



**GCSE**

150/06

**ENGLISH  
HIGHER TIER  
PAPER 2**

P.M. FRIDAY, 11 November 2011

2 hours

**ADDITIONAL MATERIALS**

Resource Material for use with Section A.

A 12 page answer book.

**INSTRUCTIONS TO CANDIDATES**

Use black ink or black ball-point pen.

Answer **all** questions in Sections A and B.

Write your answers in the separate answer book provided.

You are advised to spend your time as follows:

Section A – about 50 minutes

Section B

Q. B1 – about 35 minutes

Q. B2 – about 35 minutes

**INFORMATION FOR CANDIDATES**

Section A (Reading): 40 marks

Section B (Writing): 40 marks

The number of marks is given in brackets at the end of each question or part-question.

## SECTION A: 40 marks

Answer **all** the following questions.

*The Resource Material for use with Section A is an article, "Silver Sprinters", by Rebecca Armstrong.*

*On the opposite page is an essay, "The Revenge of the Couch Potato", written by Candida Crewe.*

**Look at the first three paragraphs of "The Revenge of the Couch Potato" (up to "I just became more accustomed to it").**

**A1.** Explain why Candida Crewe started running, and how she felt about it in her first year. [10]

**Look at the rest of "The Revenge of the Couch Potato".**

**A2.** What are Candida Crewe's thoughts and feelings about exercise? [10]

**Look at "Silver Sprinters".**

**A3.** How does Rebecca Armstrong's article try to persuade people to take up, and continue with, exercise?

Think about:

- what she says;
- how she says it.

[10]

**To answer this question you must look at both texts.**

**A4.** Compare and contrast what these two texts say about exercise.

You should organise your answer using the following headings:

- the benefits of exercise;
- the problems and dangers of exercise.

[10]

## **The Revenge of the Couch Potato**

I have hated exercise all my life, but recently I have felt the need to reconsider my entrenched views against physical activity. This would almost certainly never have been the case had obesity not been in the news daily of late and, more crucially, had I not given birth to three boys who have no truck whatever with keeping still. It occurred to me that if I wanted to keep up with them, even if only to chase and wallop (well, chase) them, then I was going to have to become a degree fitter than the useless couch potato I had always been.

So it was that I took myself off to a specialist running shop. I felt a complete fraud as I paid £80 for a pair of shoes that made me look like a proper runner even though I had not run more than a couple of yards for more than a decade. But, with the cost in mind, the following morning I put them on and closed the front door behind me. I took a deep breath and ran the five minutes to the park, the mile or so round its outer ring, and then the five minutes home. It took 20 minutes and it was a form of torture beyond my worst imaginings. I gasped for air as if I were trapped in a large plastic box. Dog walkers took fright, some of them giving me a look as if to say should they call an ambulance, and I nearly let them. When I got home I had to lie down for an hour.

The next day matters were just as bad, and the next and the next, but I couldn't give up because I'd shelled out 80 quid. I was too mean to stop and so, despite the torture, I carried on and, somehow, a year passed by. It was still torture and the fitness everyone promised never seemed to come. I just became more accustomed to it.

Then, a few weeks ago, in a moment of total lunacy, I entered myself in the London Marathon. I think I had a vague notion that I needed a goal, something to knock me off the hamster wheel that is the outer ring of the local park. Whatever possessed me, it remains, with just a few months to go, a crazy venture. I have dodgy knees, an aching back, a dependency on precisely the wrong kinds of foods, and a lifelong love affair with sofas. And the stuff my new 'marathon friends' tell me about blisters, Vaseline in very odd places, and the endurance gels you have to swallow to avoid collapsing, are enough to make me want to take to my bed for the next three months with a serious supply of chocolate. They also tell me, "You'll enjoy it. It's fun." No, it is not fun. Not sweaty tennis, not swimming virtuous lengths, not treading mills, not forcing dull slabs of metal hither and thither, not trudging up hills, not cycling distances that require plastic water bottles and shorts with padded bums. They are all disagreeable. My idea of fun is conversation with friends and family, sitting about, reading, eating and going to the odd party or movie, none of which can be properly done while leaping about red-faced and sweating. The sheer discomfort and utter tedium of physical exertion is not fun. If it were, the Western world would not be full of fat people who are daily becoming fatter.

Show me a woman sweating around the parks or pavements who says she's in it purely for the fitness and fun of it, and you are showing me a liar. All the women I've met who exercise are doing it because they want to contain their bodies against the relentless onslaught of rogue pounds. Any benefits to the heart and bones are just a bonus. Losing weight is the thing.

**Candida Crewe**

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## SECTION B: 40 marks

*Answer Question B1 and Question B2.*

*In this section you will be assessed for your writing skills, including the presentation of your work. Take special care with handwriting, spelling, punctuation and layout.*

*Think about the purpose and audience for your writing.*

*A guide to the amount you should write is given with each question.*

**B1. Write a leaflet to persuade young people to exercise more.** [20]

You may wish to indicate where you would use illustrations and what they would show, but you will be rewarded for the quality of your writing, not your illustrations.

*The quality of your writing is more important than its length. You should write about one to two pages in your answer book.*

**B2. This is an extract from a letter that appeared in a newspaper:**

*The mobile phone is the most appalling invention of the last century. It has taken away our privacy and encouraged all kinds of anti-social, and sometimes illegal, behaviour. The technology may be very impressive but the consequences have been very worrying. Mobile phones have certainly changed our lives, but not for the better.*

**Write a letter in reply, giving your opinions about mobile phones.** [20]

*The quality of your writing is more important than its length. You should write about one to two pages in your answer book.*



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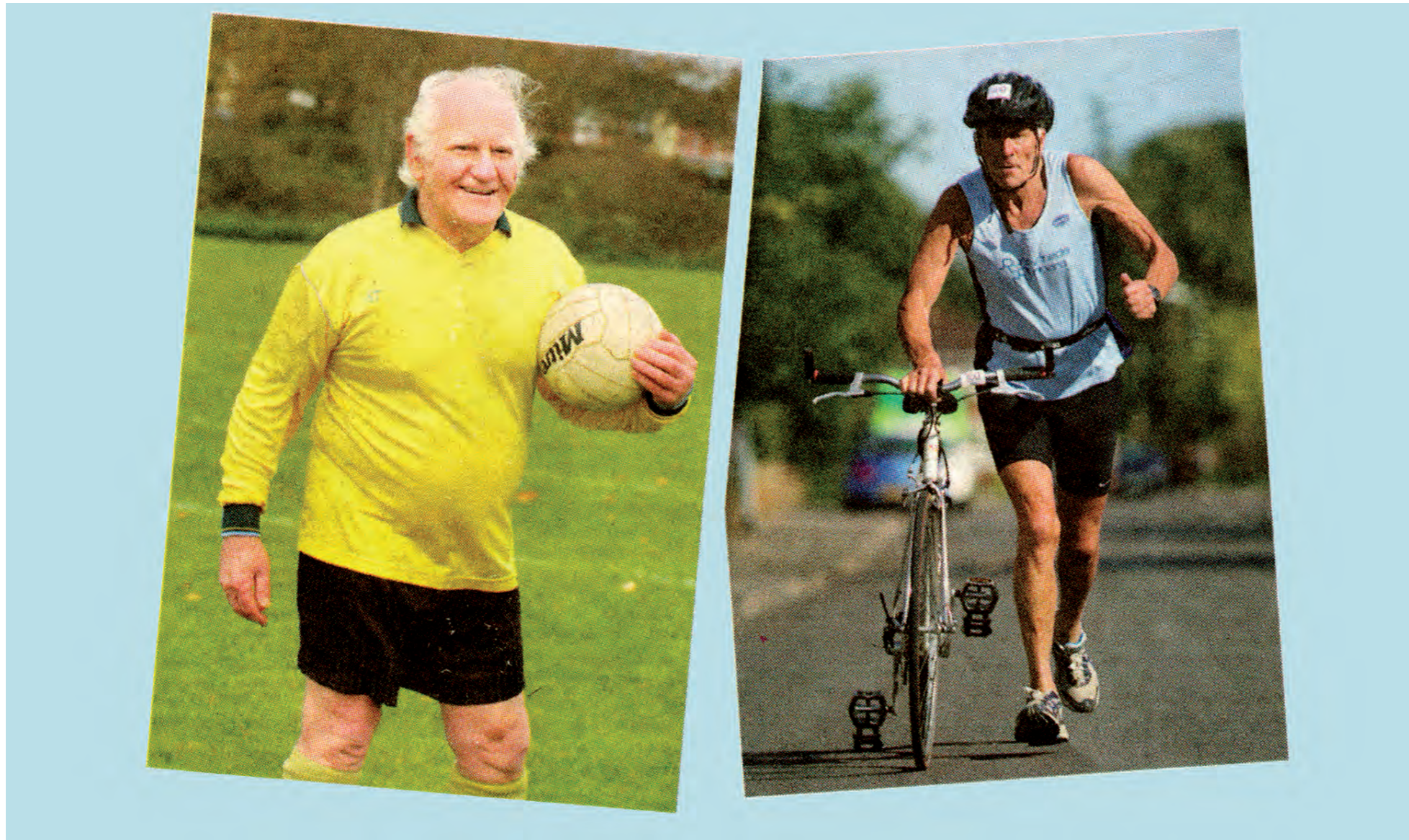
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**Resource Material for use with Section A**

# Silver Sprinters



## The footballer aged 72, the marathon runner in his 70s – what’s their secret?

### Rebecca Armstrong finds out how these senior sportsmen keep running.

Anyone who finds doing regular exercise something of a chore could do worse than following Dickie Borthwick’s example. Known as Dixie to his friends, Borthwick plays football once a week, eats porridge for energy, takes vitamins every day, and gave up smoking to improve his health. Couch potatoes should also take note that Borthwick is 72 years old and played his first match aged 12. ‘I don’t feel like I’m in my

60<sup>th</sup> season,’ he says. ‘I still feel young at heart and feel like I can go on for a few years yet.’

Borthwick isn’t the only older athlete putting people half his age to shame. John Starbrook, 76, competed in his first triathlon earlier this year ‘for a bit of a challenge’. This gruelling event would be enough of a challenge to most people, but Starbrook also runs two marathons a year. ‘I’ve done about 40 marathons in total. As I do two marathons every year, I basically train all year round – it’s New York in November and London in April,’ he says. ‘In between I’ve started doing triathlons for a bit of fun.’

According to NHS guidelines, everyone, regardless of age, should aim to do at least 30 minutes of moderate physical

activity five times a week to improve mobility and reduce the risk of heart disease. But while it can be all too easy to find excuses to avoid starting an exercise routine, Borthwick and Starbrook prove that age shouldn’t stand in the way of fitness.

So what are their secrets? Borthwick is a fan of supplements and takes vitamins, but Starbrook eats a normal diet and doesn’t believe in pills of any kind. He says, ‘I don’t eat much rubbish food – no burgers or any of that. Just good stuff. I don’t take any vitamins. I don’t even like taking an aspirin.’

As we age, our bodies start to change. ‘The first thing is that you get a reduction in muscle strength and an increase in body fat,’ says Lorenzo Masci, a sports physician. ‘The second thing is that you get a reduction in heart rate and in your body’s ability to take in oxygen.’ Masci also warns that older people have a reduced capacity to recover from injuries. But it is not all bad news. ‘A lot of these changes can be helped by exercise,’ he says. According to Help the Aged, we can’t store the benefits of exercise. If you were sporty until your thirties, it won’t help in your seventies. But if you had an active lifestyle like Borthwick and Starbrook, you are more likely to continue exercise as you get older.

So what tips can they offer? Starbrook says, ‘Running is a natural thing to do and it’s free. You’ve just got to put your mind to it. Don’t over-train, just do enough.’

But if you’re out of condition – whatever your age – it’s important to start slowly. The NHS recommends that anyone who has been inactive for a long period of time should try to build up to 30 minutes a day – which can include activities like walking or gardening – and avoid high impact exercises that involve hard jolts to the body. ‘It’s never too late to start exercising,’ says Masci.

However, it’s important to speak to your doctor before embarking on a fitness kick. ‘The important thing is to do things you enjoy. People who do activities they enjoy are more likely to stick with them,’ says Masci.

And just remember – it’s never too late to try something new. Just ask Starbrook. ‘At the moment I’m hoping to try skydiving. I’ve never done anything like that but I’m just going to go up, shut my eyes, and shout “Geronimo” as I jump out of the plane.’

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