



Cambridge Primary Checkpoint

ENGLISH

0844/01

Paper 1 Non-fiction

October 2020

INSERT

1 hour

INFORMATION

- This insert contains the reading passages.
- You may annotate this insert and use the blank spaces for planning. **Do not write your answers** on the insert.



This document has **4** pages. Blank pages are indicated.

Text A

Should a child over nine years old choose their own bedtime?

This is not a simple question. One side will argue that science proves children need a lot of sleep. The other side will say that children have to learn to take care of themselves, and giving them the responsibility for choosing their bedtime is an important step.

Those in favour of a child choosing their own bedtime believe a child should learn to set their own day-to-day routine. In fact, many teenagers argue that they are the ones who understand their daily timetable best. So, bedtime should be their decision. Supporters are adamant this teaches young people self-discipline – a vital life skill, in their opinion.

Many children also point out that they would be less stressed about studying in the evenings if they could choose their own bedtime and adjust it to suit their workload. In addition, they would have time each evening to talk to their families. Supporters also say that children *do* know when they are tired and can manage tiredness by deciding when it's bedtime. Moreover, children become independent and develop a trusting relationship with their parents. The result of this is fewer family arguments.

On the other hand, most parents think children make bad decisions about bedtimes. In their opinion, parents judge best what is right for a child and will make sure a child gets enough sleep so they can concentrate appropriately at school.

Scientific research shows that children younger than ten need more than 11 hours' sleep a night to stay healthy and grow; even teenagers need ten hours a night. Consequently, opponents emphasise that tired children become bad-tempered, find daily tasks hard, and are likely to get ill.

Perhaps the best answer is to 'meet in the middle'. If parents set bedtimes during the week, then at weekends or holidays children could choose, giving them more independence and an understanding of how to care for themselves as they grow.

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Text B**Sleep**

Every creature needs to sleep. Babies, elephants, kids, koala bears, grandparents, and hippos in the jungle – they all sleep! Just like eating, sleep is necessary for survival.

What happens during sleep?

Sleep gives your body a rest and allows it to prepare for the next day. It's like giving your body a mini-vacation. Sleep also gives your brain a chance to organise everything. Scientists aren't exactly sure what kinds of organising your brain does while you sleep, but they think sleep might be the time when the brain sorts and stores information, replaces its chemicals and solves problems.

How much sleep do people need?

The amount of sleep a person needs depends on their age. Babies, of course, sleep a lot – about 14 to 15 hours a day! But older people need only about seven or eight hours of sleep each night. Most children between the ages of 5 and 12 years need 10 to 11 hours of sleep.

Did you know?

- Missing one night of sleep makes a person grumpy and clumsy.
- After missing two nights of sleep, a person will have problems thinking and doing things; his or her brain and body won't be able to do simple tasks properly.
- After five nights without sleep, a person will hallucinate. (This means seeing things that aren't actually there.)
- Eventually, without sleep, it becomes impossible for the brain to give its directions to the rest of the body – the brain needs to spend time in bed and catch its ZZZs!

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