

Name:

Day One

Just One Sport

Part 1: Silent read

→ Find out about a new trend in student sports. Read silently.

Mary Washington was a talented high school athlete. She played field hockey in the fall. She played basketball in the winter. She ran track in the spring. Today, Washington is a mom. Her son is athletic like her. He is 15 years old. He plays on selective baseball teams. He wants to try football. But he is worried. If he tries football, will it take time away from baseball?

Today, kids can play one sport all year long. More young athletes are deciding to focus on the sport they play best. “I never get sick of playing basketball,” says one player. “I love it!” Twelve-year-old Shannon Larkin is good at many sports. But she is passionate about soccer. Her goal is to play soccer in the Olympics. She has decided to quit all other sports. “Soccer is what she loves to do,” says her dad.

But focusing on one sport can be dangerous. When young athletes use the same muscles all year long, they risk getting hurt. They can also get bored and burned out. Experts worry that if adults push kids to concentrate on one sport, this sends the message that sports are about being the best instead of being fit or having fun.

But Shannon Larkin’s dad supports her decision to focus on the sport she loves best. “As long as that is what she truly wants to do, I have no problem with it,” he says.



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// one minute

Part 2: First timed read

WPM _____

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Part 3: Comprehension and discussion

Why did Shannon Larkin quit all sports except soccer?

What is one bad thing that can happen if kids focus too hard on one sport?

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Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

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Today, / kids can play one sport all year long. // More young athletes are deciding to focus on / the sport they play best. // “I never get sick of playing basketball,” / says one player. // “I love it!” // Twelve-year-old Shannon Larkin is good at many sports. // But she is passionate about soccer. // Her goal is to play soccer in the Olympics. // She has decided to quit / all other sports. // “Soccer is what she loves to do,” / says her dad. //

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I read the passage in phrases out loud to my partner.