# Non-Fiction Unit: **Introduction**

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| **Activity title** | **POST -16 RESIT: INTRODUCTORY NON-FICTION UNIT: Paper 1** ***Communicating information and ideas effectively from non-fiction texts*** – with a focus on 21st century texts. |
| **Instructions for teachers** | Here are learning resources, based on the subject of ‘*hobbies*’, to enable the following:1. **Discussion points**: speaking and listening opportunities - presenting information, by way of introduction - class getting to know each other, building trust.
2. **Reading opportunities** for learners to be able to:
* identify and interpret ideas and information from texts
* summarise ideas and information from a single text and synthesise from more than one text
* draw inferences and justify points of view by referring closely to evidence from the text
* use a broad understanding of the text’s context to inform their reading
* explore connections across texts to develop their understanding of the ideas, attitudes and values presented in them.
1. **Writing opportunities** in preparation for a short talk, learners to be able to:
* organise ideas and information clearly and coherently
* select and emphasise key ideas and information
* maintain a consistent viewpoint
* make considered choices of vocabulary and grammar to reflect audiences, purposes and contexts
* adapt tone, style and register as appropriate
* use the knowledge gained from wider reading of non-fiction to inform language choices and techniques
* make appropriate use of information provided by others
* cite evidence and quotation effectively to support views
* use a range of sentence structures for clarity, purpose and effect with accurate punctuation and spelling.
1. Speaking and listening skills are revisited in the opportunity provided to prepare and plan for a short talk.
2. Writing skills are also an embedded focus at brief points throughout.

**Please note:** Supporting texts at end of ‘Description’: List of hobbies, short article: *Hobbies Reduce Stress Just as Well as Exercise.* Timings allocated are approximate as timing depends on, for example, context of learning, class size; lesson content/plan is written for the teacher to deliver to the learners, to amend as appropriate. |

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| **Introduction** | **1 hour 40 minutes that can be divided up across lessons if required.** Here are opportunities to get to know your learners, generate a ‘supportive’ and ‘safe’ learning environment by using accessible subject- matter that invites learners to talk about themselves. Also, there is an opportunity to embed peer -support as a method early on, if deemed appropriate at this stage. Learners will explore the topic of hobbies that will lead to delivering a short ‘talk’ after thinking about and sharing their own personal experience; reading texts related to the subject to further develop their own thinking and finally organising their ideas in the form of a short talk to be given at a later date as appropriate, decided by the teacher.  |
| **Reading question this activity prepares for, i.e. Reading Question 1, 2, 3 or 4** | This introductory activity provides learners with an accessible more ‘holistic’’ revision session. It focuses minds on Paper 1 of the exam through encouraging the use of the following skills in response to reading: identifying information (Q1) summarising, drawing inferences, exploring connections between texts (Q3,4 & 5). It provides opportunities for speaking and listening skills to be revisited.Writing skills are an embedded focus.  |
| **Description** |
| **Section 1:30 minutes**1. Teacher explains aims and objectives of the lesson- refer to (1), (2) in instructions (5 mins)
2. **Starter talking point**: teacher could present a slide that contains lots of images of people engaged in a wide variety of ‘hobby’ activities**.** *What is a hobby?* Quick ‘bringing together’, focus point, to get class thinking.(5 minutes)
3. **Write a list:** Learners have 30 seconds to list as many hobbies as they can
4. **Ranking**: Rank them in what they think would be their order of popularity
5. **Talking point:** How many did they get? *Show list of hobbies* (teacher can put on screen and/or divide up around the class) – learners to choose 5 more from this list and add to their own. Class discussion – any surprises? Invite discussion on priority order.

**Section 2: 30 minutes:** 1. **Brief writing activity**: *What is the point of hobbies*? Under this heading write a 2-sentence answer. (2 minutes)
2. **Talking point:** Share/discuss answers as a whole class. (5 minutes)
3. **Reading activity**: article: ‘*Hobbies Reduce Stress Just as Well as Exercise’*

- discussas a class, check understanding – vocabulary opportunity-, eg psychology, chronic - and then learners to add two more sentences to their ‘*what is the point of hobbies?’* answer, based on what they have read in this article. Share sentences either as whole class or in pairs. (15 minutes) 1. **Proof- reading activity**: Teacher ‘models’ example. Learners proof- read their own 4 sentences to ensure they are ‘perfect’ –in pairs or as whole class, together ensure the sentences are grammatically correct: peer support. If the class does not feel ready for this then teacher can offer support around the class and glean levels of learner ability as they do so. (8 minutes)

 **Section 3: 40 minutes:** 1. **Writing activity**: *What hobbies do they have?* Learners write brief notes about their own hobbies. Teacher moves around the class engaging with students 1-1, prompting and supporting them to elicit as many details as they can think of about their hobbies. (15 minutes)
2. **Talking point:** Learners invited to share information about their hobbies – in pairs talk to each other about their chosen hobbies, encourage them to question each other to elicit more details. Then follow this with a whole- class sharing activity where some talk about their hobbies. (15 minutes)
3. **Set homework:** Prepare a talk about your hobby**.** Give learners at least a week to prepare for this, especially if the teacher is delivering this lesson at the start of the course. This response can then be used at a later point to inform a presentation for their speaking and listening assessment.
4. **Planning /preparation activity**: As a class, share ideas of what makes a ‘successful ‘talk (refer to assessment criteria to inform teacher guidance). Learners asked to prepare/plan for a 3-minute talk explaining their hobbies, invite them to think of accompanying props they could bring in if they wish. Teacher monitors, supports progress with this task. (10 minutes)

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| **SUPPORTING TEXTS** |

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| **List of hobbies: how many did you include in your own list? *Select 5 more from this list that you think might interest you.***1. **Cooking:** Do you enjoy eating? Then you would, probably, love to cook multi-cuisine dishes and serve them to your family and friends. What’s more, you could be the next celebrity chef in the making.
2. **Learning a foreign language:** Expand your horizons by learning a new language. This helps you to know more about that country, history, and culture.
3. **Stand-up comedy:** If making people laugh comes naturally to you, then this hobby is for you. Start writing comedy acts and performing in front of a smaller audience to gain experience.
4. **Hiking:** Explore the local trails and connect with nature. This is a great physical exercise too.
5. **Playing musical instruments:** If music and musical instruments fascinate you then learn to play guitar, drums, violin or any instrument of your liking.
6. **Fostering animals:** Gather the stray animals in your locality and foster them. Take care of their food, shelter, and health, if you like spending time with animals.
7. **Blogging:** Journal about your life, share your science knowledge with the world or just write about anything which suits your interests.
8. **Start a Pinterest board:** Cute, unique, stylish, edgy…., be it anything, start a board and collect ideas about things that you love.
9. **Design memes:** People simply love memes. So why not create some in your style?
10. **Begin a YouTube channel:** Start a video blog or your own show. Talk about your passionate subjects, your city or something else that interests you.
11. **Learn calligraphy:** If your interest lies in writing, then you can try calligraphy.
12. **Painting:** Portraits, modern art, simple paintings or canvass, start painting randomly and you will be amazed at the result. Of course, you will improvise as you continue to paint.
13. **Storytelling:** Learn storytelling and make your listeners spellbound if you enjoy adding suspense, thrill or fun elements to your narration.
14. **Hairstyling:** Be it cutting or styling, playing with hair is interesting. Take it up as a hobby and stay in vogue.
15. **Knitting:** Whether you live in a cold country, if you enjoy knitting, you can turn this hobby into a profession.
16. **Jewellery designing:** Start with smaller tools and supplies, repair the old jewellery at home or take classes from a designer.
17. **Candle making:** It is easy to make and can be a way to earn some money. Mix up scents, come up with a collection and start selling them.
18. **Pottery:** Cool new shapes, sizes, and designs. Pottery engages you both physically and mentally as it is a calming experience.
19. **DIY projects:** If you are bored with the same interiors at home, try some DIY projects and revamp.
20. **Surfing:** This one is for all the aquaphiles out there. Take beginner lessons and gradually move to surfing in the deeper areas of the sea but under professional supervision.
21. **Reading books:** This never goes out of style. Reading books take you to imaginary destinations, teach you lessons which are not taught in school and improves your communication skills too.
22. **Learn to code:** Build the next viral app or website. Or be the next ethical hacker.
23. **Photography:** This can be a fun hobby for teens, who enjoy staying behind the camera and capturing moments into photos.
24. **Baking:** Cakes, cupcakes, pastries and more. Baking is an art and teens with an undying love for sweets can pursue this as a hobby.
25. **Learn aerial dancing:** Swing, fly and dance like a bird.
26. **Skating:** Exercise, build muscles and release endorphins at the same time. Gliding on wheels is challenging and fun too.
27. **Learn makeup:** If you are a makeup enthusiast, then learn airbrush makeup, high definition contouring and become a pro in it.
28. **Journal writing:** Pick up a cute notebook from the nearest store and start journaling about your daily experiences in life.
29. **Singing:** To pursue singing as a hobby, it is not mandatory to have a melodious voice. You can try singing rap, blues, jazz, pop, classical, whatever suits your interest and style.
30. **Puppetry:** If you are good at voice modulations, can move your fingers fast and have a sense of humour, then puppetry is one cool hobby you can try.
31. **Volunteering:** Teaching the underprivileged children, saving the trees, regulating the traffic or any other social cause will you the utmost satisfaction, and gives you a chance to do something to the society.
32. **Carpentry:** Whether you want to make fancy things or just do some repairs around the house, carpentry always comes in handy.
33. **Yoga:** Keeps you mentally and physically fit.
34. **Sewing:** Minor repairs in your clothes or designing couture, learning a skill like sewing never goes in vain.
35. **Birdwatching:** Perfect for the lazy ones. Just do nothing but watch birds in their natural habitat.
36. **Play online games:** This is ideal for teens, who are glued to the screens all the time.
37. **Gardening:** Plant flowers, vegetables or ornamental plants. Have your very own organic garden in the backyard.
38. **Running:** To run a marathon one day, start running now.
39. **Swimming:** This is a fun exercise for teens, who love being in the water.
40. **Graffiti:** Paint the street walls (only where you are allowed to) in crazy colours and patterns. Leave your mark, with your signature style.
41. **Join a club:** Be it a sports club, community club, club for animal rights or anything that is of your interest.
42. **Martial arts:** Be a badass at martial arts as this not only helps you stay strong and fit but also helps in self-defence.
43. **Dirt biking:** Go wild and crazy when you pursue this as a hobby. It is adventurous, fun and helps in strengthening your body.
44. **Make ice creams:** Try making the existing flavours or come up with your personal variants. Invent your own flavours.
45. **Acting:** If you are a theatre enthusiast or want to take up acting when you grow up, then start off young. Learn dialogue delivery, speech, acting and various other skills an actor requires.
46. **Doodle:** There is no right or wrong in doodling. It is just like modern art. Get a canvas, sketch pens, sharpies, crayons, ink pens and get started.
47. **Camping:** Go out with your friends or like-minded enthusiasts and connect with nature while camping under the open sky.
48. **Bowling:** This is an incredibly cool indoor sport and with every strike, your confidence to bowl goes up. Who knows, you could be the next bowling champion.
49. **BMXing:** You can try some cool and amazing tricks. To begin with, you can head to the local park, a quiet corner on a street or any suitable place.
50. **Make pen pals:** Yes, it is relevant even in this age and time. Pen pals can be from anywhere across the world and through them can learn so much about a new city, country, their culture, and traditions.
51. **Mini library:** If you are an avid reader and want to encourage friends also to do so, then start a mini library at an easily accessible location. It could also be in your backyard.
52. **Cycling:** It’s a fun exercise. Begin with smaller trips around the block and head out for longer trails in a park or somewhere outside the busy city as the time progresses.
53. **Sketching:** This can be sketching of portraits, old monuments, wildlife or basically anything. Get your pencils and erasers ready to start with the beginner level.
54. **Nail art:** Paint your nails in vibrant colours, designs, and patterns. Once you perfect the art, set up a mini nail bar to make some extra pocket money.
55. **Join the cheerleader’s squad:** Tiny skirts, pom poms and kickass dance moves. Cheerleaders have a lot of fun. If you have the zeal to make it into the squad, then give it a shot.
56. **Belly dancing:** Burn calories and have oodles of fun with some kickass belly dancing moves.
57. **Learn some Disney hairstyles:** Not all, but most girls are fans of Disney princesses. If you admire their hairstyles, try learning them. Flaunt them at school or your next outing with family or friends.

**Hobbies to make an earning**Having an extra source of earning is always welcome. Some hobbies cost money and some are free. But some offer you an income. Let’s see some of them:1. **Filling online survey forms:** If you were filling survey forms just for fun, you would be glad to know there are some websites that pay you to do the survey for them.
2. **Babysitting:** If you enjoy being surrounded by babies, then try babysitting as a hobby.
3. **Design handmade greeting cards:** Make beautiful, funny, cute cards and sell them in your neighbourhood.
4. **Tutoring:** This can be ideal for teens, who are academically brilliant and wish to help other students in their subjects.
5. **Dog walking:** If you really like dogs but can’t afford to have one, then take up dog walking as a hobby. People who have dogs sometimes find it difficult to walk their furry kids, and you can offer to help (for a price, of course).
6. **Start a plant nursery:** If you enjoy gardening and are interested in gaining expert knowledge, then start off early by setting up your very own nursery.
7. **Design websites:** Almost everyone needs a website in this age. Hence, if you have the skills to design a website, then why not put them to use and make some extra income?
8. **Party planning:** If organizing surprise parties, birthday parties, brunches is your thing, then this can be your next money- making hobby.
9. **Styling:** Latest trends, colours, fabrics, and silhouettes get you excited. Take up styling as a hobby, give tips and tricks to your friends, siblings and build an online presence. Who knows, you could be the next celebrity stylist, making heads turn at the Met Gala.
10. **Garage sale:** Sell your old stuff or buy things at a cheaper price and sell them at a margin. This hobby is ideal for teens who want to get into the business when they grow up, as it gives an early start and improves your understanding of the tricks and tactics of trade.
11. **Coaching:** If you are good at a sport or activity, why not share your knowledge with others?
12. **Pet sitting:** Your uncle, aunt or neighbour is going out on a vacation and do not know where to leave their pets. Offer to pet-sit and make some extra money.

<https://www.momjunction.com/articles/teenagers-hobbies_00474362/> |

**Hobbies Reduce Stress Just as Well as Exercise***Hitting the craft store can be just as beneficial as hitting the trails, says a new study. Pencil in more leisure time to put stress and anxiety on the back burner*By Charlotte Hilton AndersenPull out your knitting needles: Grandma was on to something with that ever-lengthening scarf tucked in her handbag. Whether you're into gardening, fixing up vintage cars, or even [cross-stitching Drake lyrics like Taylor Swift](http://hellogiggles.com/cross-stitch-like-taylor-swift/), new research has found that hobbies are just as important to good health as exercise is, thanks to their ability to relieve stress. That's right, your love of running model trains is just as good for you as your love of running.The study, published in the [*Annals of Behavioural Medicine*](http://www.ucmerced.edu/sites/ucmerced.edu/files/documents/zawadzki-paper-2015.pdf), followed over 100 adults as they went about their daily activities. Participants wore heart monitors and completed surveys periodically to report their activities and how they were feeling. After three days, the researchers found that people who engaged in leisure activities were 34 percent less stressed and 18 percent less sad during the activities. Not only did they report feeling happier, but their heart rates were lower-and the calming effect lasted for hours.Surprisingly, the scientists say that it didn't seem to matter much what the participants did just so long as it was something they deeply enjoyed. No matter the passion, people showed the same huge decrease in stress. (Add that tip to our [5 Easy Ways to Start Your Day Stress-Free](https://www.shape.com/lifestyle/mind-and-body/5-easy-ways-start-your-day-stress-free).)"If we start thinking about that beneficial carryover effect day after day, year after year, it starts to make sense how leisure can help improve health in the long term," Matthew Zawadzki, Ph.D., assistant professor of psychology at the University of California, Merced, and lead author of the paper, told [NPR](http://www.npr.org/blogs/health/2015/04/20/400408194/mellow-pastimes-can-be-good-for-your-health-too). "Stress causes a build-up of higher heart rate, blood pressure, and hormone levels, so the more we can prevent this overworked state, the less of a load it builds up."Chronic stress has been linked in multiple research studies to [a higher risk of heart disease](http://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=2171), [increased depression](http://usdbiology.com/cliff/Courses/Advanced%20Seminars%20in%20Neuroendocrinology/Susceptibility%20and%20Resilience/Caspi%2003%20Sci%20Stress%20Depression%205-HTTLPR%20s.pdf), [poorer performance at school and work](http://www.ncbi.nlm.nih.gov/pubmed/25898204), [weight gain](http://www.nutritionjrnl.com/article/S0899-9007%2807%2900249-3/abstract), [memory loss](http://www.nature.com/nrn/journal/v10/n6/full/nrn2639.html), [a lower immune system](http://www.nature.com/nrn/journal/v10/n6/full/nrn2639.html), and [even earlier death](http://www.pnas.org/content/101/49/17312.full.pdfSimilarYou). Public health experts call it the "silent killer" because of how pervasive it is in our modern society. So, pull out those paintbrushes, hit the craft store, dust off your camera, or just make time to chill out-doctor's orders!* By Charlotte Hilton Andersen

<https://www.shape.com/lifestyle/mind-and-body/hobbies-reduce-stress-just-well-exercise> |

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