



# Sports and Leisure

Note-taking: junior park runs | Cambridge IGCSE ESL 0510/0511

## 1. Lead-in discussion

Talk with a partner before you read.

1. What sports or exercise activities are free in your area?
2. Why do some teenagers prefer informal exercise to team sports?
3. How can volunteers help at a sports event?
4. Would a weekly park run encourage young people to exercise?

### Exercise 3 at a glance

In this activity, you will read one factual text and complete notes using information from the text. In the exam, this task is usually worth 7 marks. This practice version includes extra notes to help you build confidence. Use short words or phrases from the text, not your own ideas.

## 2. Read for overall understanding

Read the text. Why are junior park runs popular with some families?

### Junior Park Runs

Junior park runs are short running events for children and teenagers, usually held on weekend mornings. They are not serious competitions, although some runners like to improve their time. Families often like them because they are free, informal and supported by volunteers. Participants can run, jog or walk, so the event feels less frightening than joining a sports club. Some children attend every week, while others come only when the weather is good or a friend invites them.

Volunteers make the event possible. Some mark the route, some record finishing times and others stand at corners to guide runners safely. A few volunteers walk at the back so that no participant finishes alone. This is important because younger runners may worry about being last, especially if they are new to exercise. Volunteers also encourage runners at difficult points on the route, which can help children continue when they feel tired.

The route is usually planned carefully. Organisers choose flat paths, avoid busy roads and check the ground before the event starts. If the weather is poor, they may change the route or cancel the run. Parents are asked to stay nearby, but they do not have to run with older children unless the organisers require it. Clear signs are important because the event should be safe even for children who are running without a friend.

Junior park runs can build healthy habits without putting too much pressure on children. Some schools encourage students to attend before exams because regular exercise can reduce stress. Others use the event to help students who dislike team sports but still want physical activity. The weekly routine can also give families a reason to spend time outside together. Organisers say the aim is simple: to make exercise feel friendly, regular and possible for everyone.

### 3. Strategy focus

#### Do not copy every example

If a sentence gives several examples, choose only the example that fits the note heading. A different example may belong under another heading.

### 4. Practice note-taking task

Complete the notes using information from the text. Use short words or phrases from the text. Do not add your own ideas.

Notes	Write short answers
Why families like junior park runs	- ..... - ..... - .....
Volunteer roles	- ..... - ..... - .....
Safety planning	- ..... - ..... - .....
Benefits for young people	- ..... - ..... - .....

### 5. Vocabulary notebook

Underline five useful words or phrases from the text. Check their meaning, then record them in your vocabulary notebook.

### 6. Follow-up tasks

1. Discussion: Would you prefer a park run or a team sport? Give reasons.
2. Strategy: Choose two answers and explain why a nearby example or detail was not needed.
3. Writing: Write a short announcement for a junior park run in your local area.
4. Vocabulary: Circle words and phrases connected to sport, volunteering and wellbeing.

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## 2. Read for overall understanding

Suggested answer: they are free, informal and supported by volunteers.

## 4. Practice note-taking task

### Why families like junior park runs

- free
- informal
- supported by volunteers

### Volunteer roles

- mark the route
- record finishing times
- guide runners safely

### Safety planning

- choose flat paths
- avoid busy roads
- check the ground

### Benefits for young people

- healthy habits
- reduce stress
- physical activity

## Notes for checking

This is an extended practice version of the IGCSE ESL note-taking task. The live exam normally has fewer marks, but this version includes extra notes to build confidence and selection skills.

Accept short phrases that keep the same meaning.

Learners should avoid copying a whole sentence if a shorter note answers the heading.

Some answers need more than one or two words, especially when the key detail is a phrase.