.

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

.....

.....

.....

.....

(Total for Question 4 = 1 mark)

5 Put a tick in the correct box.

According to Text D1 towards the end of the exercise session you should:

A	start to build up	<input type="checkbox"/>
B	stop suddenly	<input type="checkbox"/>
C	begin to slow down	<input type="checkbox"/>

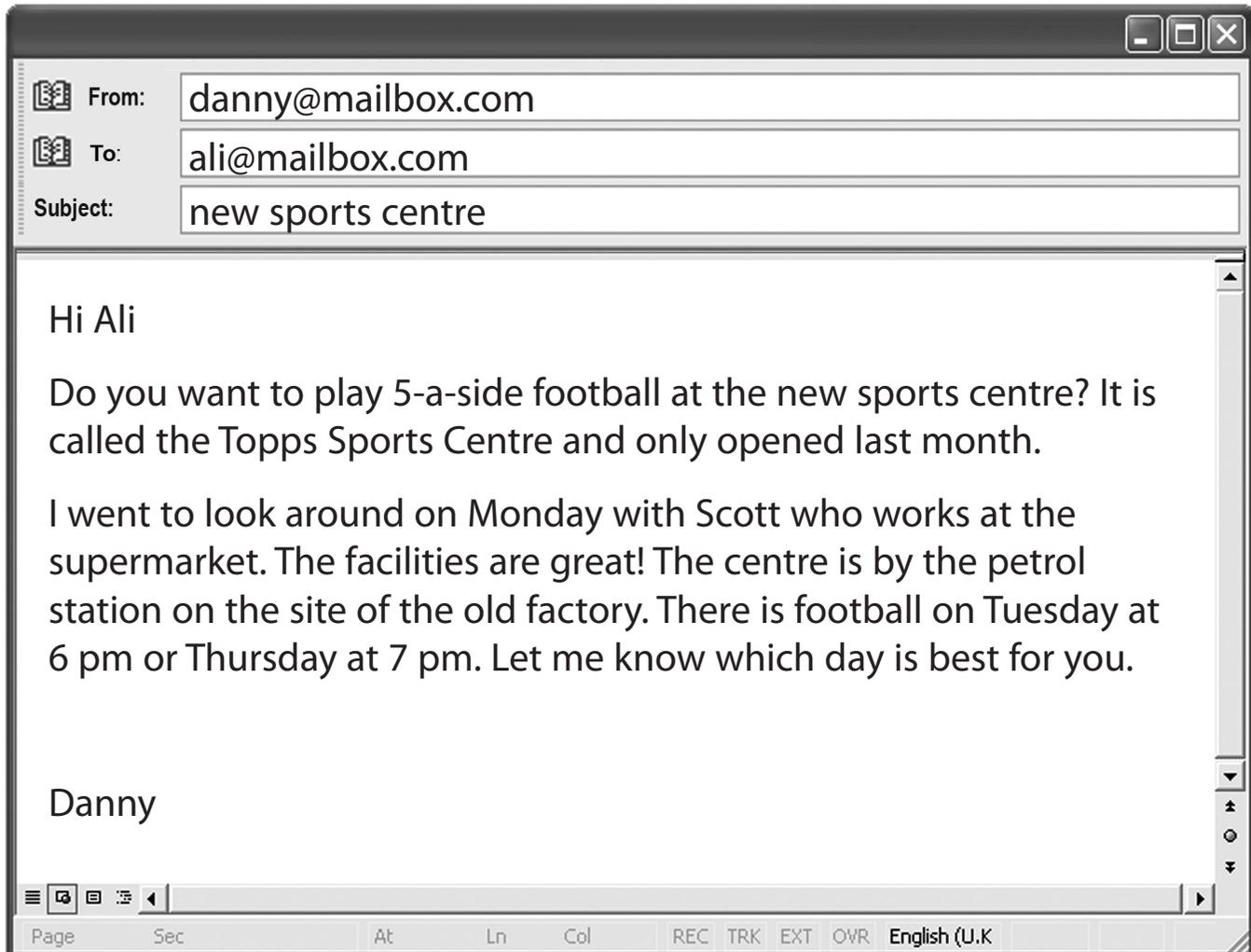
(Total for Question 5 = 1 mark)

TEXT D2 BEGINS ON THE NEXT PAGE

Read Text D2 and answer questions 6 to 10.

Text D2

You read this email.



Text D2 questions

6 Write your answer on the line below.

What is the name of the sports centre?

.....

(Total for Question 6 = 1 mark)

7 Write your answer on the line below.

Who is the email to?

.....

(Total for Question 7 = 1 mark)

8 Put a tick in the correct box.

The sports centre is by the:

A	old factory	<input type="checkbox"/>
B	supermarket	<input type="checkbox"/>
C	petrol station	<input type="checkbox"/>

(Total for Question 8 = 1 mark)

9 Put a tick in the correct box.

Who works at the supermarket?

A	Danny	<input type="checkbox"/>
B	Scott	<input type="checkbox"/>
C	Ali	<input type="checkbox"/>

(Total for Question 9 = 1 mark)

10 Put a tick in the correct box.

There is football at the sports centre on:

A	Tuesday at 6 pm	<input type="checkbox"/>
B	Thursday at 6 pm	<input type="checkbox"/>
C	Tuesday at 7 pm	<input type="checkbox"/>

(Total for Question 10 = 1 mark)