



General Certificate of Secondary Education
Foundation Tier
January 2012

English/English Language

ENG1F

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Unit 1 Understanding and producing non-fiction texts

Insert

The three sources that follow are:

- **Source 1:** an online newspaper interview with Rachael Latham
- **Source 2:** an extract from *Humble Pie*, the autobiography of celebrity chef Gordon Ramsay
- **Source 3:** the Sport Relief webpage for schools about *Fantastic Fundraising Ideas*

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

Source 1

MailOnline

Cool in the pool! How Rachael Latham is making a splash all the way to London 2012

Here, in the first in the series, Gail Emms, a former Olympic badminton silver medallist interviews Paralympic swimmer Rachael Latham.



Different strokes: Rachael Latham in mid-flow

Gail: You're now at university. How do you balance training, studying and socialising?

Rachael: It's really hard when it comes to exam time. It's difficult to cram everything in, but my swimming always comes first — that's who I am, a swimmer.

G: The prospect of competing at London 2012 is scary. A part of me is glad that I won't have to compete under so much pressure. Are you frightened at the prospect?

R: Actually, no. Bring it on. The fun and madness in Beijing made me want to compete in London all the more. Having seen the crowd's reaction to the three Chinese girls in my final, there's no way I could miss my home games.

G: What tricks do you have to help you cope with the pressure of competition?

R: Visualisation. I pretend I'm in the race, I get into my little place and put my earphones in. It's easy to visualise racing at Sheffield because I've been there thousands of times. But it's difficult to imagine racing in London because the pool's not even finished yet. I'm

sure we'll get in there before the Games — and that should give us an advantage.

G: What track is your most listened to on your iPod?

R: In Beijing I had Snow Patrol's *Run* on repeat. I first heard it on a motivational DVD we were given by British Swimming, then I fell in love with it.

G: What do you think about when you're swimming?

R: When I'm racing, I say to myself, 'C'mon, c'mon. Let's go,' in my head, over and over again. I make my biggest decisions when training. I plan my life. I decided which university to go to during a training session.



Studious: Latham combines her swimming with the demands of university

G: Do you love winning more than swimming?

R: I love swimming but it's racing that really gets me going. I mean, who likes losing?

G: If you could compete in any other sport, which would you choose?

R: Cycling. I'd like to do a sport where you can just get up and go. I have to get to a pool, get changed and then swim. I want to just be able to go.

Source 2

This is an extract from the autobiography of celebrity chef Gordon Ramsay. As a young man he was a talented footballer. Here he writes about how his football career ended.

Humble Pie

Then, disaster. The pity of it is that my football career effectively came to an end in a training session – one of those bizarre training accidents where you barely realise what it is you've done. I smashed my cartilage, seriously damaging my knee, and stupidly, I tried to play on.

Afterwards I should still have been resting up, but I tried to get back into the game too quickly. I was out for eleven long weeks, getting more and more paranoid, terrified that someone else would take my place on the bench. Once the plaster came off, I started training again like a demon. After training sessions, I would spend hours in hot and cold baths, trying to ease the pain, to reduce any swelling. Deep down, I think I knew I was in trouble, but I pushed these kinds of thoughts to the back of my mind. I was determined to put in a third appearance for the first team and in order to do that, I had to ignore the message my body was trying to send me.

But come the start of the new season, there was no getting away from it. The club's manager and his assistant called me into their office on Friday morning to give me the bad news. It was all over for me. I was not going to be signed.

I went home, shut myself away and had a good cry. I couldn't face seeing anyone. I suppose I mourned for what might have been. But I was also certain that I had no future in football. I wanted it all, or I wanted nothing. No matter how much promise I had shown, I was always going to be labelled as the player with a gammy knee. I had to let go of the game I love. I wanted to be the best at whatever I did, not the kind of guy that people secretly laughed at behind his back. I needed a new challenge. The only question was: what would it be?

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Source 3



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Fantastic Fundraising Ideas 

Click on the icons to check out our top fundraising ideas.


Sport-a-thon


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Dress Up

Be a sport and dress up!

Everyone loves a bit of fancy dress, so get the whole school to sport something fetching for Sport Relief! It's easy and fun, plus it's something absolutely everyone can do. If you each make a small donation for the privilege, you'll raise loads of cash and make a huge difference to people's lives.

Why don't you...?

- Challenge staff and pupils to dress up as their favourite (or least favourite) sporting personality.
- Get in the Olympic spirit - your students could come dressed as the Olympic flag or wear the kit for different Olympic sports.
- Ask students to base their whole outfit on the red-and-white stripy theme of our fantastic Sport Relief Socks.

You could even...

Let your pupils decide what the staff have to wear. If they each pay to vote for your dress code, you'll really get your fundraising off to a fantastic start.

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 **Top Tools**

Here are some top tools to get your fundraising off to a great start.

- [Socks for Schools order form](#)
- [Sponsorship form](#)
- [Downloadable event poster](#)
- [Sport Relief School Quiz](#)
- [Letter to parents](#)
- [Letter to teachers](#)
- [Template press release](#)
- [Free Secondary Schools kit](#)

How your money helps

£25



£25 could provide 10 street children in India with their own bank account to save their earnings securely and work towards a brighter future.

Pay your money in



It couldn't be easier to pay in the fundraising cash you've raised - and you'll even get a special certificate for your school!

[Pay your money in now](#) ➔

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**Open out this page to see
Source 2 and Source 3**