



**GCSE**

3700U30-1A



**WEDNESDAY, 6 NOVEMBER 2019 – MORNING**

**ENGLISH LANGUAGE**

**UNIT 3**

**Reading and Writing: Argumentation, Persuasion and  
Instructional**

**Resource Material**

For use with Section A

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Text A is a poster taken from a swimming academy about the health benefits of swimming.

# HEALTH BENEFITS OF SWIMMING

Improves flexibility of muscles and joints

Tones your muscles

Increases upper body strength

Stretching and rhythmic breathing in swimming releases endorphins

Ideal workout for people with arthritis, stiff joints or painful knees

**30min** = ↓ **40%**  
swimming  
reduces risk of coronary heart disease

Good Cholesterol

Bad Cholesterol

**LOWERS RISK OF DIABETES**

Calories burned during a **30min** swim

<p><b>90-220</b>cal Recreational</p>	<p><b>150-370</b>cal Moderate</p>	<p><b>220-550</b>cal Vigorous</p>
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*Text B is a poster taken from the Swim Safe website.*



*Text C is taken from a blog about wild swimming.*

## Swim with nature in beautiful North Wales



Summer is fast approaching, and as the temperature rises so does the urge to take a dip into a cool pool. Public and purpose built swimming baths are great, but more and more people are opting for a natural approach – by swimming in natural pools.

North Wales' varied and untouched landscape offers a wealth of wild swimming locations where you can enjoy sparkling clear lakes, picturesque rivers and even waterfalls. Bathing in a secluded location surrounded by nature away from the hustle and bustle of busy life – it's no wonder that this sport is on the rise.

Wild swimming expert and enthusiast Gabby Dickinson, who runs outdoor swim firm Gone Swimming, has spoken about the joy and benefits of experiencing the natural waters and recommended a few of what she considers the best spots in North Wales to enjoy a refreshing dip with nature. "Swimming in open water is great for the body but also for the mind – the cold water makes the body kick out all sorts of great feel-good hormones that are fantastic for keeping our mental health in check. I think a lot of the joy of wild swimming is finding the hidden gems. Look for all the blue blobs on the maps and go and find them. Look for bends in small rivers where there might be a pool. There's something magical about discovering and exploring all these hidden and secluded spots."

Gabby advises people to swim in a group and have one person on shore. "It's a good idea to check that you know where you are and can spell it in case you need to call for help. It's worth noting if you or anyone else has a phone signal and if not, where was the last place you had it, so you can go back to that spot and make a call. Be sure to set your phone up to text 999, so without much signal you can get help. Follow local advice and signs and remember, do not trespass – it's bad for everyone."

She also said, "Swimming as a family is great and kids' wetsuits can be fun and picked up pretty cheaply. But I would recommend even in the height of summer taking warm stuff to change into, and, of course, some cake for afterwards too."

*Text D is taken from a website about the benefits of swimming.*

## **Why swimming is so good for you**

Swimming is unlike any other aerobic workout. First, the fact that you're submerged in water means your bones and muscles are not affected by gravity. This makes swimming the ideal exercise for people with arthritis, for whom weight-bearing exercise can be extremely painful. Research has also linked swimming with helping to lower blood pressure.

But don't be fooled by swimming, your body is working hard when you're in the pool. Water is denser than air, so moving through water puts more pressure on your limbs than out-of-water exercise.

Who wouldn't want a swimmer's body? Swimming fires up more of your body's major muscle groups than other forms of cardio exercise. If you think about running or biking, you're mostly using your lower body. Swimming engages your legs, your upper body and core. Your back benefits too. Swimming helps to improve your posture and prevent the back injuries and pain that stem from long stretches of sedentary time, especially for people who have desk-based jobs.

Swimming is linked to many of the same life-extending, heart-saving, mood-lifting benefits associated with other forms of aerobic exercise. Swimming is an inexpensive hobby, so it won't break the bank. And it's fun, which matters.

If you are going to try swimming, start slowly. Try a thirty-minute session three times a week. Don't try to do too much too early and focus on proper technique. Consider finding a swimming instructor if you didn't have any swimming lessons as a child. If you're not used to swimming, it can be hard to relax in the water. Being tense may limit the sport's benefits.

*Text E is a personal account which featured in a newspaper article.*

## **How swimming helped heal my depression**

I'll never forget the summer of 2015. At the time, I was living in the south of England with my husband and our two young boys. Things felt stressful as I was juggling working as a teacher, being a mum and studying at college.

But almost overnight, my life broke down. I felt tired but I couldn't sleep, and I became terrified of doing normal household tasks. Even the washing up was overwhelming. I'd often find myself crying for no reason.

On one occasion, I was sitting in the garden, watching my sons running around, and suddenly I felt I wanted to run away. That was the moment I knew something awful was happening to me.

My husband was amazing but we agreed he had to focus on caring for our children, so I moved in with his mum for a few weeks. I didn't want the boys to see me crying all the time. They visited every day and I managed to put on a brave face when they were there, but the rest of the time I felt so terrible. I was eventually diagnosed with depression but nothing seemed to help.

Then I started seeing a therapist who helped me greatly. But the biggest difference came one day last summer, when my father drove me to the beach.

I'd always enjoyed being by the sea, especially when swimming. So that day I peeled off my jeans and T-shirt, pulled on my bathing costume and waded in up to my waist. Then I started paddling through the water and immediately I felt different – calm and energised. I swam for about 30 minutes and felt the black cloud ebbing away. That moment I decided I would try to go swimming every day.

Sometimes, especially on cloudy, windy days, it was hard to drag myself down to the beach. But I went anyway. I knew that as soon as I got in the water, I'd feel good. Over the weeks, these relaxed, invigorated feelings became more permanent. I began reading about the benefits of cold-water swimming and learnt that repeated exposure to cold water can improve responses to the stresses that trigger depression. I decided to swim through the winter months too, even though I knew the sea would be bitterly cold.

To spread awareness of how cold-water swimming can help, I set up a Facebook page inviting others with depression to join me in the sea – and was happily surprised when 28 people turned up.

Six months later, I feel like my old self again. I'm back at work – and I still swim four times a week, often with others. They feel the same as me: that the water is wonderfully calming and soothing. Swimming really helped me get my life back.