

Please check the examination details below before entering your candidate information

Candidate surname

Other names

**Pearson Edexcel  
International GCSE**

Centre Number

Candidate Number

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**Wednesday 8 January 2020**

Morning (Time: 2 hours)

Paper Reference **4ES1/01R**

**English as a Second Language**

**Paper 1: Reading and Writing**

**You must have:**

Insert Booklet for Part 1, Part 2, Part 3 and Part 6 (enclosed)

Total Marks

### Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*
- Dictionaries may **not** be used in this examination.

### Information

- The total mark for this paper is 100.
- The marks for **each** question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*

### Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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## READING

Answer ALL questions in this section.

### Part 1

Read the leaflet giving advice about running in the Insert Booklet Part 1, Page 3 and answer Questions 1–10.

#### Questions 1–10

Identify which paragraphs (A–J) contain information listed in Questions 1–10 by marking a cross  for the correct answer. If you change your mind about an answer, put a line through the box  and then mark your new answer with a cross .

You must choose answers only from the information given in the leaflet. Paragraphs may be used more than once or not at all.

- 1 Which paragraph refers to reasons to see a doctor? (1)
- A B C D E F G H I J
- 
- 2 Which paragraph refers to how often people should run? (1)
- A B C D E F G H I J
- 
- 3 Which paragraph refers to regularly changing your route? (1)
- A B C D E F G H I J
- 
- 4 Which paragraph refers to using a combination of running and walking? (1)
- A B C D E F G H I J
- 
- 5 Which paragraph refers to the benefit of running compared to other activities? (1)
- A B C D E F G H I J
- 
- 6 Which paragraph refers to dressing for safety? (1)
- A B C D E F G H I J
- 



7 Which paragraph refers to exercises you should do before you start your run? (1)

- |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>A</b>                 | <b>B</b>                 | <b>C</b>                 | <b>D</b>                 | <b>E</b>                 | <b>F</b>                 | <b>G</b>                 | <b>H</b>                 | <b>I</b>                 | <b>J</b>                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

8 Which paragraph refers to keeping a detailed account of runs? (1)

- |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>A</b>                 | <b>B</b>                 | <b>C</b>                 | <b>D</b>                 | <b>E</b>                 | <b>F</b>                 | <b>G</b>                 | <b>H</b>                 | <b>I</b>                 | <b>J</b>                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

9 Which paragraph refers to buying personalised running gear? (1)

- |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>A</b>                 | <b>B</b>                 | <b>C</b>                 | <b>D</b>                 | <b>E</b>                 | <b>F</b>                 | <b>G</b>                 | <b>H</b>                 | <b>I</b>                 | <b>J</b>                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

10 Which paragraph refers to finding others to run with? (1)

- |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>A</b>                 | <b>B</b>                 | <b>C</b>                 | <b>D</b>                 | <b>E</b>                 | <b>F</b>                 | <b>G</b>                 | <b>H</b>                 | <b>I</b>                 | <b>J</b>                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

(Total for Questions 1–10 = 10 marks)

**TOTAL FOR PART 1 = 10 MARKS**



**Part 2**

**Read Edith Brown's article on making time for her family in the Insert Booklet, Part 2, Pages 4–5 and answer Questions 11–25.**

**Questions 11–20**

**Answer the following questions. For each question write no more than THREE words that must be taken from one point in the text. DO NOT write full sentences.**

**11** How are Edith Brown and Alex related? (1)

.....

**12** Which type of business does Alex own? (1)

.....

**13** Which personality trait does Edith Brown feel she shares with her brother? (1)

.....

**14** Other than family, who was the Craw's Nest important to? (1)

.....

**15** When did the whole family always spend time together? (1)

.....

**16** What does Edith Brown appreciate learning by helping out at the Craw's Nest? (1)

.....

**17** What does Edith Brown feel she gained from passing her driving test? (1)

.....

**18** What was Edith Brown's first job after leaving home? (1)

.....

**19** How did Edith Brown feel about the disagreement with her friend? (1)

.....

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20 How does Edith Brown feel about living so far away from Alex?

(1)

(Total for Questions 11–20 = 10 marks)

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**Questions 21–25**

Identify which of the options given for Questions 21–25 accurately completes the given statements by marking a cross ☒ for the correct answer. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

- 21** According to the text, which of the following statements is true? (1)
- A** Edith and Alex have led similar lives.
  - B** Edith has spent time living in America.
  - C** Edith and Alex both studied in Edinburgh.
  - D** Alex has travelled overseas with work.
- 22** According to Edith Brown, which of the following statements is true about the Crow's Nest? (1)
- A** The Crow's Nest is owned by Edith's grandparents.
  - B** The hotel is a popular venue for different events.
  - C** The Crow's Nest is staffed by locals from the area.
  - D** Edith and Alex lived at the hotel during childhood.
- 23** Which of the following does Edith Brown regret about her childhood? (1)
- A** Missing out on time with her friends.
  - B** Making conversation with strangers.
  - C** Having to work hard to buy a new car.
  - D** Having to work for extended periods.
- 24** Which of the following statements about Edith Brown's work is true? (1)
- A** Her first job was in Edinburgh.
  - B** She was too busy to see Alex.
  - C** Her work made her feel lonely.
  - D** She had a successful career.



25 How does Edith Brown feel about her contact with Alex?

(1)

- A She enjoys receiving her regular letters from Alex.
- B She is grateful they rarely disagree with each other.
- C She wishes just the two of them met up more often.
- D She misses him and would like to move closer to him.

(Total for Questions 21–25 = 5 marks)

**TOTAL FOR PART 2 = 15 MARKS**



**Part 3**

**Read Lisa Dale's article on digital distractions in the Insert Booklet, Part 3, Pages 6–7 and answer Questions 26–45.**

**Questions 26–30**

**Read the statements below. Decide whether they are TRUE, FALSE or NOT GIVEN according to the text.**

**Mark a cross ☒ for the correct answer. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.**

	<b>True</b>	<b>False</b>	<b>Not Given</b>	
<b>26</b> According to Lisa Dale, people have accepted technology in their lives easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1)
<b>27</b> Lisa Dale believes that people are able to concentrate effectively at work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1)
<b>28</b> According to Lisa Dale, people are happier now than in the past.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1)
<b>29</b> Lisa Dale found it easier to decrease her use of devices over time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1)
<b>30</b> According to Lisa Dale, people do not really focus when taking in information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1)

**(Total for Questions 26–30 = 5 Marks)**

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**Questions 31–40**

Complete the following sentences using no more than THREE words that must be taken from one point in the text.

- 31 People accept being interrupted and distracted is ..... nowadays. (1)
- 32 According to a research study, some people exit ..... in order to respond to a message. (1)
- 33 Frequent interruptions affect concentration and lower ..... over the course of a day. (1)
- 34 When we are in alert mode for ..... of time, a negative response is produced by the body. (1)
- 35 Although we may think we have become better at ..... this is not the case. (1)
- 36 To improve our concentration we have to be ..... in order to control the time we spend on devices. (1)
- 37 By repeating behaviour for ....., a new habit can be formed. (1)
- 38 Some people who lack concentration struggle with ..... and gaining enjoyment from it. (1)
- 39 One way of improving concentration is by ..... after taking the time to look at it properly. (1)
- 40 You could use ..... to help you reduce the time spent on devices, but other methods are recommended. (1)

**(Total for Questions 31–40 = 10 marks)**



**Questions 41–45**

Complete this summary of the text using words from the box below. Each word may be used once or not used at all.

People have become used to living in a world that relies heavily on devices and the changes that this has brought. A research study has highlighted the sense of

(41) ..... some workers feel about answering emails.

Lisa Dale recognises the (42) ..... impact interruptions can have on worker performance.

People are always 'switched on' and this is not a

(43) ..... state for the human body to be in,

leading to possible health issues. The answer is to better our ability to

(44) ..... by making changes to our behaviour.

Lisa Dale feels this is best achieved by pursuing

(45) ..... that lessen our dependence on devices.

natural	physical	urgency	slow	activities
pleasure	concentrate	relax	negative	jobs

**(Total for Questions 41–45 = 5 marks)**

**TOTAL FOR PART 3 = 20 MARKS**  
**TOTAL FOR READING = 45 MARKS**





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**TOTAL FOR PART 4 = 10 MARKS**





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**TOTAL FOR PART 5 = 20 MARKS**





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**TOTAL FOR PART 6 = 25 MARKS**  
**TOTAL FOR WRITING = 55 MARKS**  
**TOTAL FOR PAPER = 100 MARKS**



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Sources:

Part 1

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Part 2

© 2019 Guardian News & Media Limited

Part 3

The lost art of concentration: being distracted in a digital world By Harriet Griffey © Guardian News & Media Limited, 2018

Part 6

Article from <https://www.theguardian.com/environment/2010/apr/06/aviation-q-and-a>. Text adapted from The Rough Guide to Green Living by Duncan Clark.

