

Name:

## Day One

# Dangers of Gymnastics

### Part 1: Silent read

→ People love watching women’s gymnastics. Find out some problems with this popular sport. Read silently.

Millions of Americans rooted for the U.S. women’s gymnastics team as they competed at the Rio Summer Olympics. Simone Biles and her teammates looked graceful and strong as they flipped and twirled. Many little girls dream of being Olympic gymnasts. However, this sport is full of dangers.

Top competitors must begin training full time when they are seven or eight years old. They forego birthday parties, other hobbies, and friends. They spend up to 10 hours a day at the gym. “The only people you see are gymnasts,” says former gymnast Heidi K. “The only people you talk to are gymnasts and coaches.”

Gymnastics is hard on young bodies. Gymnasts break bones and tear muscles. Some coaches expect girls to train even when they are injured. One gymnast broke her back three times before she was 14 years old.

Gymnasts must be small and light. They struggle to stay thin, and some develop eating disorders. Christy Henrich was a top gymnast. In 1989, a judge told her she was too fat. She became anorexic. Her weight dropped to 47 pounds. Finally, in 1994, she died.

“People don’t see the real sport,” says Sierra S., a former U.S. team member. “They see what looks pretty and elegant on the surface, but they don’t realize what really goes on. How you’re afraid to talk about how much you hurt.”



Day One

// one minute

# Dangers of Gymnastics

Part 2: First timed read

WPM \_\_\_\_\_

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47

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62

77

91

103

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115

129

139

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153

168

182

185

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199

214

227

## Part 3: Comprehension and discussion

How is gymnastics dangerous?

How did Christy Henrich die? \_\_\_\_\_

## Day One

# Dangers of Gymnastics

### 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.

Millions of Americans / rooted for the U.S. women’s gymnastics team / as they competed at the Rio Summer Olympics. // Simone Biles and her teammates looked graceful and strong / as they flipped and twirled. // Many little girls dream of being Olympic gymnasts. //

However, / this sport is full of dangers. // Top competitors must begin training full time / when they are seven or eight years old. // They forego birthday parties, / other hobbies, / and friends. // They spend up to 10 hours a day at the gym. // “The only people you see are gymnasts,” / says former gymnast / Heidi K. // “The only people you talk to are gymnasts and coaches.” //

Gymnastics is hard on young bodies. // Gymnasts break bones and tear muscles. // Some coaches expect girls to train / even when they are injured. // One gymnast broke her back three times / before she was 14 years old. //

Gymnasts must be small and light. // They struggle to stay thin, / and some develop eating disorders. // Christy Henrich was a top gymnast. // In 1989, / a judge told her she was too fat. // She became anorexic. // Her weight dropped to 47 pounds. // Finally, / in 1994, / she died. //

“People don’t see the real sport,” / says Sierra S., / a former U.S. team member. // “They see what looks pretty and elegant on the surface, / but they don’t realize what really goes on. // How you’re afraid to talk about how much you hurt.” //

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