

Name:

## Day One

# Football Gets Heavy

### Part 1: Silent read

➔ Find out how high school players have changed. Read silently.

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

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

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

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



## Day One

// one minute

# Football Gets Heavy

### Part 2: First timed read

WPM \_\_\_\_\_

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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

How are today's players different?

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Give one reason why people worry about heavy players.

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## Day One

# Football Gets Heavy

### 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.

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. // Now, / these players are commonplace. // In 2017, / 12 of the top 40 high school players / weighed over 300 pounds. // You can see this trend / in many teams. // Brockton High School has a top team. // The average weight on their offensive line / is 262 pounds. // In 1984, / the average weight was over 50 pounds lighter. //

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

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

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

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