

Name:

Day One

Anne Strike: Polio Survivor

Part 1: Silent read

→ What is polio? Read silently.

Anne Wafula Strike is a polio survivor. She was born in Kenya. She had polio when she was two years old. Strike developed paralysis, serious muscle weakness. She relearned to walk, but she needed special help. Strike said, "While my friends wore short skirts and heels, I wore polio boots." Even with special boots, Strike moved very slowly. It took her an hour to walk as far as others walked in a minute.

Anne Strike reinvented herself as a world-class athlete. She holds two records for speed in wheelchair racing. She is a proud mother and a mentor. Strike also educates other people about polio.

Polio is a virus that often targets children. Most people that have polio recover on their own at home. But some people get a more serious type of polio. This type of polio can lead to paralysis and death.

For many years, American parents lived in fear of polio. People could not forecast where it would pop up each summer. Parents prevented their children from going to crowded places. Some places postponed large events and closed pools. The summer of 1952 was the worst for polio. More than 3,000 American children died of polio that year.

People were very afraid of the paralysis polio could cause. Some people needed a wheelchair for the rest of their lives. Others might have speech problems or have trouble breathing. In 1954, Americans welcomed a brand-new polio vaccine. Because of the vaccine, polio was eliminated in the U.S.

Source: "‘Disabled By Polio, But Enabled by Determination’: How Paralympian Anne Wafula Strike MBE Can Inspire Us All," *The Huffington Post*, July 30, 2014.



Day One

// one minute

Anne Strike: Polio Survivor

Part 2: First timed read

WPM _____

Anne Wafula Strike is a polio survivor. She was born in Kenya. She had polio when she was two years old. Strike developed paralysis, serious muscle weakness. She relearned to walk, but she needed special help. Strike said, "While my friends wore short skirts and heels, I wore polio boots." Even with special boots, Strike moved very slowly. It took her an hour to walk as far as others walked in a minute.

49
67
73

Anne Strike reinvented herself as a world-class athlete. She holds two records for speed in wheelchair racing. She is a proud mother and a mentor. Strike also educates other people about polio.

88
103
105

Polio is a virus that often targets children. Most people that have polio recover on their own at home. But some people get a more serious type of polio. This type of polio can lead to paralysis and death.

122
141
144

For many years, American parents lived in fear of polio. People could not forecast where it would pop up each summer. Parents prevented their children from going to crowded places. Some places postponed large events and closed pools. The summer of 1952 was the worst for polio. More than 3,000 American children died of polio that year.

160
174
189
201

People were very afraid of the paralysis polio could cause. Some people needed a wheelchair for the rest of their lives. Others might have speech problems or have trouble breathing. In 1954, Americans welcomed a brand-new polio vaccine. Because of the vaccine, polio was eliminated in the U.S.

216
233
246
249

Part 3: Comprehension and discussion

Why were American parents so afraid of polio?

How old was Anne Wafula Strike when she had polio?

Day One

Anne Strike: Polio Survivor

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.

Anne Wafula Strike / is a polio survivor. // She was born in Kenya. // She had polio / when she was two years old. // Strike developed paralysis, / serious muscle weakness. // She relearned to walk, / but she needed special help. // Strike said, / "While my friends wore short skirts and heels, / I wore polio boots." // Even with special boots, / Strike moved very slowly. // It took her an hour to walk / as far as others walked in a minute. //

Anne Strike reinvented herself / as a world-class athlete. // She holds two records for speed in wheelchair racing. // She is a proud mother / and a mentor. // Strike also educates other people / about polio. //

Polio is a virus that often targets children. // Most people that have polio / recover on their own at home. // But some people get a more serious type of polio. // This type of polio / can lead to paralysis / and death. //

For many years, / American parents lived in fear of polio. // People could not forecast / where it would pop up each summer. // Parents prevented their children / from going to crowded places. // Some places postponed large events / and closed pools. // The summer of 1952 was the worst for polio. // More than 3,000 American children died of polio / that year. //

People were very afraid of the paralysis / polio could cause. // Some people needed a wheelchair / for the rest of their lives. // Others might have speech problems / or have trouble breathing. // In 1954, / Americans welcomed a brand-new polio vaccine. // Because of the vaccine, / polio was eliminated in the U.S. //

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