

ISE I Reading and writing exam

Questions 26-30 video transcript

00.06 Hello, I'm Tom Ottway and I offer academic support for Trinity. I'm going to help you prepare for the ISE I exams.

00.18 So I'm going to show you how to answer questions 26-30. The summary notes below contain information from the texts on pages 4-5. Find a word, or a phrase (maximum of three words) from texts A-D to complete the missing information in gaps 26-30. You need to write your answers on the lines below.

00.48 OK let's look at this in more detail now. We'll look at the gaps and try and see what kind of words fit.

00.56 So, summary notes exercise, we have this heading here 'Benefits to health' the positive things. So one benefit: '50% less...' something 'of serious illnesses, like heart disease'.

01.13 Improves sleep. 'But remember not to exercise too...' maybe you can feel or hear the answer, or remember it from the text?

01.26 'Exercise produces'...something 'which leave you feeling happier and more relaxed and it's also a great way to socialise.'

01.38 Now the benefits to the brain: 'It increases brain chemicals which create new brain cells.'

01.47 Something... 'physical activities improve attention and concentration.' So what type of physical activities?

01.58 How much and what kind of exercise.

02.02 'Making small changes every day, e.g. Using stairs and walking to school.'

02.09 '3-5 times a week, do exercise that...' does something, what does it do?

02.16 Here's a clue in the next one: '2-3 times a week, do exercise that strengthens muscles and makes you more flexible.'

02.25 So, now I want you to pause the video and you can look at the reading and try and find the answers.

02.34 Spend about five to ten minutes answering the questions.

02.43 OK, how did you do? Let's have a look at the answers now.

02.48 First of all, we'll look at the colours on the screen and discuss what they mean. The purple are the key words and the supporting information. The blue shows why the answer is true. OK let's go through those answers 26-30.

03.13 Number 26 the answer is 'risk'. 'There's 50% less risk of serious illness.'

03.24 We can find the answer for this in text C. There's our key word – 'risk' – which is the answer. But we've also got 'reduce' and also 'serious illness' and '50%'.

03.38 Number 27: key words 'improves sleep but remember not to exercise too...'

03.48 Let's go to C again. So here we've got: 'physical exercise can improve your sleep. Regular exercise can help you fall asleep more easily'. And then we've got the negative, 'don't exercise too close to bedtime'. So there's the key word 'too'.

04.06 Number 28: 'chemicals' is the answer. 'Exercise produces chemicals which leave you feeling happier and more relaxed'.

04.17 Back to C again, there's the answer, 'chemicals'. And here's the key information: 'which leave you happier and more relaxed'.

04.28 29: 'complicated physical activities improve attention and concentration'.

04.35 Let's go to Text B, here's our key words 'attention' and 'concentration'. Read the whole sentence, 'complicated physical activities like taking a dance class or playing tennis help us learn better by improving our attention and concentration skills'.

04.56 So it's really a case of finding the key words and then reading the sentence really carefully.

05.03 Going back to the answer something 'physical activities improve (or help) attention and concentration'. What type? Complicated physical activities. And there's your answer.

05.18 Not easy but with practice you can really, really improve.

05.23 30: 3-5 times a week do exercise that and the answer was 'raises your heartbeat'. '2-3 times a week' – this is not a question but it will help you – 'do exercise that strengthen muscles'.

05.41 So let's find something like 'strengthen muscles'. We know it mentions the 'times a week', so we know it's Text D. '3-5 times a week that' – what's the answer after that – 'raises your heartbeat'.

05.56 And there you have it! So questions 26-30, it's fairly simple: you underline the key words; you try and think of the gap; you look for the key words in the text; you read very carefully that sentence or two sentences and then you find the word which goes in the correct gap. Well done.