

Integrated Skills in English

ISE I



The Controlled Written examination

Wednesday 13 April 2011

10.00-11.30am

Your full name:
(BLOCK CAPITALS)

Candidate registration number:

Centre:

Time allowed: 1 hour 30 minutes

Instructions to candidates

1. Write your name, candidate number and centre number on the front of this examination paper.
2. You must not open this examination paper until instructed to do so.
3. This examination paper has **two** tasks. You must complete **both** tasks.
4. Use blue or black pen, not pencil.
5. Write your answers on the examination paper.
6. Do all rough work on the examination paper. Cross through any work you do not want marked.
7. You must not use a dictionary in this examination.
8. You must not use correction fluid on the examination paper.

Information for candidates

The tasks in this examination have equal weighting.

You are advised to spend about 45 minutes on Task 1 and about 45 minutes on Task 2.

Examiner's use only							
Task 1							
Task fulfilment	A	B	C	D	E	N	U
Accuracy and range	A	B	C	D	E	N	U
Task 2							
Task fulfilment	A	B	C	D	E	N	U
Accuracy and range	A	B	C	D	E	N	U

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Integrated Skills in English I

Time allowed: 1 hour 30 minutes

This examination paper has two tasks. You must complete both tasks.

Task 1 – Reading into writing task

You want to improve your fitness. Read the text below and then, **in your own words**, write a letter (approximately 150 words) to a friend, explaining:

- i) what a triathlon is
- ii) why you want to enter a triathlon competition **and**
- iii) how you will include regular training in your daily life.

Triathlons for fitness

At 27 years old, Neil Pokorny was a successful manager for an American car company, but he was quickly losing his fitness and not going to the gym.

'One day I just decided I wanted to get fit again, and I signed up for a triathlon, an event that includes swimming, cycling and running,' Pokorny said. He began training, slowly but regularly.

'For me, it wasn't easy because I was travelling for work all the time. But I told myself that I wanted to do an hour of something every day,' Pokorny said. 'When I travel, I can go running from my hotel, and when I am at home, I can go cycling.'

Pokorny's story is not unusual. He's part of a big movement towards the sport of triathlon, which is becoming the 'new marathon'. *USA Triathlon's* members have increased from 50,000 to 135,000 over the last five years.

This sport, just like the athletes, comes in all shapes and sizes, from the 15-hour-long distance to the beginner-level distance. The most popular distance is composed of a 500 metre swim, a 19km bike ride and a 5km run.

'It's a fun sport,' says Pokorny, 'and the people who practice it are very cool.'



(Source: Adapted from www.dition.cnn.com)

Use your own words as far as possible. No marks for answers copied from the reading texts.

