

Name:

Day Two

Just One Sport

Part 1: Tricky phrases and words



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

- Mary Washington was a talented high school athlete
- kids can play one sport all year long
- Twelve-year-old Shannon Larkin is good at many sports
- When young athletes use the same muscles all year long
- this sends the message that sports are about being the best
- But Shannon Larkin's dad supports her decision to focus on

- | | |
|--------------------------------------|--------------------------|
| <input type="checkbox"/> deciding | duh SEYE ding |
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Decoding practice:

Circle the base words in the longer words below. Remember, a base word shows the core meaning of a longer word. The base word includes no word endings or prefixes. The first one has been done for you.

talented

athletic

selective

passionate

dangerous



Day Two Just One Sport

// one minute

Part 2: Last read

WPM _____

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.

Part 3: Comprehension and discussion

Is it okay to focus on one sport, or should kids try different sports? Explain.

Talk to your partner. What does your partner think?

- Focusing on one sport is okay
- It is better to play different sports