

Reading Task 1

You are going to read an article about four young people spend Saturday morning. A–D.

Which person/people:

- 1 thinks it is necessary to get some exercise on Saturday mornings?
- 2 would prefer not to get up early on Saturday mornings?
- 3 doesn't have the same free time as some of their friends?
- 4 always looks forward to Saturday mornings?
- 5 does an activity because of someone's advice?
- 6 doesn't get paid for the work they do on a Saturday morning?
- 7 enjoys being outside when it's quiet?
- 8 practises sports during the week?
- 9 was unhappy about starting their activity at first?
- 10 thinks they will benefit from their activity in the future?

The weekend starts here ...

Four teenagers tell us how they spend their Saturday mornings.

A Stuart

Unfortunately, I can't just do what I want because I have to go to school. It's not usual for children to have school on Saturdays, but mine does things differently. Tuesday and Thursday afternoons are free so we can play sports, but there are classes on Saturdays instead. We have four and a half hours of lessons and this year we've got History, Science and Maths. The classes are all right and the teachers make an effort to make them interesting. The problem is that we're all exhausted by Saturday and it's really hard to pay attention in class. All of us have got friends who go to 'normal' schools and we know that they're out having fun. If I had the choice, I would have extra classes during the week instead. I'm sure we would get more work done that way.

B Nadia

I can never wait for Saturdays to arrive. After a whole week of sitting at my school desk, I have to get out and use up some energy. For me, Saturday morning is all about sports and having fun with my friends. I usually get up around seven thirty and go for a jog around the park. I know it's early, but I love that part of the day. It's so peaceful because most people are still in bed at that time. After that, I go home and have some breakfast. I don't stay there long though because I usually play football with my mates. We play in a local league and we have matches most Saturdays. We don't take it too seriously, but we enjoy having a good run around and chasing after the ball. By lunchtime, I'm usually exhausted and I go home for a rest!

C Amelia

In general, I prefer to keep my Saturday mornings free. We're expected to work hard at school and we get a lot of homework. Therefore, it's important to relax at the weekend. My perfect Saturday would be staying in bed late and then playing computer games with my friends. However, I've been working as a volunteer on Saturdays for the last month so I don't have much free time. I'm helping out in an animal sanctuary where we rescue dogs and cats that haven't got a home. I have to do different jobs like cleaning the cages, feeding the animals and taking the dogs for walks. I must admit that I don't like getting up so early on Saturday. However, it's worth it because those poor animals need someone to care for them.

D Tom

I've been saving up for a holiday with my friends, but it hasn't been easy. My parents give me a little money every week, but I usually spend that in no time. When I asked my dad for more money, he encouraged me to earn the money instead. He said I could do little jobs for the neighbours on a Saturday morning. At the beginning, I was disappointed because I didn't want to lose my free time. Then I realised that if I didn't work, it would be impossible to save any money. Basically, I've started washing the neighbours' cars and cutting the grass in their gardens. It's not exactly hard work and it's not so bad really. I like talking to the neighbours and they pay me quite well. Although I've lost my Saturday mornings, at least I'll be able to go on holiday with my mates.

Task 2

Read the article. Choose from the sentences (A–G) the one which fits each gap (11–16). There is one extra sentence which you do not need to use.

A For many of them, it's been a long week worrying about their kids being away from home.

B A lot of the food comes from the camp's own organic vegetable garden and everything you can imagine is recycled.

C He is about to open up skate camps in five new locations around the UK.

D Some of these take place on four wheels, such as the 'penguin race'.

E Other classes include maintenance and the history of skateboarding.

F They also share their dreams about tomorrow, which usually means what new tricks they're going to achieve.

G Jayden prefers them to be young adults who are good at relating to children.

Skate Camp

It's eight o'clock and Jayden is about to ring the bell to wake up the kids at his skate camp. He's been up since six o'clock making sure breakfast is prepared and planning the day with the camp leaders. Most of the kids would be at school at this time, so for them it's a treat to be allowed to stay in bed. 'We don't believe in getting up too early. Skaters need to get a good night's sleep and have plenty of energy for the day ahead,' says Jayden. Most of the kids are so excited that by nine o'clock, they've got dressed, had their breakfast and they're waiting at the skate park.

The children typically spend five to seven days at the camp, and the timetable changes from day to day. On most mornings the kids have lessons with professional skateboarders who teach them how to ride the board and do different tricks. (11) Lunch is served at one o'clock, but there are no hot dogs or chips in sight. At the skate camp, they believe that it's essential for skaters to eat healthily so it always includes plenty of fresh fruit and veg. Surprisingly, perhaps, the kids don't seem to have any problem with that.

Jayden started his skate camp five years ago and he has always been keen for it to be a positive experience for the children. Situated in the middle of the countryside, Jayden has tried to make the camp as environmentally-friendly as possible. (12) In the workshop, children are even shown how to make skateboards from old skateboard parts. 'The kids love making their own boards – it makes them really proud,' says Jayden.

It can be quite hard for the children when they first arrive at the camp. They might feel shy or nervous, and, for many of them, it's likely to be their first time away from home. Luckily for them, Jayden and his team are used to dealing with these problems. Firstly, there are always enough leaders to take care of the children, with at least one leader for every six or seven children. (13) He wants the kids to think of their leader as their big brother or sister.

They also organise team-building activities throughout the week which encourage the children to respect and look after each other. (14) This is when one child lies down on a skateboard and another one has to push them around a special course without them falling off. Others take place in the common room, like when the kids have to design a skate park together.



The rest of the time is filled with trips to nearby skate parks and hanging out with newly-made friends. Even after a whole morning of skateboarding, most of the kids can't wait to get back outside with their boards and practice what they've learnt. However, by early evening, most of the kids are exhausted and this is when they head to the campfire. All the kids and leaders gather around it and share their experiences from the day. (15)

At the end of the week, the parents arrive to pick their children up. (16) However, they soon realise that they needn't have worried. In fact, most of them are pleased to see how their children have grown up a bit. They seem more confident and responsible than they did before and they've even started eating vegetables!