

Appendix 3 - English for Life Level 1

OFFICE USE ONLY Recommended course:

English for Life Level 1 NAME

Part A Reading

Read 'How taking up boxing helped me beat anxiety – and regain control of my life'.

1) What does the writer usually write about?

.....

2) How old was the writer when she became mentally unwell?

.....

3) The writer has written this article to (tick the correct answer):

Describe what it's like to be a boxer.

Explain how boxing helped her feel better mentally.

Tell readers they should get a personal trainer.

Explain to readers how to lose weight.

4) In the first paragraph the writer says she has 'two left feet'. Explain in your own words what you think this means.

.....

5) In addition to weekly exercises, list two things the writer did to get better.

1.

2.

6) Did the writer have enough money to pay for a personal trainer? Provide evidence for your answer.

.....

.....

7) Did the writer choose to take up boxing? Provide evidence for your answer.

.....

.....

8) 'My fist made an increasingly loud and satisfying thunk against the pads'. What do you think the word 'thunk' refers to?

.....

9) Find two sentences in the final paragraph that show the benefits the writer gets out of boxing.

1.
2.

10) Find a word in the first paragraph that is similar in meaning to each of the following verbs:

- duck
- hit

1. Fill in the table.

Write as many words as you can that are similar in meaning to	Write as many words as you can that are opposite in meaning
big	big
happy	happy
fight	
	healthy
thrive	thrive
fall back on	

How taking up boxing helped me beat anxiety - and regain control of my life

(Article from The Guardian newspaper)

Monday 27 May 2019



A couple of years ago, the idea of putting on a pair of boxing gloves and trying to bob and hook would have had me laugh. I was always the girl with two left feet; I was more likely to accidentally smack myself in the face than punch a boxing pad.

But in late 2017, at the age of 35, I felt like I had lost my mind. Thanks to a mixture of stresses and overwork, I was no longer the confident and happy person I had been. My thoughts took themselves down a path of worry and panic. I couldn't find pleasure in the

things I loved. I was unwell and needed to find a way to get better.

As someone who writes about women's health, I knew what to do. So I added weekly exercise to my schedule, along with therapy, mindfulness, more time outdoors and reducing my workload. I didn't expect to enjoy it, and knew that I would need one-to-one help to motivate myself to exercise regularly.

With some financial support from my parents, I enlisted a personal trainer. We worked to improve my balance, flexibility and strength, which showed me that I could do much more than I thought. My trainer, Jo, presented exercise in a way I had never seen before. One day, out came a pair of boxing gloves. I put them on and aimed at the pads in front of me. I had never thrown a punch before and expected to feel ridiculous. Instead, it felt good. I quickly learned how to rotate my fist and then swiftly pull it back to guard my face; how to soften my knees, and use the power in my legs and my stomach muscles until each jab, each cross and upper cut felt powerful. My fist made an increasingly loud and satisfying thunk against the pads.

I doubt I would win a fight with anyone. I would take my bad week out on the pads and leave sweaty and red-faced but feeling both clearer and lighter.

Challenging myself physically while feeling low has not been easy, but the boxing gloves have wrapped a protective layer over more than my knuckles. My body has stepped up. Now, when I find myself wondering who I am and what I'm worth, I look down at my arms. Thanks to the boxing circuit, my newly defined muscle remind me of what I'm made of: the determination to thrive as well as survive.

English For Life L1 Reading and writing mark scheme

NAME

* ⊗ no indicators/concerns about SpLD

⊗ possible concern about SpLD /not sure about what SpLD may be presenting (note what the indicators might be in comments column)

⊗ definite concern about SpLD (note what the indicators might be in comments column)

Question	Aspect of literacy assessed	Screening /indicative of SpLD	Possible responses	Comment
1. What does the writer usually write about?	Explicit understanding.		Women's health	
2. How old was the writer when she became mentally unwell?	Explicit understanding.			
3. The writer has written the article to:	Understand the intention /key ideas of the writer. Comprehend explicitly and implicitly.	Reading comprehension. Implied and explicit understanding. Possible SLI, dyslexia ⊗ ⊗ ⊗	Explain how boxing helped her feel better mentally.	
4. In the first paragraph, the writer says she has 'two left feet'. Explain what this means.	Understand idiom. Explain understanding in own words.	Understanding of idiom. ⊗ ⊗ ⊗	Any response similar to: Awkward. To move awkwardly especially when dancing or moving.	
5. In addition to weekly exercises, list three things the writer does to get better.	Explicit understanding. Word Finding.	Word finding and explicit understanding. Possible SLI. ⊗ ⊗ ⊗	Any of the following three: therapy, mindfulness, more time outdoors, reducing my workload.	
6. Did the writer have enough money to pay a personal trainer? Provide evidence for your answer.	Deduction	Breadth of vocabulary and deduction. ⊗ ⊗ ⊗	She didn't have enough money for a personal trainer. Evidence: 'With some financial support from my parents' or in own words.	
7. Did the writer choose to take up boxing? Provide evidence for your answer.	Deduction	Breadth of vocabulary; and deduction. ⊗ ⊗ ⊗	She didn't choose to take up boxing. Evidence: 'One day, out came a pair of boxing gloves.' or in own words.	
8. What do you think the word 'thunk' refers to?	Deduction	Deduction.	The sound made when the writer hits the pads. Or something similar.	
9. Find two sentences in the final paragraph that show the benefits the writer gets out of boxing.	Word finding, deduction and breadth of vocabulary.	Word finding, deduction and breadth of vocabulary. Possible SLI /dyslexia ⊗ ⊗ ⊗	Any two of the following sentences: 'the boxing gloves have wrapped a protective layer over more than my knuckles'; 'My body has stepped up.'; 'Thanks to the boxing circuit, my newly defined muscle remind me of what I'm made of: the determination to thrive as well as survive.'	

<i>Question</i>	<i>Aspect of literacy assessed</i>	<i>Screening /indicative of SpLD</i>	<i>Possible responses</i>	<i>Comment</i>
10. Find a word in the first paragraph that is similar in meaning to:	Understanding meaning; breadth of vocab	Word finding and reading whole words for meaning. Possible SLI. ⊗ ⊗ ⊗	Duck = bob Hit = smack	
11. See table below	Breadth of vocabulary	Indicate possibly SLI ⊗ ⊗ ⊗	Accept inaccurate spellings; Award ½ mark for each accurate response, up to 5 marks in total	
WRITING TASK How do you try to stay healthy? Describe in detail what you do to try to stay healthy. OR People pay too much attention to their health. It's better just to enjoy life. Discuss.	Written expression; accuracy of spelling, grammar and punctuation; breadth of vocabulary and sentence structure; ability to express creativity and imagination...	Looking specifically at ability to express ideas grammatically; word power; accuracy of spelling. Organisation of ideas. ⊗ ⊗ ⊗		

Possible responses	Possible responses
Large, huge, enormous, massive, great, immense	Small, little, tiny, puny, slight
Contented, joyful, jolly, jovial,	Sad, unhappy, down, gloomy, glum, blue, melancholy. woeful
Brawl, box, battle, contend, spar, argue, scrap	
	Ill, unhealthy, sick, poorly, ailing, unwell
Flourish, well, growing, blossom, bloom, succeed, prosper	Unhealthy, dying, fail, wither, decline, wane,
Employ, use, reply on, depend on, resort to	

To be completed by the assessor. The learner has been assessed and is now working towards the levels indicated. S/he has been assessed as having achieved the level below.

LEVEL	Pre-E	E1	E2	E3	L1	L2	Other	comments
Reading								
Writing								

NAME OF ASSESSOR: **DATE:**