



Own Words Practice.

QUESTIONS

N5 RUAЕ

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Read the passage carefully and then answer the questions which follow.

Why Exercise Matters More Than Ever

In modern society, many people spend long periods sitting at desks or using digital devices. As a result, exercise has become more important than ever in maintaining good physical health. Regular physical activity strengthens the heart, improves blood circulation and reduces the likelihood of developing serious conditions such as heart disease and type 2 diabetes. Importantly, these benefits are not limited to intense workouts; even moderate exercise, such as brisk walking, can have a lasting positive impact on the body.

However, the advantages of exercise extend far beyond physical fitness. Taking part in regular activity has a powerful effect on mental health. When people exercise, their bodies produce chemicals that improve mood and lower stress levels. This often leaves individuals feeling calmer and more positive, making it easier for them to cope with the pressures of everyday life.

Exercise is also closely linked to improved concentration and learning. Studies suggest that people who are physically active are better able to focus and retain information. For young people, this can be extremely beneficial, as improved concentration may lead to stronger performance in the classroom and greater confidence when sitting exams.

Another key benefit of regular exercise is increased energy. Although physical activity may initially feel exhausting, the body gradually adapts and becomes more efficient. Over time, this means that everyday tasks require less effort, leaving people feeling less tired and more motivated throughout the day.

Finally, exercise plays an important social role. Activities such as team sports, group fitness classes or even walking with friends create opportunities for social interaction. These experiences allow people to form friendships and feel part of a community, reducing feelings of loneliness. For many, this social connection is just as important as the physical improvements exercise provides.



Questions

1. In your own words, explain why the writer believes exercise is particularly important in modern society. Refer to paragraph 1. (2)
2. Using your own words, identify two physical health benefits of exercise mentioned in paragraph 1. (2)
3. In your own words, explain how exercise affects mental wellbeing, according to paragraph 2. (2)
4. In your own words, explain how exercise can improve learning, according to paragraph 3. (2)
5. Using your own words, explain why exercise may be particularly helpful for young people. Refer to paragraph 3. (2)
6. In your own words, summarise the long-term benefits to exercise mentioned in paragraph 4. (2)
7. In your own words, explain how exercise benefits people socially, according to paragraph 5. (2)



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MARK SCHEME

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Marking Instructions

Marks will be awarded for candidates' understanding of the ideas of the passage and their ability to express these ideas in their own words. Candidates should not lift words or phrases from the passage.

Question 1

- **“many people spend long periods sitting at desks”** – people are less active/modern lifestyles involve little movement
- **“using digital devices”** – often on technology/daily routines and habits encourage inactivity

Question 2

- **“strengthens the heart”** Makes the heart healthier.
- **“improves blood circulation”** Helps blood move around the body more effectively.
- **“reduces the likelihood of developing serious conditions”** Lowers the risk of major illnesses.



Question 3

- **“improve mood”** - exercise makes people feel happier.
- **“lower stress levels”** decreases any daily difficulties and strains/decreases anxiety
- **“feeling calmer”** – people feel more peaceful
- **“more positives”** – feel more happy and joyful and optimistic
- **“easier to cope with the pressures of everyday life”** – can handle the usual stresses and strains of modern life with more resilience

Question 4

- **“improved concentration and learning”** – better able to focus and take in important information
- **“better able to focus”** – can concentrate more clearly
- **“retain information”** – able to remember things they are taught

Question 5

- **“leads to stronger performance in the classroom”** pupils do better in school/achieve higher
- **“greater confidence when sitting exams”** boost their belief in themselves when faced with examinations/tests



Question 6

- **“increased energy”** – people feel like have a higher level of vigour/vitality/liveliness
- **“body gradually adapts and becomes more efficient”** – body gets stronger, more powerful and can do things more quickly/skilfully
- **“everyday tasks require less effort”** – you are stronger so things don’t take so much time/energy
- **“leaving people feeling less tired”** – you don’t feel exhausted on a daily basis
- **“more motivated”** – you feel like you can do more and take on more

Question 7

- **“opportunities for social interaction”** – gives people the chance to make new friends/have a sense of comradery and communication with others
- **“form friendships”** – make new connections
- **“feel part of a community”** – feel involved in wider social life
- **“reduce feelings of loneliness”** – help people feel less isolated
- **“just as important as the physical improvements”** – as essential for growth/development and happiness





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