# Year 6 Reading Assessment

**Answer Booklet - Non-Fiction**

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<th>First Name</th>
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<td>Middle Name</td>
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<td>Last Name</td>
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<tr>
<td>Date of Birth</td>
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<tr>
<td>School Name</td>
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<td>DfE Number</td>
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1. According to the introduction, how many people in the UK are estimated to be going jogging at least once a week?

2. Look at the ‘Beginner’s Guide’

Find and copy the information to complete this table with the correct amounts of time.

<table>
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<tr>
<th>Activity/Stage</th>
<th>Time to Spend</th>
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<tr>
<td>Gentle warm-up before each activity</td>
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<tr>
<td>Start by walking any amount that feels comfortable</td>
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<tr>
<td>Short running intervals to begin including</td>
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<td>Cool down by walking or gently stretching</td>
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3. Look at the sentence: It is always a good idea to build your fitness gradually.

What does the word gradually tell you?
4. Look at the section ‘Staying Motivated’.

Which of these ideas are suggested in the text to help with motivation? Tick four.

- Set yourself regular targets
- Eat healthy food
- Run with a friend or group
- Run once every week
- Keep a training log
- Mix up routes and distances

5. What does the guide suggest you might write in a running diary?

6. Look at the section ‘Different Distances and Types’

Draw lines to match up the headings with the correct explanations.

- **Track Running**
  - Safely on pavements or in events where roads are closed to all vehicle traffic.

- **Road Running**
  - Over open or rough terrain which may include grass, mud, woodlands, hills or water.

- **Cross Country Running**
  - Over specified distances on an oval running track.
7. Look at the sentence: ‘This could be running safely along pavements.’

Why does the author use the word ‘safely’ in this section?

8. What is the distance given for a half marathon?

9. Look at the section ‘Specialist Gear and Gadgets’

Explain why a good pair of running shoes are the most important equipment recommended for running?

10. Identify one other item of equipment that the author suggests for ‘as your running advances’.

11. Look at the section ‘Running for Kids’
The author encourages children to ‘make your first rule to be running for fun’.

What is the purpose of this statement?

Tick one

To encourage more competition

To ensure children enjoy themselves more than adults

To help children view running as an enjoyable activity

To add an extra rule to the list

12. Find and copy a word that means: providing satisfaction or offering a worthwhile experience:

________________________________________________________________________

13. Based on the whole text, how does the author encourage people to take up running?
Give two examples.

1. ________________________________________________________________

2. ________________________________________________________________
14. What evidence is there to suggest that this text is aimed at people who are not already regular runners or thinking of trying it for the first time?