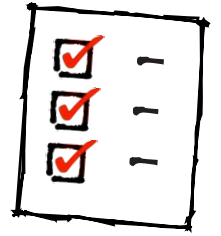


Name:



Day Two

Football Gets Heavy

Part 1: Tricky phrases and words

→ Read these phrases and words **out loud** to your partner.

- it was unusual to find a high school football player over 300 pounds
- Brockton High School has a top team
- They think gaining weight will help them play better
- Overweight teens may become overweight adults
- They get seriously injured more often
- They feel intense pressure from family

- | | |
|-------------------------------------|------------------------------|
| <input type="checkbox"/> different | DIF rent |
| <input type="checkbox"/> heavier | HEV ee ur |
| <input type="checkbox"/> unusual | un YOO zhoo ul |
| <input type="checkbox"/> offensive | uh FEN siv |
| <input type="checkbox"/> naturally | NACH uh ruh lee |
| <input type="checkbox"/> overweight | OH ver wayt |
| <input type="checkbox"/> continue | kun TIN yoo |
| <input type="checkbox"/> pressure | PREH shur |



Decoding practice:

Circle the two base words in the compounds below. The first one is done for you.

football

commonplace

heavysset

Westwood

overweight

teammates



Day Two

// one minute

Football Gets Heavy

Part 2: Last read

WPM _____

High school football players today are different from players in the past. They are faster, they are stronger, and they are much heavier.

In the past, it was unusual to find a high school football player over 300 pounds,	39
but now these players are commonplace. In 2017, 12 of the top 40 high school	54
players weighed over 300 pounds. You can see this trend in many teams. Brockton	68
High School has a top team. The average weight on their offensive line is 262	83
pounds. In 1984, the average weight was over 50 pounds lighter.	94

Why are players heavier today? Some are naturally heavysset. Others lift weights and	107
eat a lot. They think gaining weight will help them play better. Some have poor	122
diets. Charlie Stevenson, a coach in Westwood, says, “Their diets have been	134
horrible their whole lives. They eat French fries and McDonald’s food. They’re	146
just obese.”	148

Like Coach Stevenson, many people are worried about the size of today’s players.	161
Being overweight can be dangerous. Overweight teens may become overweight	171
adults. They are at risk for heart disease. They get seriously injured more often.	185

Still, players continue to increase in weight. They feel intense pressure from	197
family, coaches, and teammates. Andrew Knowlton, a player from Danvers, says,	208
“All the older guys tell you, ‘You’ve got to lift. Got to eat. Eat right, but eat a lot.’”	227
Today’s players think getting better means getting bigger.	235

Part 3: Comprehension and discussion

Is it good for young football players to try to gain weight? Why or why not?

Ask your partner to answer the same question. Check the box that fits.

- My partner thinks this is good.
- My partner thinks this is not good.

What is your partner’s reason? _____