



Functional Skills Certificate
March 2015

Functional English

47251

Component 1 Reading

Level 2

Insert

The three sources that follow are:

- **Source A:** a news report about the Olympic legacy
- **Source B:** a leaflet about *Girls In Sport*
- **Source C:** an extract from a brochure for Courtneys Fitness Centres

**Please open the insert fully
to see all three sources**

Source A

Olympics legacy: How can we encourage kids into sport?

By Gerry Holt

With Team GB celebrating their most successful Olympics for 100 years, a debate is growing about how best to build on the legacy and inspire the next generation into sport.

The message from Prime Minister David Cameron was clear - there needs to be "a big cultural change" towards sport in schools with a return to the "competitive ethos" in school sports.



Opportunity

Graeme Maw, director of sport at Millfield School says the word "opportunity" is key.

The Youth Sport Trust (YST) says it is important schools engage everyone, for example by involving young people in the selection and planning of sport and activities. Schools also need to broaden the range of lunchtime and after-hours clubs to increase opportunities for young people to take part. Mr Maw agrees. "Dance might not be an Olympic sport but it's something that young girls really enjoy - it's about finding and discovering individual talent in a child," he adds. The YST says there must be teachers and coaches on the ground ready to support young people who show an interest in sport.

Playing fields and facilities

The Fields in Trust (FIT), a UK charity that protects recreational spaces, says "A fundamental requirement is the provision of space for people to discover and hone their talent". A special scheme to protect outdoor recreational spaces is aiming to have 2,012 secured by the end of 2014.

On Tuesday, it was revealed that Education Secretary Michael Gove has approved the sale of more than 20 school sports fields in the past two years.



Competitive spirit

The Prime Minister wants to "get rid of the idea all must win prizes and you can't have competitive sports days". But British Olympic Association chairman Colin Moynihan says many children do not want to play competitive sport, nor should they have to. "The key thing is to make sure that where they do want to there's the facility and the opportunity for them to do so," he says. The YST adds that the first experience young people have of sport needs to be as positive as possible to encourage them to go further.

Source B

What is Girls in Sport?

Girls in Sport is a joint initiative funded by Youth Sports Trust, Nike and Sports Match, which was set up to encourage schools to increase girls' physical activity levels and produce more positive attitudes towards sport. At Meldrum Academy, the PE department and Active Schools have joined forces to work on this initiative.



Positive and enjoyable experiences at school can form the foundations of a lifelong interest in sport, to support a healthy and active lifestyle. Sport can promote team building and leadership skills and the desire to use time positively through a range of activities.

Our Vision

To encourage more girls to become more active by participating in safe, enjoyable sport and physical activity.

Our Aims

- ✓ To offer programmes of sport and physical activity which are of interest and enjoyment to all participants.
- ✓ To ensure all girls have access to sport and physical activity.
- ✓ To develop positive and enjoyable experiences in order to form the foundation of a life-long interest in sport and physical activity.
- ✓ To help develop the skills and confidence to use sport to support a healthy and active lifestyle.

As well as making you fitter, physical activity can contribute to:



- better body image
- increased self-esteem
- increased confidence
- better mental health.

Girls in Sport Club

The after school club will run from 4-5pm during term-time and is open to all girls at Meldrum Academy and the feeder primary schools.

Activities

Conditioning Classes – Hill Walking – Aerobics – Trampolining – Hockey – Netball – Spinning – Dance – Cheerleading – Jogging – Skipping – Swimming – Fitness Gym.

This list is not exhaustive and we will involve the girls in making choices about the activities on offer. This programme will also include workshops on nutrition and hair and beauty at various times throughout the year.

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Source A: A news report about the Olympic Legacy <http://www.bbc.co.uk/news/uk-19177267> Images J Ennis-Hill © PCN Photography/Alamy, Olympic flag © artpartner-images.com/alamy

Source B: A leaflet about Girls in Sport – www.aberdeenshire.gov.uk/sport/active_schools_girlsinsport

Source C:

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Source C

COURTNEYS FITNESS CENTRES

At a [Courtneys gym](#) we aim to provide the most welcoming and motivating environments to help you achieve your fitness goals. A one-off induction session is essential to ensure you understand and operate the equipment properly and safely. This will result in maximum benefits from your exercise programme.



Memberships

Whether you want to work off those pounds or tone your muscles, there's something for you in the gym. Great equipment and a great place to work out!

As a member at a [Courtneys Gym](#), you can get all the fantastic facilities you would expect – a well-equipped gym, a great pool, a wide range of group exercise classes plus a variety of other facilities to ensure there is something for everyone.

If you are exercising more than once a week you could be saving money by joining one of [Courtneys](#) great value-for-money memberships, with no joining fee or contract and a 'join one use them all' policy you won't be able to resist!

Individual programmes are available to ensure that your visit to the gym is specifically tailored to your needs, enabling you to get the most out of your workout.

As a new [Courtneys Ultimate](#) member you will receive a complimentary introduction and a free 30 minute consultation which includes a 12-week fitness diary when you first join.

Personal Training

Integrated training can show you how to train for maximum benefit rather than maximum fatigue. By analysing your lifestyle, our highly qualified trainers will incorporate a degree of functionality into your programme, training you not only for a specific goal but also to greatly improve all aspects of your life.

Trial sessions available with a 25% discount.

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**Open out this page to see
Source B and Source C**