

Task 3 – Reading into writing: The benefits of cycling

Level: ISE Foundation

Focus: Task 3 – Reading into writing

Aims: Writing a planned essay of 70-100 words based on three reading texts

Objectives: Finding important information, writing a plan based on given information and writing an essay step-by-step

Skill: Understanding and identifying specific information, writing notes and formulating an essay using notes

Subject area: Hobbies and sports

Language functions: Describing people, objects, places and future plans

Lexis: Hobbies and sports

Materials needed: One worksheet per student

Timing: 1 hour

Preparation

Print or copy one worksheet per student.

In class

1. Explain to the class that they are going to learn some techniques for helping them with the Reading into writing task (task 3) of the ISE Foundation writing exam. Tell students that they are going to read three short texts about cycling and then write a 70-100 word essay about what they have read.
2. Ask the students some questions about cycling, for example, *Can you ride a bike? Do you like it? Why? Why not? Why is cycling good for your health? Why is it good for the environment? Is cycling popular where you live? Why? Why not?*
3. Ask the class to read text A which is about the benefits of cycling. Give the students three minutes to read the text.
4. Now, with a partner or in a small group of up to four students, ask the students to find and write down some important words from the points made in the text.
(Possible answers: lose weight, reduce stress, fitness, popular, growing)
5. Ask the students to remember as much as they can about each point and tell their partner.
6. Now ask the class to look at text B which shows the recommended levels of physical activity for different ages. Give the students approximately three minutes to do this.
7. Ask the students to find and write down some information from each of the four categories (5 and under, 5-18, 19-64, 65+) with a partner or in a small group of up to four.
(Answers: 180 minutes, 60 minutes, 21 minutes, 21 minutes)
8. Ask the students to look at text C for five minutes and find and write down the important information about the advantages of cycling. You may want to assist students with some of the lexis/expressions.
(Possible answers: Anyone can do it, easy to fit into routine, form of transport, low-impact, easy on the legs, get into shape)
9. Ask the students to discuss with their partner or in a small group what they wrote down and try to remember as much as they can.
10. Explain to the students that they are going to practise writing notes, then writing an essay step-by-step, using the texts they have read.
11. Tell the students to read Task 3 – Reading into writing on page 28 and discuss exactly what they need to do with their partner.
12. It is important for students to practise how to write a plan and think carefully about the writing process. With this in mind, work your way through the different exam question stages (on the worksheet) with the students.

Preparation activities for ISE Foundation Reading & Writing

Extension activity

Students at a more advanced level can write the essay by themselves.

Further support activity

Students finding the task more challenging can practise making their own sentences using the key words from the texts. They can also be given the key words to help them with this.

Homework

Ask students to research more about cycling and to write a short essay on the information they have found.

Student worksheet: The benefits of cycling

1. Read text A in three minutes. Find and write down important words from the text about why cycling is good for you.
2. Now read it again and try to remember as much as you can about it and tell your partner.

Text A

Do you know?

The benefits of cycling:

Help you to lose weight

Regular cycling can help you lose weight, reduce stress and improve your fitness.

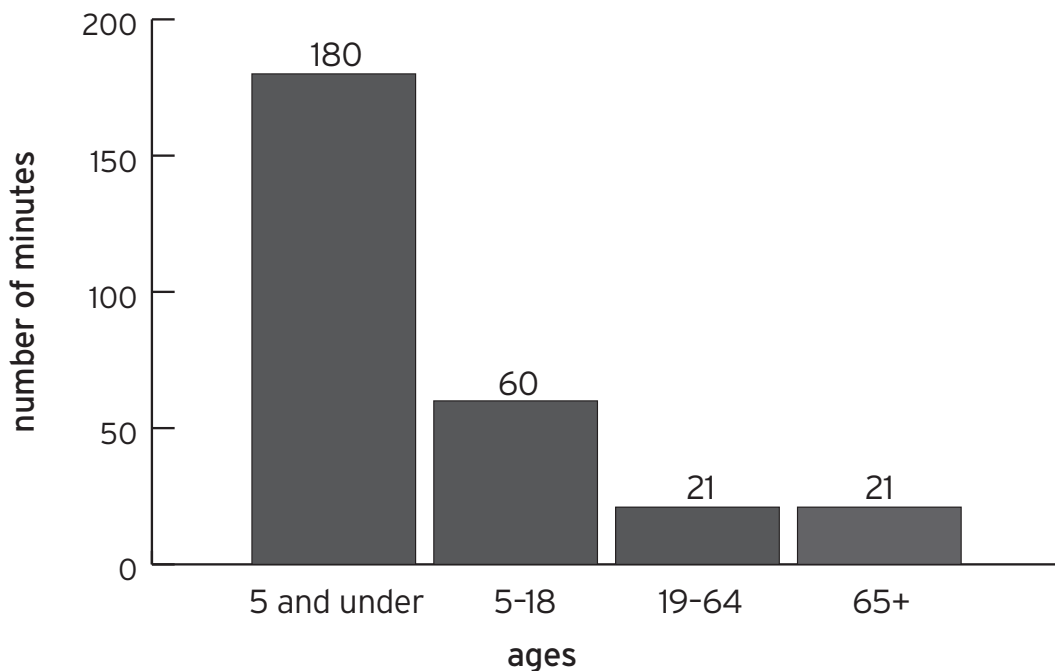
Make new friends

Cycling is the third most popular recreational activity in the UK. An estimated 3.1 million people ride a bicycle each month, and numbers are growing all the time.

3. Read text B in three minutes. Find some information from each of the four categories (5 and under, 5-18, 19-64, 65+) and write it down.

Text B

Recommended levels of physical activity per day



4. Read text C in five minutes. Find and write down important information about the good things about cycling.
5. Discuss what you wrote down with your partner or in a small group. Try to remember as much as you can!

Text C

The advantages of cycling

As a form of exercise, cycling has broad appeal. Everyone, including young children, pensioners and people with disabilities can enjoy cycling if they have the right equipment.

Cycling is one of the easiest ways to fit exercise into your daily routine because it's also a form of transport. It saves you money, gets you fit and is good for the environment.

It's a low-impact type of exercise, so it's easier on your legs than running or other high-impact aerobic activities. But it still helps you get into shape.

Task 3 – Reading into writing

Your school is doing a project on the benefits of cycling. Write an essay (70-100 words) about why cycling is good for you, how to start cycling and how popular cycling is. Use the information you read in the previous exercises to:

- ▶ describe some of ways that cycling is good for you
- ▶ explain why people should start cycling **and**
- ▶ say how people can start cycling.

You should plan your essay **before** you start writing. Think about what you want to say and make some notes to help you in the box below.

It is important to organise your ideas.

You need to spend around 10 minutes writing notes in the box below.

1. Write notes on the first part of the question. Spend only three minutes on this.
Describe some of the ways that cycling is good for you.

Planning notes

2. Now decide which are the important ideas.
3. How many ideas are good to use for around 40 words?
4. Write the first part of the essay.

Preparation activities for ISE Foundation Reading & Writing

5. Now write notes on the second part of the question. Spend only three minutes on this.
Explain why people should start cycling.

Planning notes

6. How many ideas do you have?
7. Which ones are you going to use?
8. Now write the second part of the essay.

Preparation activities for ISE Foundation Reading & Writing

9. Now write notes on the third part of the essay. Spend only three minutes on this.
Suggest how people can start cycling.

Planning notes

10. How many ideas do you have?

11. Which ones are you going to use?

12. Now write the third part of the essay.

Answers: The benefits of cycling

Model answer for task 3

Cycling is good for you in many different ways. Firstly, if you cycle, you can lose weight. Secondly, it can help you reduce the amount of stress in your daily life.

People should start cycling because it's an easy way to keep fit and save money. As a form of transport, if you want to go somewhere local, try not to take the car and cycle instead.

To get the benefits of cycling, all you need is a bike and the right equipment, for example a helmet, comfortable clothes and some bike lights for when it gets dark.