

GCSE ENGLISH LANGUAGE FOR TEACHING FROM 2015

AUTUMN 2023 EXAMINATION

UNIT 3 ANNOTATED EXEMPLAR

*Corresponding question paper and mark scheme can
be accessed from our [secure website](#).*

SECTION A

A7. The writer refers to "Easy wins" in the title. In your own words, explain what "Easy wins" means.

[1]

Shorten the commute, walk off the weight and lift the spirits.

0 marks

A7. The writer refers to "Easy wins" in the title. In your own words, explain what "Easy wins" means.

[1]

"Easy wins" means that every walk she does she wins.

0 marks

A7. The writer refers to "Easy wins" in the title. In your own words, explain what "Easy wins" means.

[1]

can be completed easily



1 mark

A7. The writer refers to "Easy wins" in the title. In your own words, explain what "Easy wins" means.

[1]

good things that come easily



1 mark

A8. In your own words, summarise what the writer of **Text C** does to ensure that she walks every day. [4]

the writer gets off
2 stops before her
destination to ensure
she gets her steps in.

1 mark

A8. In your own words, summarise what the writer of **Text C** does to ensure that she walks every day. [4]

she wears a smart watch
to count her steps. She always
gets off 2 stops early. She also
listens to the radio or a podcast.

2 marks

A8. In your own words, summarise what the writer of **Text C** does to ensure that she walks every day. [4]

To ensure that she walks every day she can
1. get off the bus early and walk the rest of
the way. 2. Listen to music while walking.
3. Walk in ~~exercise~~ exercise equipment and
change into new clothes. 4. Take your
time and create a routine.

4 marks

A9. What does the writer mean when she writes: "you won't even think about your old stop"? [1]

you'll get used to walking the extra distance

1 mark

A9. What does the writer mean when she writes: "you won't even think about your old stop"? [1]

I believe she means that you won't think about what you used to do.

1 mark

A9. What does the writer mean when she writes: "you won't even think about your old stop"? [1]

When the writer says this she is on about bus stop, because she gets off stops before and walks.

0 marks

A9. What does the writer mean when she writes: "you won't even think about your old stop"? [1]

the writer means when she writes "you won't even think about your old stop" is ^{you won't} ~~that she~~ think about when to stop until you complete your work

0 marks

A10. How does the writer of Text D try to persuade us that we need to "walk quickly"?

[8]

You must refer to the text to support your views.

The writer of Text D tries to persuade us by ~~saying~~ talking about the benefits of walking and how it will help you on your journey to fitness. The writer says things like "walking is a tool that benefits us" and "you will feel a lot better mentally and physically". This would persuade the reader because the writer is talking about how good walking is and how it's good for you.

The writer also says things like "you will not become fit or lose weight with a leisurely walk". This gives the reader a balance between good and bad and also gives the reader a better understanding of walking and what it will do. The writer also mentions that "being able to walk at a leisurely pace for 20 minutes is a great foundation fitness". This tells the reader that walking is a good place to start and further persuades the reader to try walking.

Limited focus

2 marks

A10. How does the writer of Text D try to persuade us that we need to "walk quickly"?

[8]

You must refer to the text to support your views.

In text D, it's telling us how we need to "walk quickly" in the text, it says that if we walk quicker "heart rate rises and muscles pull & carbohydrates and fat stores for fuel" furthermore, it's giving us the impression that "you will feel a lot better mentally and physically. Perhaps this is encouraging us to walk more as it's better for our health. To add onto that, it says "you may even drop a few pounds" this is a key factor for people who want to lose weight. The writer has also said "you have to walk as if you are late for a big interview" the writer said this because it encourages people to get to places quicker. After that the writer said "you need to walk like you are late for a date" the writer has used a simile to give us the impression that we need to walk quicker. Finally, the writer says walking quicker can "improve fitness and endurance" in this, the writer is trying to persuade us to walk quicker because it is good for our health.

Identifies some supporting evidence/facts

3 marks

A10. How does the writer of **Text D** try to persuade us that we need to "walk quickly"?

[8]

You must refer to the text to support your views.

~~It~~

Text D tries to persuade us that we need to "walk quickly" as in the text it says "your body wants to be pushed". This suggests that you are stopping your body from reaching its potential and that you aren't trying hard enough. The writer of Text D tries to persuade us that we need to "walk quickly" by saying "Fit and improve your health". This suggests that if you push to boundaries of your current walking pace then you will receive good physical results. The writer of Text D tries to persuade us that we need to "walk quickly" by saying "to walk the right way, you have to walk quickly". This suggests by saying "right way" that you aren't walking correctly and that the correct way to walk is fast. Also the use of "have" suggests that it's the only way. The writer persuades us by saying "you have to walk quickly". This suggests that it's the only proper way to walk and it has a very direct tone. The writer says "tries to persuade us by saying 'best approach'". This suggests that walking fast is a best/greatest way to exercise.

Clear and appropriate comments

5 marks

A11. Read the third paragraph. If you have been unwell or inactive, what does the text suggest you do? [1]

you have been unable to stay healthy and active

0 marks

A11. Read the third paragraph. If you have been unwell or inactive, what does the text suggest you do? [1]

The text suggest that you take a "20-minute leisurely daily walk"



1 mark

A11. Read the third paragraph. If you have been unwell or inactive, what does the text suggest you do? [1]

A 20 minute daily walk will offer a lot of benefits



1 mark

A11. Read the third paragraph. If you have been unwell or inactive, what does the text suggest you do? [1]

walk

0 marks

A12. To answer the following question, you must refer to Text C and Text D.

Using Text C and Text D, synthesise the benefits associated with walking.

[8]

In text c the writer states in the 3rd paragraph that she gets off the bus & starts before she goes to her ~~work~~ work and then walks the rest of the way, she's been doing this for 15 years and it benefits her because she says "i can safely say it works in keeping my weight down" and this shows the reader that walking every day does offer amazing benefits. She also calls it addictive and what she does is great to get addicted to it, and in the 4th paragraph it states "Walking off the stress of work" this shows that along physical benefits it also has some mental benefits.

In text d in the first paragraph it states that walking has "many health benefits - if done properly" and this along with text c is ~~speaking~~ speaking about the many benefits to walking. it also states how a "20-minute leisurely daily walk will offer a lot of benefits." this also states how walking benefits you but it does also state

"you will not become fit or lose weight with a leisurely walk" and this quote shows the reality of walking ~~although~~ although it has many benefits it isn't a super workout and after 1 workout you can expect all the benefits to just rush over to you. and in the 4th paragraph the writer says "you will feel a lot better mentally and physically" and this quote ~~also~~ also shows how the benefits associated with walking.



Some supporting examples from both texts

3 marks

A12. To answer the following question, you must refer to **Text C** and **Text D**.

Using **Text C** and **Text D**, synthesise the benefits associated with walking.

[8]

Text C -

Firstly,

in text C the text states that one of the benefits of walking is 'keeping my weight down'. Secondly, in text C it also states that walking will keep 'spirits high'. Thirdly, in text C it states that walking will keep 'muscles toned up' as well as giving you time to 'catch up on family phone calls'. Lastly, in text C it states that walking will 'make up for the lack of other exercises' and to be able to 'work off the stress of work'.

Text D -

Firstly, in text D the text states that one of the benefits of walking is 'you will feel better mentally and physically'. Secondly, in text D it also states that walking 'provides many health benefits'.

Collates from both sources

5 marks

A12. To answer the following question, you must refer to Text C and Text D.

Using Text C and Text D, synthesise the benefits associated with walking.

[8]

Text C

In text c it tells us some benefits associated with walking are that "it works in keeping ~~your~~ weight down" ~~suggesting~~ you have to do ~~the~~ a very simple thing, just walk and it can help with ~~the~~ losing weight. Text C then says it can help keep "spirits up" ~~which~~ can make you feel more confident and productive. Another thing text C mentions is that it can keep "muscles toned" ~~which~~ some people like to see progress and how walking can change their body. Text C also suggests ~~that~~ that it's a perfect time to "catch up on family phone calls" ~~and~~ "notice the city around" ~~Text C also suggest it works on mental health work wise when it says "walking off the stress of work."~~

Text D

Text D tells us some other benefits associated with walking, one of them being that it "provides many health benefits" so if your struggling with an illness or something a walk here and there might help. Text D then ~~says~~ says that taking walks can help you and make you "feel a lot better mentally and physically."

Text D also says that it can help with losing weight and that you "may even drop a few ~~pounds~~ pounds." ✓ Text D finally tells us that varying walking speeds can help with "improving fitness and endurance." ✓

Wide range of relevant examples

8 marks

A16. What impressions do you get of the writer from this extract?

[6]

The impressions I get from this extract are that walking the @630-mile South West Coast Path is not a very good idea but still quite beautiful.

The writer does mention the pain of ~~walking~~ ^{walking} 630 miles, but also says some nice things about it too.

Limited focus

1 mark

A16. What impressions do you get of the writer from this extract?

[6]

Firstly, The writer explains that 'The mornings weren't getting any easier' this gives me the impression that the writer is old or is in a lot of pain.

Secondly, The writer explains that she felt like her 'bones were rubbing together' this creates the impression that she is stiff and had walked a lot the day before.

Next, The writer explains that she was hunched but she was trying 'not to think about' her 'big toe' this ~~she~~ creates the impression that she has been walking for miles and her big toe is very painful.

Also, the writer explains that 'Moth got out of the tent that morning without help,' this creates the impression that she has to help him ~~get~~ get out of the tent normally. It also creates the impression that Moth is really sick.

Then Raynor explains that when they started walking they felt 'every step of our walk' this creates the impression that they are walking on hard surfaces and they have been walking for a long time.

Finally, the writer explains that when she finally got to go to bed "A sense of calm washed through" her. This creates the impression that she feels safe and relaxed to be in the tent.

Some impressions emerging

Relevant supporting evidence

3 marks

A16. What impressions do you get of the writer from this extract?

[6]

The first impression I get of the writer is that she finds getting up difficult "The mornings weren't any easier". This suggests that she finds waking up to be challenging. ✓

The next impression I get of the writer is that she is in pain crawling out from her bent "In a scrunch of agony". This shows that she finds the mornings to be a painful experience. ✓

Another impression I get from the writer is that she is hopeful for her husband to get better "or was I hoping for a miracle". This suggests that though she knows he is ill, she still hopes he can get better. ✓

Furthermore, I get the impression that the writer has a short patience "I gave up and bought chocolate and tea instead". This tells the reader that she gets bored easily.

The next impression I get from the writer is that she had a long night as she states "Sound of gulls and cormorants chattering through the night" This suggests that she could have been struggling to sleep through the night as there was much noise.

The last impression I get from the writer is that she found it peaceful "a sense of calm washed through me". This tells the reader that she was happy to be there.

Relevant supporting evidence

4 marks

SECTION B

PLAN:

Peer
Review

My
Address

Peer Review

- Agree to
- Say some benefits of working
- Say some ways to encourage it
- Say why some may not
- Conclude



LETTER:

Editor's
Address

My Address

Dear Editor,

I have recently seen your
statement in the newspaper about children walking
and I agree. Many children would benefit
physically and mentally from a
short help on how walk a day. Many
studies say that walking everyday will
decrease stress levels and help keep
children at a healthy state both
mentally and physically. Many children do
not realise how dramatically as
dramatically these eyes can positively
change their lives as many need
some encouragement from schools or
parents. Many children just need
to be braght on a walk a
few times as they may grow
a habit of doing it daily or
often. Althogh I agree with the



idea of children lacking energy, I
~~do~~ do not agree with the league
you have used by calling
them "lazy" as it is not the
childrens fault and instead is the
fault of the parents or the schools
over them. Children need to be pushed to
to work in school or the school should
start implementing daily exercise into the school
systems. from,



6 marks (3+ 3)

PLAN:



LETTER: _____

Dear editor

I believe that the words you have used in your newspaper are morally wrong. Not all children want to go out and walk, this doesn't mean ^{they're} ~~their~~ "lazy". They should be allowed to enjoy their childhood without having to do exercise as they are still growing.

~~Some~~ Your words could lead to children being insecure about their weight and physical appearance, this shouldn't be something children have to worry about! Children who are overweight will feel insecure and left out as they won't be able to walk for as long as other children can.

Children can get addicted to losing weight meaning that they will be too ^{slim} ~~strong~~ which is very unhealthy. If a child is underweight and gets ill the chances of fatality significantly increase because their body isn't strong enough to fight for them.

This new paper can cause children to build eating disorders, I believe this because children don't like being called names, if they're called "lazy" for not walking everyday they'll be afraid of getting called for not being slim. This newspaper can ruin someones life and maybe even take someones life, do you want that on your hands? ~~an~~ It being your fault?

Children with things like asthma can't walk for a long period of time as this will ~~cause~~ increase the risk of, asthma attacks. Things like this are to be dealt with seriously, if a child goes on a walk alone and has an asthma attack they won't know what to do. This could be the result of a child losing their life. An asthma attack can traumatise a child and the children around to witness it, this would make the child and children around never want to exercise even when they're older.

On the other hand going on a short walk is a good thing for a child but should not be called "lazy" if they don't want to go on a walk.

Some audience awareness

Some shape/structure

Mostly precise vocabulary

Some accurate punctuation

PLAN:

- Introduction

P1 - ~~benefits~~ ^{benefits}

P2 - Their future

P3 - routines

Conclusion - Yax faithfully

LETTER:

12th street

news headquarters

Dear Sir, It has come to my attention that I have noticed that children are walking enough, so I am here to tell you why you need to promote walking to larger children.

Firstly, the ~~benefits~~ benefits are endless, but I will only list the main ones. Walking is essential to our lives as it is how we move, so therefore if we simply don't walk our legs will become weak and will no longer work. Also walking is such a SIMPLE exercise that should really change how you are as a person as it will boost your mental health, even if you only go out for 20 minutes it can still help. There are so much things you can do while walking like listen to music, catch up with family or just enjoy the nature around you. Many children now a days are stressed because of school and what will help them...? A to walk correct, see walking is a huge morale boost. →

Secondly, I would like to dissuse the future of these kids lives if they don't walk ~~enough~~ enough 500... They would have a higher chance of developing arthritis at a ~~you~~ sooner age ~~than~~ than normal, which in turn could ~~reduce~~ reduce their life expeletency. Also more than 20% of school children take forms of transport to school and ONLY!! 22% of children walk to school and those percentages are only going higher as children don't walk to school which is a huge problem.

~~Finally~~ thirdly, to help children to walk more we could help them create a Schedule for every day and also to motivate them more, if they stick to the Schedule we could reward them with breaks or other things they like. Having a Schedule really helps to keep on track and once you start you can't go back to your old ways.

Thank you for reading this letter and in expecting to see changes.... hopefully. I hope my concerns have opened your eyes to this problem.

Your faithfully

Clear purpose/format

Content develops

Most spelling correct

PLAN:

Headline
opening paragraph
subheading
your arguments
Subheading
counter arguments
Conclusion.



ARTICLE:

Healthy Healthy Lifestyle, Healthy Mind.

Having a healthy lifestyle is so good for your body and mind. Healthy lifestyles contribute so much to your moods and concentration. Keeping up with everyday life can be stressful and require a lot of time, but with a healthy lifestyle its easier.

How a Healthy Lifestyle can improve your mood.
~~Healthy~~ Having a healthy lifestyle can uplift you and help you regenerate. Even if its just a 20 minute walk every day or a smoothie for breakfast, it still helps. Exercising every day can help you get fitter and also help your digestion and muscles. Having a smoothie for breakfast can help with your mood and also helps gut health.

People who exercise regularly are proved to be happier and have a better mental health experience. As I said earlier, even if its just a 20 minute walk every day, your proven to be more uplifted and energized.

Having a good breakfast helps too. When you have a good breakfast you tend to feel more energized and happy!

Why some might disagree.

Some people might disagree because some people don't have the time or money for all this especially if your studying and working at the same time, but that's ok. If your ever feeling stressed out you could just go for a quick walk around the block or make a nice cup of herbal tea, maybe listen to some music.

Some people also struggle with keeping on task and remembering schedules, and that's totally okay too. I have some ways to help. If you wanted to take a walk at a certain time you could set a timer so you'll remember, or maybe make some nice food ahead of time for incase you forget to do it on the day.

So, after considering both these view points, would you start this healthy lifestyle? even if you just try it for a week, at least you'll know ~~if~~ you tried it. Thanks for listening!



Content develops

16

Apt reasons support ideas

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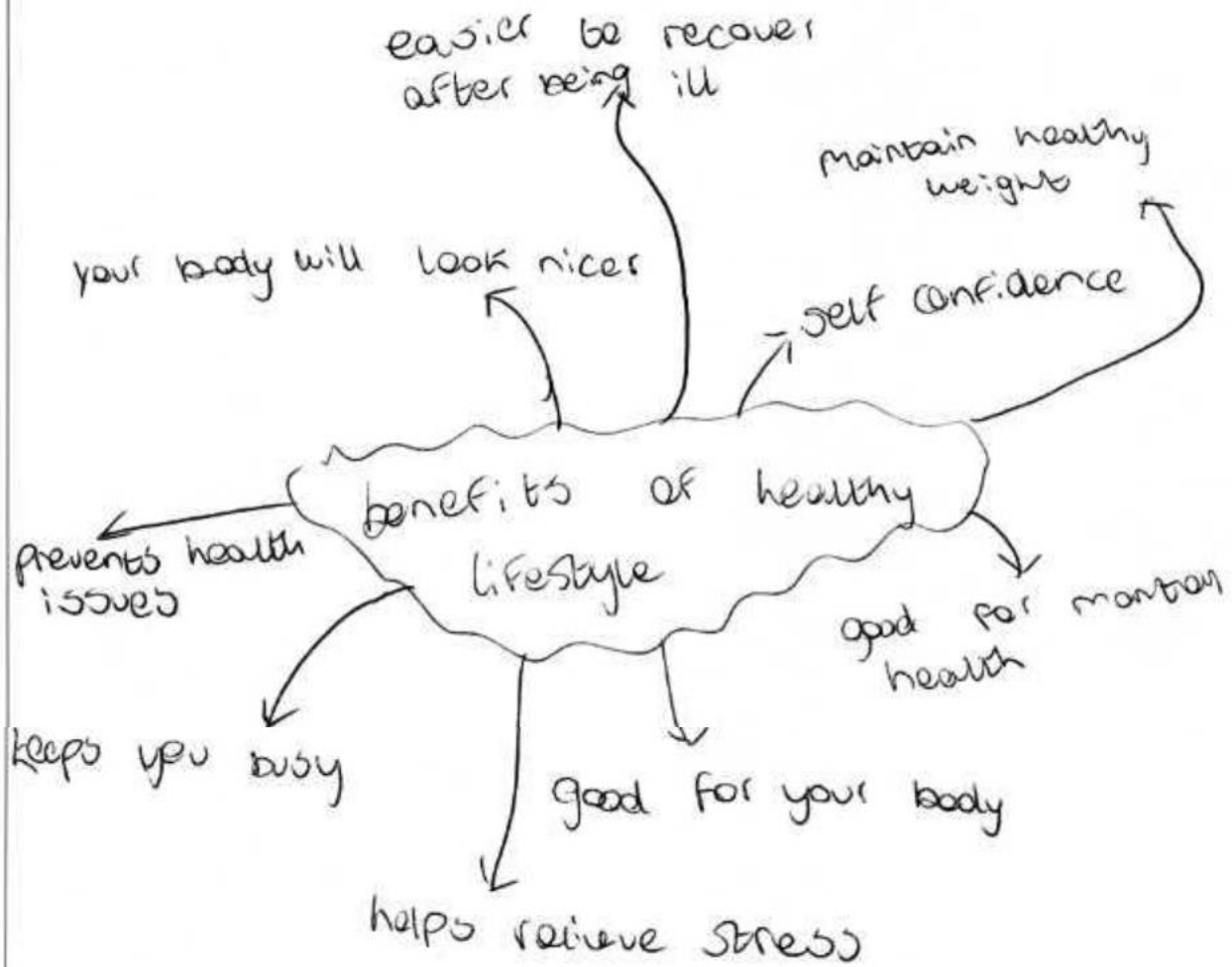
(3700U30-1)

Mostly precise vocabulary

Some sentencing accurate

10 marks (5 + 5)

PLAN:



ARTICLE:

Benefits of a healthy lifestyle³

Do you want to have confidence on the beach?

When having a healthy lifestyle your body will look healthy too. This helps with self confidence as many people are afraid of taking their top off at the beach scared of being judged. Your self confidence will also help your mental health, you will no longer be worrying about what you look like which will relieve a lot of stress. ✓

Healthy lifestyle = key to good mental health.

Your mental health can be affected a lot if you get judged. A healthy lifestyle can change you into a new and better person. You will be proud of yourself and feel great at all times with no worries about your physical appearance.

keeping you busy

When you have spare time and nothing to do, going on a walk, jog/run is a great idea as it can make you feel a lot better. When tests are coming up you are able to go on walks and release all the stress that gets built up, making you feel less nervous and may even help you do well in the exams. ✓

Productivity

A healthy lifestyle is the key to productivity. ~~Waking~~ Waking up early in the morning and then going on a walk to wake you up and coming back home to a healthy breakfast is the best way to start your day. A healthy breakfast will fuel you for the morning giving you enough energy to be focussed in the mornings, not being half asleep which could affect your learning.

The things you add to your routine can help you succeed in the future and set you up for bigger goals like doing a marathon. ✓

A healthy lifestyle can also keep your spending low. Unhealthy foods such as takeaways are much more expensive than going to tesco and ~~buying~~ ~~by~~ ~~buying~~ buying healthy foods such as vegetables. There are many other healthy options to replace unhealthy food. Being in college is quite pricey if you're growing up and needing to pay for other things such as petrol or a car, ~~being~~ ~~not~~ so why don't you stop buying takeaways and start buying vegetables. ✓

Everyone wants to feel comfortable in their body, but how can you be comfortable if you're overweight. You have to keep buying new clothes and eventually some brands won't make clothes big enough for you. Being overweight will also come with people judging you, linking back to mental health. Your mental health will be bad if people call you names.

Clear purpose/format

Apt reasons support ideas

Most sentencing accurate

12 marks (6 + 6)

PLAN:

Intro

P1 - physical body - lose weight
improve self esteem

P2 - mental health - improve school
work - productivity

P3 - social life - walking group /
gym friends - communities



ARTICLE: Start your healthy lifestyle NOW and improve your future!

Examin
only

Are you unsatisfied with your body? Perhaps you're feeling depressed? lonely? Unhappy with your grades? These are all signs that you need to start living a healthier lifestyle, and I'm going to show you all the benefits! ✓

If you want to improve your appearance, living a healthy lifestyle is the only way. Eating healthy foods and cutting out on junk food is a great place to start, then gradually creating your own workout will be great for your self esteem. You could even start just by standing, as you can burn an extra 50 calories per hour just by standing! How amazing is that? ~~For~~ ~~you start~~ You can also burn up to 100 calories for every mile you walk. Once you start living a healthy lifestyle you will ~~is~~ instantly feel your body ~~&~~ improving and have a great self image.

Having a healthy lifestyle is also amazing for your mental health. Doing small ~~exers~~ exercises daily is

scientifically proven to make us feel happier, if you're feeling unhappy and don't know what ~~a~~ to do, this is the perfect solution! A short walk everyday is also proven to increase productivity by 30%. So if you feel like you're underachieving in your grades but can't find the motivation to improve, let this be a sign to stop feeling bad for yourself and make a change. Do you know Taylor Swift? Of course you know Taylor Swift! She said that after her drama with him and Kanye, eating healthy and exercising helped improve her mental health ~~interest~~ greatly and feel much better about herself. 

'But how am I supposed to keep up a healthy lifestyle alone?' Don't worry! there are ~~plenty~~ plenty of communities and organisations dedicated to improving the well being of others and helping them maintain a healthy lifestyle. Having a healthy lifestyle can actually greatly improve

your social life as you will have much more confidence to talk to people and can build communities on having a healthy lifestyle, wether it be a walking group, gym friends, or a healthy meals and weight loss club. Your social life will greatly improve ✓

After reading this I hope you all take this as a sign that you must start living a healthy lifestyle as the benifits will positively impact you and your future. Start now!

Consistent purpose/format

Secure audience awareness

Sentencing accurate

14 marks (7 + 7)