

English

KS2

2016

Year 6 Reading Assessment Answer Booklet - Non-Fiction

First Name						
Middle Name						
Last Name						
Date of Birth	Day		Month		Year	
School Name						
DfE Number						

1. According to the introduction, how many people in the UK are estimated to be going jogging at least once a week?

1 mark

2. Look at the 'Beginner's Guide'

2 marks

Find and copy the information to complete this table with the correct amounts of time.

Activity/Stage	Time to Spend
Gentle warm-up before each activity	
Start by walking any amount that feels comfortable	
Short running intervals to begin including	
Cool down by walking or gently stretching	

3. Look at the sentence: *It is always a good idea to build your fitness gradually.*

1 mark

What does the word *gradually* tell you?

total for this page

4. Look at the section '**Staying Motivated**'.

Which of these ideas are suggested in the text to help with motivation? Tick **four**.

- | | | | |
|-------------------------------------|--------------------------|------------------------------------|--------------------------|
| Set yourself regular targets | <input type="checkbox"/> | Run once every week | <input type="checkbox"/> |
| Eat healthy food | <input type="checkbox"/> | Keep a training log | <input type="checkbox"/> |
| Run with a friend or group | <input type="checkbox"/> | Mix up routes and distances | <input type="checkbox"/> |

2 marks

5. What does the guide suggest you might write in a running diary?

1 mark

6. Look at the section '**Different Distances and Types**'

Draw lines to match up the headings with the correct explanations.

<p>Track Running</p>	<p>Safely on pavements or in events where roads are closed to all vehicle traffic.</p>
<p>Road Running</p>	<p>Over open or rough terrain which may include grass, mud, woodlands, hills or water.</p>
<p>Cross Country Running</p>	<p>Over specified distances on an oval running track.</p>

1 mark

total for this page

7. Look at the sentence: *'This could be running safely along pavements.'*

Why does the author use the word 'safely' in this section?

1 mark

8. What is the distance given for a half marathon

1 mark

9. Look at the section 'Specialist Gear and Gadgets'

Explain why a good pair of running shoes are the most important equipment recommended for running?

1 mark

10. Identify one other item of equipment that the author suggests for *'as your running advances'*.

1 mark

total for this page

11. Look at the section 'Running for Kids'

The author encourages children to 'make your first rule to be running for fun'.

What is the purpose of this statement?

Tick one

To encourage more competition

To ensure children enjoy themselves more than adults

To help children view running as an enjoyable activity

To add an extra rule to the list

1 mark

12. Find and copy a word that means: providing satisfaction or offering a worthwhile experience:

1 mark

13. Based on the whole text, how does the author encourage people to take up running?

Give two examples.

1.

2.

2 marks

total for this page

14. What evidence is there to suggest that this text is aimed at people who are not already regular runners or thinking of trying it for the first time?

1 marks



END OF TEST

total for
this page