

## READING 1

Remove all shoes (not including trainers) before entering sports hall.

Leave on shelves outside.

### SKATEBOARDERS!

REMEMBER - THIS PARK IS SHARED WITH OTHERS

KEEP TO THE MARKED AREAS

A You are allowed to wear your trainers in the sports hall.

B You are asked to put your shoes inside the sports hall.

C You must place your trainers on the shelves outside the sports hall.

A Do not skateboard if other people are in the park.

B Take care when skateboarding with other skateboarders.

C Make sure you don't skateboard outside the skateboarding zone.

### Message 1

Hi Jerry! Can I have a lift to the ice hockey game on Saturday if your Dad's taking you? It's going to be excellent! Let me know.  
Pete

A Pete is telling Jerry about a brilliant sports match he saw on Saturday.

B Pete is asking if Jerry's Dad can drive him to a sports match.

C Pete is inviting Jerry and his father to play in a sports match.

### Mobile Phone

Discovered under seats in Screen 1.

Contact cinema ticket office for further information.

You should contact the ticket office

A to find out about a phone that was left

B to ask them if a phone was found at the cinema.

C to tell them about a phone that you found at the cinema.

### Lift out of order

until further notice.

Access to chemistry labs by the stairs.

A There will soon be a new lift to the upstairs labs.

B Students and staff cannot get to the science labs at the moment.

C You have to walk up to the labs because the lift is not working.

From: Tom

To: Natasha

Subject: Sailing

Hope you'll be well enough for us to enter the competition next weekend. Get in touch because I need to tell the club soon.

A Tom isn't sure he is fit enough to sail in the competition.

B Tom wants Natasha to tell the club if she will be in the competition.

C Natasha must let Tom know if she can sail at the weekend.



## Finding Rebecca

From the age of six when I first saw Olympic gymnastics on television, I knew gymnastics was for me. I immediately started once-a-week gymnastics classes and by my 13th birthday I was spending more than 16 hours a week in the gym. I didn't have much spare time but I was happy. True, parts of my body would sometimes hurt, but I was proud of myself. I was a gymnast!

Then my knee began to hurt, and kept getting worse. So I stopped practising for a while. But one day, my team was getting ready for a big competition, and my coach asked, 'Do you want to take part?' I nodded slowly. I knew what was coming - coaches are not known for their kindness. 'Then you've got to practise your piece,' he demanded. I did, but at the end I had to be carried out of the gym. The idea that my gymnastics career might be over was too terrible to think about.

I spent a year recovering and finally I started training again. I worked hard and entered competitions. But I soon realised gymnastics didn't make me as happy as it once had. The next summer, I was training hard to reach the next level, spending all my time in the gym. But by the end of the holiday, I was asking myself, 'Is this worth it? Could I, Rebecca, just be myself and not a gymnast?'

With the start of school came homework, increased gym workouts, and extreme tiredness. I wanted to be like other high-school students, hanging out and going to the movies. That term, I stopped going to the gym. I found I could change my identity. Now, I'm happy being myself - just Rebecca.

### 1. What is the writer doing in this text?

- A describing her skill in gymnastics
- B comparing gymnastics with other sports
- C encouraging young people to start doing gymnastics
- D explaining how her attitude towards gymnastics changed

### 2. What does the writer say about gymnastics in the first paragraph?

- A It gave her a feeling of achievement.
- B She became keen on the sport as a teenager.
- C It was easy to fit around school and other activities.
- D She found her body was strong enough to do it.

### 3. What does the writer say about her gymnastics coach?

- A He knew she had a lot of talent.
- B He made her prepare for the competition.
- C He treated her differently from the rest of the team.
- D He encouraged her to change her competition piece.

### 4. How does the writer say she felt in the third paragraph?

- A worried she would be injured once again
- B confident she would win her next competition
- C doubtful whether gymnastics was right for her
- D happy to have improved her level in gymnastics

### What would the writer say about her life now? Tick the right answer

"I've finally accepted that doing well at my studies is a lot more important than being great at gymnastics."

"I still do gymnastics for a bit of fun but I'm glad that I don't take part in competitions any more."

"I now spend time doing lots of things I enjoy and I still believe that giving up gymnastics was the right decision."

"I got bored with gymnastics and needed to change my life so now I can concentrate on another activity I really enjoy."

