

TQUK Functional Skills Qualification in English at Level 1

Reading Document Booklet Past Paper 3

Instructions

- Read each question **carefully**
- Answer **all** questions
- Write your answers **clearly** in the spaces provided
- **Check** your answers.

Information

- There are **2** documents to read
- The maximum mark for this exam is **20**
- The marks available for each question are shown in **bold** beneath each question
- You do **not** need to write in complete sentences
- You will **not** be assessed on spelling, punctuation and grammar.

Items

- You **will** need the Examination Paper provided
- You **will** need a pen with black or blue ink
- You **are** allowed to use a dictionary
- You will **not need** any other stationery or equipment.

Time allowed: 60 minutes

Do not open this booklet until you are told to do so.

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Past paper

Document 1: Leaflet

Dolphin Wild Swimming Club

What is Wild Swimming?

It's just like regular swimming except it takes place in a natural body of water rather than an indoor pool. Whether it's the sea, a lake or a river, wild swimming is the perfect choice for anyone who wants to experience the bracing waters found in the outdoors.

Benefits of Wild Swimming

Life in today's high-tech world is stressful, but by spending time swimming in nature you will forget all about your worries and relax.

Some of the other benefits include:

- you won't strain your joints
- you'll get a full-body workout
- colder temperatures increase the number of calories burned
- it's free!

So why not have a go? We guarantee you won't regret it!

Staying Safe

Natural waters are not like a leisure centre swimming pool. For extra safety and warmth, we encourage you to bring:

- a brightly coloured swim cap
- a wet suit
- swimming socks
- swimming goggles.



Schedule

We meet every Sunday at 8:00 a.m. in the Harbour Beach car park. From there, you'll take part in either:

- a saltwater session, where we swim in the sea right next to the beach
- a freshwater session, where we travel to a nearby lake or river.

Important Dates

Here are the dates for our upcoming freshwater sessions:

- 26th March: Colne River, Newmantown
- 7th May: Lake Draywater, Wapton
- 4th June: St Mead's Lake, Portworth.

Our Club

The Dolphin Wild Swimming Club boasts a total of 45 members of all ages and abilities. We are a friendly group of outdoor swimmers who are looking forward to welcoming some fresh, new faces to the club.

Why Join Us?

Speak to any of our members and they'll tell you how fun and rewarding wild swimming really is. Not only does it benefit your body, it also benefits your mind and mood. Being surrounded by beautiful scenery, calm waters and wonderful people is enough to put a smile on anyone's face. Why delay? Get swimming today!

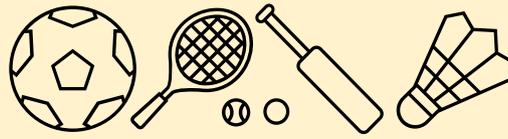


One of our members, Billie Cross, getting ready to swim in the Wyatt River, Newmanshire.

To become a member, you can send an email to admin@dolphinclub.uk.co or you can simply turn up to one of our weekly sessions!

Document 2: Article

All Sorts of Sports Magazine
Guest Article Showcase



Issue
78

Wild swimming? I think I'll leave it to the fish!

Over the past year I've been rather lazy and recently it's started to bother me because my clothes are getting tighter. I'm also getting out of breath after walking up the stairs – this can't be healthy! I haven't done any proper exercise for years now, and all of this made me realise it was about time to start.

I'm a good swimmer, but I like to be careful with my money; paying a fee to use a public swimming bath seemed like the most frightful idea! After speaking to a friend about my dilemma, they told me about this new craze – wild swimming.

Swimming in the sea or a lake costs nothing, so this idea immediately took my fancy. I did a bit more research and, after finding a nearby swimming club, I thought I'd give it a go. If only I'd known this was the biggest mistake I'd ever make!

Sunday morning arrived and I headed to Harbour Beach. When I got to the car park, I changed into a wetsuit and quickly joined the group of people gathered on the sand. By this point, I was already starting to have doubts. I could see the crest of each wave rising up – the water's current was so strong! We stood on the beach and chatted for a while, but it wasn't long before everyone started heading towards the sea and I reluctantly joined them.

My first reaction was one of sheer horror. The sea was freezing! The water was barely covering my ankles and I was already desperate to head back to my car, but I decided I shouldn't give in. I could see that nearly everyone else was now happily swimming out to sea, so I took the plunge and lowered myself into the water.

An unpleasant jolt went through my body, this water was colder than the Arctic! I slowly acclimatised to the temperature and started swimming, but the truth is I still hated every second of it. Now, rather than being cold, I was expecting a great white shark to take a bite out of me! Seriously, though, all I could think about were jellyfish and other slimy things touching the bits of skin not covered by my wetsuit.

The waves kept crashing around me and I swallowed a mouthful of salty water. The power of the sea was really scary. I soon realised this was not for me, turned around and swam to the shore as quickly as I could. What a 'fun' day at the beach that was!

Next time I feel like swimming, I might just pay the £3 fee to use the leisure centre's pool!

Written by Jo Campbell

This is the end of the booklet.

Past paper