



GCSE

3700U30-1A



A23-3700U30-1A

WEDNESDAY, 8 NOVEMBER 2023 – MORNING

ENGLISH LANGUAGE

UNIT 3

**Reading and Writing: Argumentation, Persuasion and
Instructional**

Resource Material

For use with Section A

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Text A is an infographic about walking.

LIVING STREETS

HERE ARE SOME BIG NUMBERS TO GET YOU THINKING. AND WALKING, OF COURSE.

HEALTHIER

A SHORT WALK EVERY DAY HAS THE POTENTIAL TO INCREASE PRODUCTIVITY BY UP TO 30%

1 MILE
WALKING 1 MILE BURNS UP TO 100 CALORIES

DOING A LITTLE EXERCISE LIKE WALKING IS SCIENTIFICALLY PROVEN TO MAKE US FEEL HAPPIER

WE CAN BURN AN EXTRA 50 CALORIES PER HOUR JUST BY STANDING RATHER THAN BEING SEATED

94%
SAID THAT 'GREEN EXERCISE' LIKE WALKING, GARDENING/ CONSERVATION WORK IMPROVED THEIR MENTAL HEALTH

10 000
RECOMMENDED DAILY NUMBER OF STEPS

200
NUMBER OF MUSCLES YOU USE EVERY TIME YOU TAKE A STEP

X ACCORDING TO A 2004 STUDY, COMMUTERS CAN EXPERIENCE GREATER STRESS THAN FIGHTER PILOTS GOING TO BATTLE

Text B gives information about how people can prepare when taking up walking as a hobby.

Walking for Health

Repeat.
Once you have completed your first walk, make sure you quickly plan the next one. Try to establish a walking routine that you can stick to.

Make a plan.
Schedule when you are going to walk so that you actually do it!



Get equipped.
You don't need much equipment other than a comfortable, supportive pair of shoes and a raincoat (we do live in the UK after all).

Start slowly.
When you are ready to start walking, make sure that you go at your own pace and try not to overly exert yourself.

Text C is taken from a blog about one woman's walking routine.

Easy wins: shorten the commute, walk off the weight and lift the spirits

One of the best things about working in an office is all the casual steps involved. I'm not a natural gym dweller – I just hate the place – so to keep my body moving, I have to walk.

My way to do enough walking to make up for the lack of other exercise (other than yoga) is to get off the bus one or two stops before my destination and walk the rest of the way.

I've been doing this for more than 15 years, so I can safely say it works in keeping my weight down, spirits up (mostly) and muscles toned (enough for me). And it gets addictive, especially as I always wear a smart watch to count my steps.

I walk 2km from the bus stop to my desk every morning and afternoon. In the morning, it's a good opportunity to listen to Radio Cymru, and in the evening it's all about walking off the stress of work. I might listen to a podcast, convince a colleague to walk with me, catch up on family phone calls, or just notice the city around me.

It can get a bit sweaty in the summer, but I just do it in gym gear and get changed into fresh clothes at work. It's a big chunk of my daily walking target and I don't even notice doing it.

My only tip is to start slowly and make sure you build a routine that you can stick to. If you're not a morning person, just start out doing it after work. Pretty soon, you won't even think about your old stop.

Text D is taken from a website about the benefits of walking.

Walk this way – not that way!

Walking is a tool that benefits us. Not only is it an effective mode of transporting ourselves, but it provides many health benefits – if done properly.

The act of placing one foot in front of the other is the result of a miraculous set of events. Millions of your body's cells communicate to coordinate movement and maintain balance to move you forward. Walk for more than a few minutes and further adaptations take place as your heart rate rises and muscles pull carbohydrates and fat from storage sources for fuel.

Walking is a great way to *start* an exercise programme but the key word is 'start'. If you have been a couch potato, then walking is literally the best first step that you can take towards fitness. So, if you have been inactive or unwell, a 20-minute leisurely daily walk will offer a lot of benefits.

But you must understand that **you will not become fit or lose weight with a leisurely walk.**

After the first few walking sessions, you will feel a lot better mentally and physically. Perhaps you may even drop a few pounds! But after two weeks or so of gentle strolls, your body adapts and the health benefits stall. **Your body wants to be pushed.**

It's like building the foundation of a house. Being able to walk at a leisurely pace for 20 minutes is a great foundation for fitness but it must be built upon for you to meet your maximum potential.

If you can walk easily for 20 minutes without a problem, I urge you to take your walking to the next level. If you have a desire to be fit and improve your health, gentle walking is a good start, but only a start...

To walk the right way, you have to walk quickly. You have to walk as if you are late for a big interview. You have to walk like you're very late for a date and can't risk getting sweaty. You have to walk like a kid at the end of the school day who is not allowed to run through the corridors. You have to walk quickly. But like other ways of increasing your workout intensity, you have to walk faster gradually. You have to ease into it. You can't walk at a leisurely pace for 20 minutes, and then expect to be able to sustain a walk at the fastest pace possible for the same amount of time.

Interval walking involves varying your walking speeds and is effective in improving fitness and endurance because you push yourself harder. If you are just starting to increase your walking pace, then varying your speed every few seconds is best. If you have been walking at a faster pace for some time, then walking quickly for a few minutes followed by a period of rest is the best approach.

Text E is taken from *The Salt Path* by Raynor Winn. In this book, Raynor and her seriously ill husband, Moth, make the decision to walk the 630-mile South West Coast Path.

The mornings weren't getting any easier. I was still crawling from the tent in a scrunch of agony. My ankles cracked with a hot, grinding sensation that felt as if the bones were rubbing together, wearing themselves away. My hip hurt until my backpack was on and I had walked a couple of miles, and I tried not to think about my big toe. Maybe it had been the lasagne or the red wine from last night's dinner or the thought of bacon this morning, but Moth got out of the tent that morning without any help. He was losing weight fast, his lean frame becoming really lean. Was he moving just a little more easily or was that me hoping for a miracle?

We followed the path that dropped into Lulworth Cove.

Aching, tired and feeling every step of our walk, we stopped to take our boots off. The toenail that had healed over in the winter had again burst away from my toe. I bound it up with tape and hoped it would stay in, before walking over the cobbles at the base of the curved cliffs of Lulworth Cove. White rock cliffs interlaced with black, scattering the cove with a smooth mix of black and white pebbles. Famously picturesque, the cove is probably one of the most photographed spots on the South West Coast Path, and inevitably heaved with tourists. But as the sun began to drop and the cliffs picked up the muted hues of the late afternoon sun, their photographs would've been worth the crush. We picked up a leaflet in the village shop and started to read about rocks from the Jurassic period, but gave up and bought chocolate bars and hot tea instead.

We left the village in the early evening and followed the coast of natural rock towers to the vast rock arch of Durdle Door. Dusk was falling when we finally pitched the tent and I watched the last of the light transform the cliffs into blue and pink, warmed not just by my all-weather sleeping bag, but by the sound of gulls and cormorants chattering through the night.

A sense of calm washed through me that I hadn't felt since watching a peregrine falcon on Pencarrow Cliff and I fell into a long, restful sleep for the first time in weeks.