

READING 1

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

Leave on shelves outside.

- 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.

SKATEBOARDERS!

REMEMBER - THIS PARK IS SHARED WITH OTHERS

KEEP TO THE MARKED AREAS

- 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."

