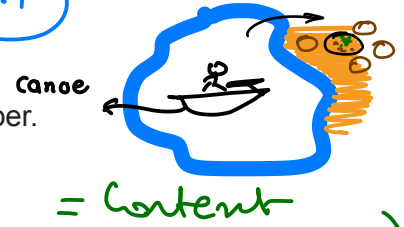


PI  
sect 7



Jaweria Amer

Read **Text A** and answer **Question 1** and **Question 2** on the question paper.

**Text A: The north shore**

The writer is attempting to navigate his way alone in a canoe across Northern Canada's mainland Arctic. At this point in his story, he is travelling the length of a huge lake.

- 1 Despairingly, I swung my paddle again into the icy water, the fierce wind driving me towards the land. I had to find somewhere to make camp; the gusts were growing too strong to continue. 5
- 2 Ahead on the north shore, the one I'd been faintly tracing in my canoe for many inhospitable kilometres, I thought I spotted a tiny patch of grass between the vast heaps of ancient boulders and rocks that lay scattered inland. Blasted by the frosts of a hundred million winters, they would not permit a tent to be pitched – and with the arctic winds no tent could last long unanchored. A dried strip of grass was perhaps not what most people would consider an attractive campsite, but to me, just now, it looked inviting. I headed for it. 10
- 3 When at last I came to the grass amid the rocks, I made camp, pegging down my tent securely with extra guy lines. Then I carried up my canoe – worn, battered, almost paper thin from months of grinding against the rocks and ice floes – and overturned it beside the tent. 'Just a little longer my old friend,' I whispered to the vessel. 15
- 4 I sat in the tent listening to the wind's howling grow louder as it whipped up waves and sent them smashing into the barren shore. Across the lake's turbulent water rose a range of gracefully sloped mountains, their lower flanks a brilliant orange. A flock of snow geese passed high overhead, emphasising the emptiness of the landscape. I hid in my sleeping bag, hunkering down for the night. I was thankful to have found this spot among the rocks when I did. 20
- 5 I'd heard of canoeists being windbound on such shores, stuck for weeks. It was not an encouraging possibility. Ahead of me lay powerful river rapids; unlucky travellers had been known to get into trouble there. If my journey was delayed, I'd have to navigate them late in the season, when the weather was at its worst. That night the wind blew ceaselessly, shaking my little tent as I lay huddled inside. I pinned my hopes of escape on the morning calm. 25
- 6 But the dawn brought no respite: the skies were grey and dismal, the gales as unrelenting as ever. All day I waited anxiously for a break in the wind that would enable me to launch my canoe and leave my camp. None came. The frigid gusts seemed only to grow stronger, wailing eerily across the lifeless landscape. A second night passed with me still stranded in the same spot. Growing more anxious, I watched as yet another day slipped away without any break in the wind and waves, making paddling impossible and trapping me on that desolate grey rock-strewn point. 30
- 7 Glance at any satellite image of Northern Canada and you'll see that there are three million lakes, creeks, ponds, and rivers. With that many different waterways, the number of potential route combinations is infinite. You could live a thousand lifetimes and not even begin to scratch the surface of paddling all the possibilities. 35



- 8 To devise the most efficient route I could, before leaving home I had studied the satellite maps in detail. Looking at what at first glance appeared to be an incomprehensible labyrinth – a puzzle of lakes and ponds – I realised it could be deliciously challenging not to confuse one bay or inlet for any of the thousands of others. My ability to transfer a two-dimensional map image into a real three-dimensional plan in my head was exactly what I needed now. Paddling out from the coast was not an option; I concluded that to make any progress that day I'd have to carry my canoe, wading through a nightmarish string of obstacles at the long, pathless edge of the water. 40
- 9 Roaring, swirling, foaming water pulling back and forth on my boots made holding on to the canoe, while struggling to maintain my balance, almost impossible. I banged my shin hard against a concealed rock, trying to get out of the rushing torrent back to safer ground. 'Well,' I said to the canoe, 'that's going to leave a mark.' Eventually, I reached the end of the north shore and lay down near a willow thicket, my body aching from the labours of the day, my leg swollen, and myself utterly spent. 45
- 10 I awoke next morning to a surreal haze hanging over the land. At first, I thought it might be fog, but then realised it was something else. Strange cries pierced the silence – young gulls along the nameless lake at which I'd arrived. The haze had a faint smell of smoke about it, telling me that somewhere far off to the south, in the land of the trees, there must be forest fires. The haze cleared to reveal a fairy-tale landscape: vivid green hills, jumbles of boulders beyond counting scattered about, and little streams crashing a path down the craggy hillsides. Behind me rose towering great grey cliffs of rock, old as time, the oldest rock on the planet, so cracked with fault lines as to give the suggestion of ancient crumbling castle ruins. Drifting into this timeless world, I could picture dinosaurs roaming about amid the rocks that were eons older than even those giant reptiles. More and more, it seemed like a land time forgot. 55
- 60

Read Text A, *The north shore*, in the insert and answer Question 1 and Question 2.

Question 1

(a) In paragraph 1, give one reason why it was difficult for the writer to paddle his canoe in the icy water. (Find) boat

The fierce winds ONE ✓

[1]

(b) Using your own words, explain what the text means by 'faintly tracing'. (line 4)

The tent means barely following.

[2]

(c) From paragraph 2, identify one feature of the north shore that made it difficult to find a place to camp there.

Explain the reason why this feature made it difficult to camp.  
feature The large boulders or frosts OR The arctic winds

explanation They did not permit a tent to be pitched. No tent could left be unanchored.

[2]

(d) From paragraph 3, give two things that the writer did to guard against the effects of the wind.

- The writer secured the tent with extra guy lines.
- The writer carried his canoe up and overturned it.

[2]

(e) Explain what the writer was thinking when he whispered, 'Just a little longer my old friend'. (line 13)

The writer is trying to motivate his canoe.

[1]



(f) In paragraph 4, how did the writer feel about the weather conditions as he sat in his tent that evening?

implicit + explicit

Give two details from the text to support your answer.

writer's feeling Scared

details ① "The wind's howling grew louder."

② "I hid in my sleeping bag as I hunkered down for the night."

[3]

(g) (i) During the night the writer realised that he might have a particular problem getting past the 'powerful river rapids'. (line 21)

What was the problem?

navigate them late in the season when the weather was at it worst [1]

(ii) What did he want to do to avoid the problem?

leave the next morning.

[1]

(h) Explain using your own words the writer's different feelings about the place where he decided to make camp.

Give three details from anywhere in the text to support your answer.

① At first, he is hopeful as he has finally found a place to

make camp with patches of grass.

② secondly, he is impressed by, "the gracefully sloped mountains."

③ Thirdly, he is alone which is shown by, "the seeming emptiness of the landscape."

[Total: 16]

① Moreover, he was happy which is shown by

↑ thankful to have found this spot

③ lastly, he was worried by the 'I had heard of canoeists being stuck here for weeks.'

6/16

## ↳ Use Of Language

## Question 2

(a) Read this extract from the text:

'You could live a thousand lifetimes and not even begin to scratch the surface of paddling all the possibilities.' (lines 35–36)

What does the writer want to suggest to us about how he feels about paddling in Northern Canada?

The writer is excited because there are countless options to explore.

[1]

(b) Explain why the writer uses the phrase 'most efficient' rather than the word 'efficient' in the expression 'To devise the most efficient route I could'. (line 37)

Most "efficient" tells us that the route was only faster in relative terms, not absolute terms.

(c) What two impressions does the writer want to convey to the reader in the sentence:

'Looking at what at first glance appeared to be an incomprehensible labyrinth — a puzzle of lakes and ponds — I realised it could be deliciously challenging not to confuse one bay or inlet for any of the thousands of others.' (lines 38–40)?

In the first look, it seemed to be a really complicated maze so it was a confusing situation. It is difficult, but it also seems fun to do so it is an exciting situation.

[2]

(d) Read this sentence from the text:

'Roaring, swirling, foaming water pulling back and forth on my boots made holding on to the canoe, while struggling to maintain my balance, almost impossible.' (lines 45–46)

What effect does the writer want to suggest about the water by using the words 'Roaring, swirling, foaming'?

The writer means the water is screaming, rotating and bubbling by using a word associated with lions. This tells us that the water was chaotic and noisy.

[2]

Two degrees of the same word

(e) Identify one example of how the writer uses language effectively to convey his feelings as the morning haze clears in this extract from the text:

'The haze cleared to reveal a fairy-tale landscape: vivid green hills, jumbles of boulders beyond counting scattered about, and little streams crashing a path down the craggy hillsides. Behind me rose towering great grey cliffs of rock, old as time, the oldest rock on the planet, so cracked with fault lines as to give the suggestion of ancient crumbling castle ruins. Drifting into this timeless world, I could picture dinosaurs roaming about amid the rocks that were eons older than even those giant reptiles. More and more, it seemed like a land time forgot.'

(lines 55–61)

Explain the impression the writer creates in the example you have identified.

example ..... To reveal a fairytale landscape. otherworldly  
fictional  
mesmerial

*literal meaning* explanation ..... As the morning fog clears, an otherworldly

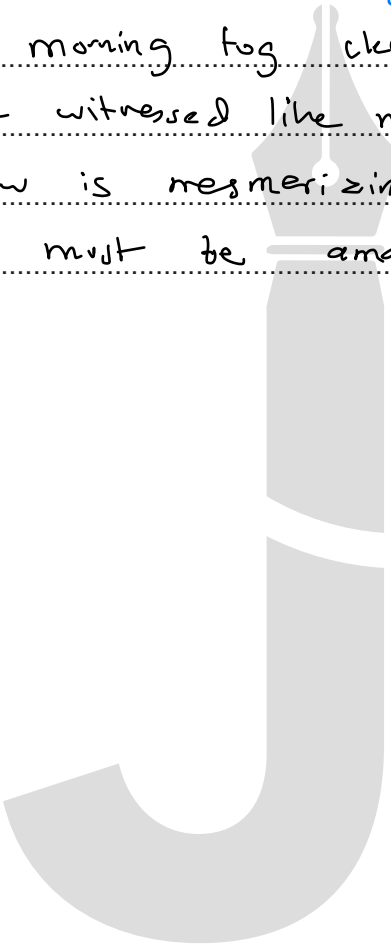
*Association* scenery can be witnessed like magic. This tells us

*Result* (Adjectives) that the view is mesmerizing and fascinating

*Feeling:* The writer must be amazed / shocked / awestruck.

[3]

[Total: 9]



Deteriorate (to ruin)

Yield: Results in

Deplete (to end)

Conserve: Save

Sanctuary (safe-space)

Read **Text B** and answer **Question 3** on the question paper.

**Text B: Plogging**

Ever been on a run through the woods and noticed litter **spoiling the otherwise natural scenery?** Not only unpleasant to look at, it's a reminder of how careless and inconsiderate people can be. Then there's the bigger problem: the deadly **effects of rubbish on the ecosystem, as well as on innocent wildlife.**

→ Disad

Environmental campaigners argue that the solution to the waste epidemic requires multipronged efforts, including reviews of existing laws, but we can all help – even on our routine jogs – by 'plogging'. Plogging is simply picking up litter while jogging, and it started in Scandinavia. The word comes from 'plocka upp', which means 'pick up' in Swedish, and 'jogging'. **This fitness trend is rising in popularity globally.**

5

Picking up stray pieces of rubbish here and there may not seem enough to make an impact, but community action groups plogging together regularly in an area **can make a noticeable difference.** Small efforts really can add up to tackle a massive problem.

10

However, for others, the problem begins much earlier. 'Much of the litter we see is stuff we don't even think of as litter to start with,' explains environmental campaigner Anna Ruiz, who feels businesses and their customers have a bigger part to play. 'Our consumption habits are the problem. There are ways to improve the situation that don't involve expecting someone else to use their free time to pick up your mess.'

15

Confinement = caged

But collecting abandoned takeaway cups and plastic bottles **isn't an activity confined to joggers.** The rise in outdoor swimming over the past few years is having a knock-on effect on the amount of litter bagged and binned from our riverbanks and shores. The Outdoor Swimming Society even includes a call to collect rubbish in and out of the water in its most recent swimming guide.

20

limited

Dr Damien Gee, doctor, author and a keen outdoor swimmer, recommends plogging if only **because of the proven benefits of being in nature.** 'Research has confirmed what we learned as kids – **going outside in nature makes you feel good,**' Dr Gee says. 'In Japan, they call this "forest bathing". Time in nature **improves heart rate, blood pressure and even our immune functioning.**'

25

A particularly fascinating argument for plogging is that such an activity is part of human nature. From a medical standpoint, plogging (or how about 'plalking', which would be walking and picking up litter) naturally emulates human body mechanics. Our prehistoric ancestors walked long distances, and from time to time would bend over to pick up fruit, nuts and bugs from the ground to eat.

30

Another good thing about plogging is you can also do it as a family. Plogging teaches children the importance of looking after their local environment, although you need to keep an eye out for sharp or dangerous objects.

**'You can clean anywhere, anytime.** You can run a plogging group and get your whole community involved or join a clean-up in your local area. All of your cleaning action counts,' says final-year student Ravi, whose school is one of hundreds taking part in a school project. On one beach recently, students joined other volunteers, surfers and walkers to clear the one tonne of debris left behind by seaside sunseekers.

35

'I first heard about plogging about a year ago. **Eco-minded influencers** who I follow online, were making a sport out of their usual hikes, jogs and swims and picking up litter along the way,' explains Ravi's teacher. 'It seemed such an **effective fusion of exercise and environmental action for our students.**'

40

3

Read Text B, **Plogging**, in the insert and answer **Question 3**.

**Question 3**

- (a) Summarise the **benefits and attractions** of 'plogging', according to Text B.

You must **use continuous writing** (not note form).

Use your own words as far as possible.

Avoid copying long sections of the text.

Your summary should be no more than 150 words.

*noticeable.*

**Up to 10 marks are available for the content of your answer and up to 10 marks for the quality of your writing.**

Plogging yields a myriad of benefits and attractions, specifically the visible impact you have on the ecosystem. Not only does it conserve our natural sceneries, but it also succours in protecting our animals/fauna. Additionally, the prevalent movement is not limited to any person or any time restraint; furthermore, the individual benefits from time in nature enhances one's wellbeing. Plogging includes instinctive movements suited to the human body. Hence, keeping them active in tandem with improving body functions - Plogging encourages quality family time coupled with its contributions to building stronger connections within a local community. Ultimately - endorsed by online sustainability influencers - plogging is a highly beneficial venture.

## **1. Makes natural scenery / environment pleasant / beautiful**

Keeps outdoor spaces tidy and visually appealing.  
Restores the beauty of natural landscapes.  
Makes parks and streets cleaner and more enjoyable to visit.

## **2. Protects / helps ecosystem / wildlife / nature**

Supports the balance of ecosystems and safeguards animals.  
Reduces harm to wildlife and preserves their habitats.  
Encourages the protection of natural resources and biodiversity.

## **3. Fitness trend / get fit**

Promotes an active, healthy lifestyle.  
Serves as a new fitness craze combining exercise with purpose.  
Helps participants stay fit while helping the environment.

## **4. Do it with (a local) community / in a group**

Brings people together through collective activity.  
Builds stronger connections within the local community.  
Encourages teamwork and social engagement.

## **5. Makes a noticeable difference / helps solve a big problem / huge impact**

Contributes meaningfully to reducing litter and pollution.  
Creates visible positive change in public spaces.  
Tackles major environmental issues in a simple, practical way.

## **6. (Going outside) makes people feel good / mental health benefits**

Boosts happiness and reduces stress through time outdoors.  
Improves emotional well-being and clarity of mind.  
Encourages mindfulness and mental relaxation.

## **7. (Time in nature) improves health**

Strengthens the immune system and benefits the heart.  
Lowers stress levels and improves overall body function.  
Enhances both mental and physical health through outdoor activity.

## **8. Part of human nature / body mechanics**

Involves natural movements suited to the human body.  
Reflects the way humans are built to move and interact with nature.  
Feels instinctive and connects people to their natural environment.

## **9. Do it as a family**

Families can participate together and make it a bonding activity.  
Encourages quality family time in a healthy way.  
Becomes a shared habit that brings families closer.

## **10. Teaches children importance of environment / school project**

Helps young people understand environmental care.  
Can be used as an educational activity for students.  
Instills eco-awareness from an early age.

## **11. Can do it anywhere / anytime // convenient**

Flexible and easy to fit into daily routines.  
Doesn't require special equipment or location.  
Simple and accessible for anyone, anywhere.

## **12. (Eco-minded) influencers / social media celebrities do it**

Endorsed by online influencers promoting sustainability.  
Gaining popularity due to social media exposure.  
Inspired by eco-friendly public figures.

## **13. Fusion / combination of exercise and environmental care**

Blends personal health goals with protecting the Earth.  
Combines physical workout

Question	Answer	Marks	Guidance
3(a)	<p><b>Summarise the benefits and attractions of ‘plogging’, according to Text B. You must <u>use continuous writing</u> (not note form). Use your own words as far as possible. Avoid copying long sections of the text. Your summary should be no more than 150 words. <u>Up to 10 marks are available for the content of your answer and up to 10 marks for the quality of your writing.</u></b></p> <p>Use the Marking Criteria for <b>Question 3</b> (Table R, <b>Reading</b> and Table W, <b>Writing</b>).</p> <p><b>INDICATIVE READING CONTENT</b> Candidates may refer to any of the points below:</p> <ol style="list-style-type: none"> <li>1 makes natural scenery / natural environment pleasant / beautiful</li> <li>2 protects / helps ecosystem / wildlife / nature</li> <li>3 fitness trend / get fit</li> <li>4 (do it) with a (local) community / in a group</li> <li>5 makes a noticeable difference // helps solve a big problem // has a huge impact</li> <li>6 (going outside in nature makes) people feel good // mental health benefits // positively affects well-being</li> <li>7 (time in nature) improves heart rate / blood pressure / immune functioning // physical / health benefits</li> <li>8 part of human nature // emulates (human) body mechanics</li> <li>9 (do it) as a family</li> <li>10 teaches children the importance of looking after environment // a school project</li> <li>11 can do it anywhere / anytime //convenient</li> <li>12 (eco-minded) influencers / social media celebrities do it</li> <li>13 <u>fusion / combination</u> of exercise / taking care of the body and environmental action / caring for the environment</li> </ol>	20	<i>P4: NOT: friends</i>

**Question 3(b)**

This question tests the following reading assessment objective (5 marks)

**R2** demonstrate understanding of implicit meanings and attitudes

**Responses should be based on these sections of Text B:**

Paragraph 2

**Environmental campaigners argue that the solution to the waste epidemic requires multipronged efforts, including reviews of existing laws**, but we can all help – even on our routine jogs – by ‘plogging’. Plogging is simply picking up litter while jogging, and it started in Scandinavia. The word comes from ‘plocka upp’, which means ‘pick up’ in Swedish, and ‘jogging’. This fitness trend is rising in popularity globally.

Paragraph 4

However, for others, **the problem begins much earlier**. ‘Much of the litter we see is stuff we don’t even think of as litter to start with,’ explains **environmental campaigner Anna Ruiz**, who feels **businesses and their customers have a bigger part to play**. ‘**Our consumption habits** are the problem. There are **ways to improve the situation that don’t involve expecting someone else to use their free time to pick up your mess.**’

Question	Answer	Marks	Guidance
3(b)	<p><b>Imagine you are environmental campaigner Anna Ruiz. You are giving a talk to a local community group about how to deal with the problem of litter in their area. Someone in the audience asks you a question. Give your answer to their question, using information from the text.</b></p> <p><b>Question from the audience:</b> The best way to deal with the problem of litter in this area is to encourage more people to go plogging. What is your opinion and why?</p> <p><b>Indicative Content</b> Responses <b>might</b> use any of the following ideas:</p> <p><b>A1: Anna Ruiz believes plogging is not the best way / insufficient</b> because:</p> <ul style="list-style-type: none"> <li>• <b>multipronged effort</b> required / <b>review laws</b> [development: law to act as a deterrent / ban single-use plastic]</li> <li>• <b>massive problem / waste epidemic</b> [development: won't deal with the whole issue]</li> <li>• <b>the problem begins much earlier</b> [development: need to look to what causes litter]</li> <li>• <b>role of businesses / customers</b> [development: take responsibility / use takeaway cups, plastic bottles / recycle / put own rubbish in the bin]</li> <li>• <b>consumption habits</b> [development: use less / see the bigger picture; prevent rather than cure]</li> <li>• <b>expecting others to use their free time</b> [development: should be able to enjoy leisure activities in clean and unspoilt environments]</li> <li>• <b>expecting others to pick up your mess</b> [development: not the right message / put own rubbish in the bin]</li> </ul>	5	<i>Developments may be attached to any appropriate detail from the text.</i>

**Table R, Reading:** Use the following table to give a mark out of 5 for reading.

Level	Marks	Description
3	4–5	<ul style="list-style-type: none"> <li>• Consistent and relevant perspective offered.</li> <li>• Ideas are developed and supported.</li> </ul>
2	2–3	<ul style="list-style-type: none"> <li>• Generally relevant perspective offered.</li> <li>• Some attempt to support or develop.</li> </ul>
1	1	<ul style="list-style-type: none"> <li>• Some awareness of opinion or attitude.</li> </ul>
0	0	<ul style="list-style-type: none"> <li>• No creditable content.</li> </ul>

Read **Text B** and answer **Question 3** on the question paper.

### Text B: Plogging

Ever been on a run through the woods and noticed litter spoiling the otherwise natural scenery? Not only unpleasant to look at, it's a reminder of how careless and inconsiderate people can be. Then there's the bigger problem: the deadly effects of rubbish on the ecosystem, as well as on innocent wildlife.

Environmental campaigners argue that the solution to the waste epidemic requires multipronged efforts, including reviews of existing laws, but we can all help – even on our routine jogs – by 'plogging'. Plogging is simply picking up litter while jogging, and it started in Scandinavia. The word comes from 'plocka upp', which means 'pick up' in Swedish, and 'jogging'. This fitness trend is rising in popularity globally.

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But collecting abandoned takeaway cups and plastic bottles isn't an activity confined to joggers. The rise in outdoor swimming over the past few years is having a knock-on effect on the amount of litter bagged and binned from our riverbanks and shores. The Outdoor Swimming Society even includes a call to collect rubbish in and out of the water in its most recent swimming guide.

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'I first heard about plogging about a year ago. Eco-minded influencers who I follow online, were making a sport out of their usual hikes, jogs and swims and picking up litter along the way,' explains Ravi's teacher. 'It seemed such an effective fusion of exercise and environmental action for our students.'

40



One strand

Two strands:

Read Text B, **Plogging**, in the insert and answer **Question 3**.

Question 3

= advantages/perks/  
✓ pros / positive impacts

(a) Summarise the **benefits and attractions** of 'plogging', according to Text B.

You must **use continuous writing** (not note form).

Use your own words as far as possible.

Avoid copying long sections of the text.

Your summary should be no more than 150 words.

Up to 10 marks are available for the content of your answer and up to 10 marks for the quality of your writing.

13-14

12

- Trend / everyone is doing it
- worldwide / Globally / Popular
- Friends / peer pressure
- Family / family time
- Group activity / Community
- Celebrities / Influencers

Punctuation  
Connectors  
Synthesis

Plogging yields a myriad of advantages, especially its visible impact on the ecosystem. Not only does it encourage safeguarding animals, but it also restores the beauty of our natural landscape; furthermore, it instills eco-awareness in our youth from an early age. Conversely, it also encourages individual mindfulness and emotional well-being by being in nature. Plogging promotes an active lifestyle: it improves overall physical body functionality. Owing to all these factors, it is gaining popularity and social media exposure. Since it can be undertaken as a collective activity either with your community or with your family. Free from any time or location constraints — plogging is truly the ultimate blend of meeting your personal health goals in tandem with preserving the Earth.



