

Example marked candidate responses

Integrated Skills in English – ISE I

Reading & Writing exam

Task 3 – Reading into writing

Task 4 – Extended writing

Task 3 – Reading into writing

Write an article (100-130 words) for a health and fitness magazine for young people about why more students should do exercise.

Use the information you read in Task 2 (pages 4-6) to:

- ▶ explain how exercise can improve students' lives
- ▶ say how exercise can help them study **and**
- ▶ tell students how they can make exercise part of their daily life.

You should plan your article **before** you start writing. Think about what you want to say and make some notes to help you in this box:

Planning notes

(No marks are given for these planning notes)

Now write your article of 100-130 words on the lines below. Try to use your own words as far as possible – don't just copy sentences from the reading texts.

For the purpose of this document, the relevant texts are reprinted below.

Text A

teenhealth.com
Health Forums

 **TiredTeen01:** Hi. I'm a high school student. I sleep well and eat well but I'm just so tired all the time! Can you give me some advice please?

 **DoctorT:** Hi TiredTeen01. Your problem is very common, and there may be a very easy solution to your tiredness. You might feel too tired to exercise, but regular exercise will make you feel less tired and you'll have more energy. Even a single 15 minute walk can increase your energy, and the benefits increase with more frequent physical activity. Start with a small amount of exercise and then build up your physical activity gradually over weeks and months. While it may seem as if moving about when you feel exhausted is the quickest way to feeling more exhausted, the opposite is true. Try it – you won't be disappointed!

Text B

Why do you go to the gym? Maybe it's because you want to get fit or lose weight, but probably not because you want to improve your brain. However, exercise is one of the best things you can do for your brain in terms of memory and learning. Exercise increases brain chemicals, which help make new brain cells. Complicated physical activities, like taking a dance class or playing

tennis, help us learn better by improving our attention and concentration skills. Researchers found that high school students scored better on difficult tasks after doing 10 minutes of a complicated fitness routine. Those who did 10 minutes of regular exercise did less well and those who hadn't exercised at all scored the worst.

Text C

Why Exercise?

- ✓ It's free and easy and has an immediate effect.
- ✓ It can reduce your risk of serious illnesses such as heart disease by up to 50%.
- ✓ Exercise improves your mood. It is great for decreasing stress as the chemicals produced when you exercise leave you feeling happier and more relaxed.
- ✓ Physical exercise can improve your sleep. Regular exercise can help you fall asleep more easily and also gives you a deeper sleep. However, don't exercise too close to bedtime or you may find it difficult to sleep.
- ✓ Exercise is fun! It's a great way to meet people or to enjoy free time with friends and family.

Text D

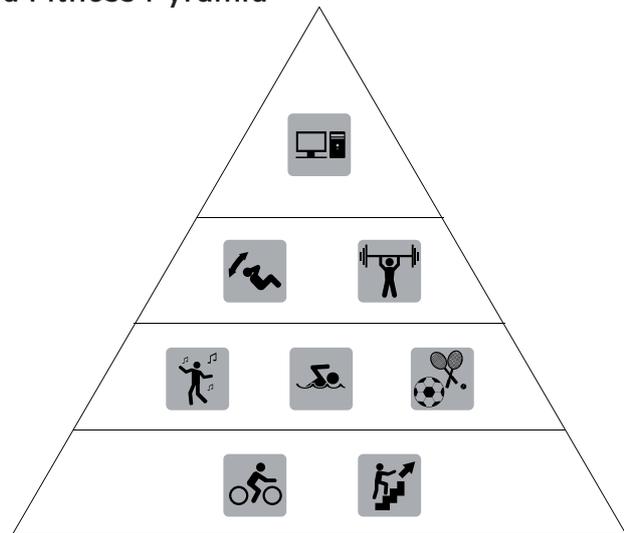
The Health and Fitness Pyramid

Avoid
Long hours on TV or computer

2-3 times a week
Activities that make muscles stronger and body more flexible

3-5 times a week
At least 30 minutes of exercise that raises your heartbeat

Every day
Be active in as many ways as possible



Note: For the purpose of this document, candidates' planning notes are left out as they are not part of the assessment.

Sample response – Candidate A

First of all, doing physical exercise regularly can help you to sleep better and it will give you more energy during the day. Furthermore, chemicals produced when you exercise make you feel happier.

Do you want to be successful at school? The connection between performance at school and exercise has been found. Researches have shown that doing exercise or practising sports improves your memory and learning skills. Also, complicated physical activities, like dancing or playing basketball, improve your attention and concentration skills.

In your daily life, you can use stairs, walk or cycle to school instead of taking a bus. Now you know what to do. If you exercise, you will succeed not only at school but in your life.

Word count: 120

Breakdown of score:

Reading for Writing – 4

Task Fulfilment – 4

Organisation and Structure – 4

Language Control – 4

Rationale:

Reading for Writing – The candidate has referred to all the input texts and has selected wholly appropriate content for the purpose of the task. All significant information is relevant and has been adapted well. The candidate has shown an excellent ability to paraphrase and summarise content effectively with no apparent lifting from the texts.

Task Fulfilment – All three parts of the task have been addressed concisely and effectively. The candidate has also demonstrated an excellent awareness of the writer-reader relationship by asking the question at the beginning of the second paragraph and using 'you' in the final paragraph. All requirements of the task have been appropriately met.

Organisation and Structure – The candidate has organised the text very effectively, using paragraphs to separate the three key themes within the question. Ideas have been presented very clearly and in a logical way with good use of topic and supporting sentences. Signposting is very effective and some use of more sophisticated cohesion is evident, eg linking success and performance at school over two sentences.

Language Control – The candidate demonstrates a very good range of grammatical and lexical items relating to the task with a high level of accuracy, eg conditional forms and reduced relative clauses. The minor errors that do occur are non-impeding. Spelling and punctuation are excellent throughout.

Overall outcome: Distinction

Sample response – Candidate B

Firstly, exercise is one of the best habits you can have in your life because only it has beneficts. Exercise improve your healthy, but not only this. Exercise can improve your mood, sleep and your concentration. Therefore, all things are beneficts.

Secondly, exercise help you in your study. If you do regular exercise, you will feel more relaxed and your attention and concentration will increase. Besides, physical activities produced brain chemicals, which are very good to increase these skills.

Finally, if you don't have time to do exercise, it is not a problem. You can make exercise in your daily routine. For instance, you can go by foot or by bike to school. The most important is moving yourself to feel less tired.

Word count: 123

Breakdown of score:

Reading for Writing – 3

Task Fulfilment – 3

Organisation and Structure – 4

Language Control – 3

Rationale:

Reading for Writing – The candidate has referred to all of the input texts but could have developed some of the ideas more fully by selecting more detailed content, eg complicated physical activities are not mentioned. What has been selected is relevant but some of the texts are referred to only fleetingly. There is good evidence of paraphrasing and summarising skills with very limited lifting and few disconnected ideas.

Task Fulfilment – All three parts of the task have been addressed with the important points being appropriately conveyed, even if lacking a little detail and development. There is a good awareness of the writer-reader relationship.

Organisation and Structure – The candidate has organised the text clearly, using paragraphs to good effect to address the three parts of the question. Ideas have been presented clearly and in a logical way with good use of topic and supporting sentences in all three paragraphs. Signposting is effective and the reader has no difficulty following the logic of the text.

Language Control – The candidate demonstrates an appropriate range of grammatical and lexical items relating to the task although there are a number of errors, eg word choice is sometimes wrong (healthy, make exercise) and omission of third person 's' in present. The errors that do occur sometimes make it necessary to re-read more closely. Spelling and punctuation are adequate.

Overall outcome: Merit

Sample response – Candidate C

To practise exercise regularly has many benefits to the students. On the one hand, going running, swimming, dance class or pilates can help them to increase your energy and decrease your stress, to sleep better, to improve your health, etc. Also, this can make that they feel more relaxed, happier and better with themselves.

On the other hand, some studies say the students who practise exercise daily are more successful in their studies because this increases brain chemicals, and this manner their memory and learning is better.

Our personal trainer advises the students must practise exercise 4 or 5 times a week, for example cycling to school. Also, he recommends they choose a sport which like them.

Word count: 117

Breakdown of score:

Reading for Writing – 2

Task Fulfilment – 2

Organisation and Structure – 2

Language Control – 2

Rationale:

Reading for Writing – The candidate has referred to and demonstrated understanding of more than half of the input texts, although there is no direct reference to Text A. What has been selected from the input texts is largely relevant. However, there is also a degree of irrelevance, eg when the candidate refers to pilates and the idea of a personal trainer, both from the candidate's own ideas. There is evidence of acceptable paraphrasing and summarising.

Task Fulfilment – All three parts of the task have been addressed although the last part, telling students how to incorporate exercise into their daily lives suggests the writer-reader relationship is confused, with a different focus from the previous two paragraphs. Overall, the task has been acceptably fulfilled.

Organisation and Structure – The candidate has organised the text in an acceptable way. However, there are some misuses of cohesive devices, eg 'on the other hand' and 'this manner'. The second paragraph is also difficult for the reader to follow easily as there are a number of ideas contained within one sentence where two or three sentences would have made the development of ideas clearer.

Language Control – The candidate has demonstrated an acceptable level of grammatical and lexical accuracy. However, errors sometimes impede understanding, eg at the ends of paragraphs two and three. Although there are some uses of structures of the level, the range demonstrated is rather restricted. Spelling is acceptable and does not impede the reader in a significant way. Punctuation in paragraph two does impede the reader and closer reading is required.

Overall outcome: Pass

Sample response - Candidate D

Nowadays young people don't exercise enough. They have left this healthy topic. But, what are they loosing?

Firstly, they must know the great benefits of exercise. For example sometimes I go to the gym. I do spinning classes and on Wednesdays I practise pilates. I feel good because is very funny.

Secondly, in my opinion exercise can also be good for study. You must do 10 minutes of regular exercise before exams to score better. Therefore exercise in your daily life is impotant for all people.

It is good to do activities that raise your heartbeat and activities that make your muscles stronger and your body more flexible.

In conclusion if you practise exercise now you will feel the benefits now and all your life.

Word count: 125

Breakdown of score:

Reading for Writing – 1

Task Fulfilment – 1

Organisation and Structure – 2

Language Control – 2

Rationale:

Reading for Writing – Because the candidate has used several of his/her own ideas to complete the task, there appears to be a limited understanding of the main ideas in the source materials. Content has not been selected nor adapted to address the purpose of the task. Even when content has been referred to, it has been either misunderstood, eg the reference to 10 minutes exercise before exams, or inappropriately selected not addressing any of the points in the question, eg the penultimate sentence.

Task Fulfilment – There is poor achievement of the communicative aim and the candidate's writing is unconvincing as a response to the task set. Overall, the response is not relevant as it does not address the task properly.

Organisation and Structure – The text is organised acceptably and there is awareness of the need for structure. However, not all sentences follow on logically from the previous one, eg 'Therefore, exercise in your daily life is important for all people'. Moreover, the fourth paragraph seems to have been inserted in a random manner. Signposting is acceptable but, as stated above, 'therefore' is not used correctly.

Language Control – There is an acceptable level of grammatical and lexical accuracy related to the task. The occasional errors in word choice, eg 'practise exercise' and 'funny' do not impede understanding to any great extent. Spelling and punctuation are acceptable although there could have been more use of commas.

Overall outcome: Fail

Task 4 – Extended writing

Write an article (100-130 words) for the school website about the best ways to learn English. You should:

- ▶ give examples of how you like to practise English **and**
- ▶ explain why these ways help you to improve your English.

You should plan your article **before** you start writing. Think about what you want to say and make some notes to help you in this box:

Planning notes

(No marks are given for these planning notes)

Now write your article of 100-130 words on the lines below.

For the purpose of this document, candidates' planning notes were left out as they are not part of the assessment.

Sample response – Candidate A

Do you want to improve your English skills? I will show you my favourite ways to do it and why they help me.

I like practising my English skills looking for the lyrics of my favourite songs. This is the best way for me of learning vocabulary because I love singing and it helps me to remember new words. Also, I usually watch films with the language and sub-titles turned to English. These are good ways of practising your pronunciation and listening skills.

Nevertheless, I think that travelling to an English-spoken country is the best way to practise. There, if you are looking for a job or you want to eat out, you will have to deal with English. You cannot use your mother tongue! I usually go to London once a year and my English level always improves a lot. I would recommend that everybody try it.

Word count: 148

Breakdown of score:

Task Fulfilment – 4

Organisation and Structure – 4

Language Control – 4

Rationale:

Task Fulfilment – There is excellent achievement of the communicative aim with both parts of the question fully addressed. The candidate gives three clear examples of how he/she likes practising English and supports these ideas with detailed reasons regarding how these ways of learning help him/her improve. There is an excellent awareness of the writer-reader relationship, demonstrated in the opening and closing sentences.

Organisation and Structure – The text is organised very effectively with the ideas sequenced in a clear and linear fashion. The ideas are clearly presented in helpful paragraphs and developed well. As well as good use of cohesive devices such as 'also' and 'nevertheless', the referencing is extremely effective, allowing the reader to follow the text effortlessly.

Language Control – There is a good range of grammar and lexis to deal effectively with the task. The level of accuracy is very high but there are some minor errors, eg 'looking for' rather than 'looking at'. However, such errors do not impede understanding at all. Spelling and punctuation are excellent throughout.

Overall outcome: Distinction

Sample response – Candidate B

Today in our school web site we are going to talk about the best ways to learn English. Firstly, I like talking in English in my class every time, where I can make debates and play games in English for increasing my motivation.

Secondly, in my house I watch some films and TV series in English for example Disney films. In this manner, I learn new vocabulary and my pronunciation got better.

In the other hand, I have some foreign friends and I like talking with them in English. Finally, if you want to improve your English level, you can encourage your friends for travelling to England. It is a great idea!

Word count: 112

Breakdown of score:

Task Fulfilment – 3

Organisation and Structure – 3

Language Control – 3

Rationale:

Task Fulfilment – There is good achievement of the communicative aim as both parts of the question are at least partially addressed. There are clear examples of how the candidate likes practising English and two of these are supported with reasons why they help the candidate to improve his/her English. There is a good awareness of the writer-reader relationship, shown in the first and last sentences, which are targeted at the school website audience.

Organisation and Structure – The text is organised well into paragraphs, although these are a little on the short side and sometimes lack supporting detail. There is an appropriate opening and closing of the article. Ideas are presented clearly and logically and it is easy for the reader to follow the message. Signposting is good despite the wrong wording and misuse of the cohesive device 'in/on the other hand'.

Language Control – There is an appropriate range of grammar and lexis that relates to the task although there is a slight tendency to overuse the present tense. The level of accuracy is good but there are some errors, eg 'every time', 'make debates' and the wrong form 'got'. However, these errors are non-impeding for the most part. Spelling and punctuation are generally good enough for the message to be followed with ease.

Overall outcome: Merit

Sample response – Candidate C

In this article I am going to talk about the best ways to learn English. There are a lot of ways to learn English; but one way can be good for me but for another person can be a bad way.

I have different ways I like to learn English. I watch films in English. I think that when you watch a lot of films in English, you will understand better the words that they say. I make a lot of compositions. When you make a lot of compositions you can improve your grammar level.

Finally, I think the best way to learn English is life one year in England.

Word count: 110

Breakdown of score:

Task Fulfilment – 2

Organisation and Structure – 2

Language Control – 2

Rationale:

Task Fulfilment – The candidate has acceptably fulfilled the communicative aim of the task. He/she has given two examples with reasons of how he/she likes to practise English and even a third general point addressing the 'best' aspect of the question. There is some awareness of the writer-reader relationship in the first sentence when the article format is acknowledged.

Organisation and Structure – Although paragraphs are rather short, there is some awareness of structure with new ideas clearly separated into new sentences. The ideas are presented in an acceptably clear and logical manner for the reader. There is little direct signposting between paragraphs, but within sentences there is acceptable use of conjunctions and referencing, which helps the text be read easily.

Language Control – There is an acceptable level of grammatical and lexical accuracy despite a relatively restricted range and some lexical inappropriacies, eg 'make compositions', and grammatical awkwardness, eg '...you will understand better the words that they say'. Such errors, albeit minor errors, may require the reader to re-read to fully understand. Spelling and punctuation are good.

Overall outcome: Pass

Sample response – Candidate D

What must students do to have a good speaking and listening in English?

There is many different ways to practise English, for example, watch TV or listening to music. Also, there is the possibility to meet people of other countries who living in your city. The thing is, you don't need to be an expert in a language to speak with them and of course have a conversation.

In my opinion, the best way to practise English is traveling around the world, because you can meet lots of people.

In conclusion I would like to tell you most of people who really want to speak and learn English have learned by themselvs, I think that is the best way to practise English.

Word count: 123

Breakdown of score:

Task Fulfilment – 1

Organisation and Structure – 2

Language Control – 2

Rationale:

Task Fulfilment – There is poor achievement of the communicative aim because the candidate does not address either of the elements of the question. The candidate focuses on making suggestions for other people to improve their English rather than on what he/she does personally, and how this has improved his/her English. In effect the candidate has not addressed the task.

Organisation and Structure – The text is divided into paragraphs, which helps the reader to follow the ideas presented. However, the development of ideas is not always logical, eg initially he/she advises people that the best way to learn English is to have a conversation and travel to meet people but later concludes that the best way to learn English is to learn by yourself. Signposting is adequate with some appropriate use of cohesive devices within the text.

Language Control – Although the task has not been fulfilled adequately, the language control of the candidate is in fact acceptable at the level. However, the grammatical accuracy is somewhat lacking with a number of errors throughout. Despite these errors, understanding of what has been written is generally not impeded. Spelling is generally acceptable, as is punctuation, despite some instances of inaccurate comma usage.

Overall outcome: Fail