

Name:

Day One

The Lightning Bolt

Part 1: Silent read

➔ The world's fastest runner: joker or superstar? Read silently.

Usain Bolt was one of the stars of the 2008 Olympics. He set world records in the 100 meters, the 200, and the relay. But most fans remember Bolt's finish in the 100 meters. He showed the world his strong personality.

Bolt had a lot to prove in 2008. The 21-year-old from Jamaica had become one of the world's fastest sprinters. He took second at Worlds in 2007. But people were not sure Bolt really had what it took to be a top athlete. He liked to party and crack jokes. He claimed that chicken tenders were his special training food. Bolt was talented but seemed flaky.

Other runners, however, respected Bolt. "He's a phenom, man," sprinter Brian Dzingai told reporters at the Olympics. "He's scratching the surface of what he can do. He's the real deal."

The 100 meters was Bolt's first event of the 2008 Olympics. He ran so fast that, by the end of the race, he had a huge lead. He slowed down. Still running, he pounded his chest in celebration. Even so, he broke the world record.

Some people thought Bolt should have run hard the whole race. Others just loved seeing his amazing accomplishment.

Four years later, Bolt showed he could keep up the constant effort it takes to stay at the top. At the 2012 Olympics he was back, winning three more gold medals. Amazingly, in 2016, Bolt reclaimed the gold in the same three events. He was the first athlete to 'triple-triple' on the world stage.



Day One

// one minute

The Lightning Bolt

Part 2: First timed read

WPM _____

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74
93
107
109

Other runners, however, respected Bolt. “He’s a phenom, man,” sprinter Brian Dzingai told reporters at the Olympics. “He’s scratching the surface of what he can do. He’s the real deal.” 120
134
139

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173
184

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202

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233
249
256

Part 3: Comprehension and discussion

What is Usain Bolt known for?

What does Bolt say he eats as a special training food?

Day One

The Lightning Bolt

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.

Usain Bolt was one of the stars of the 2008 Olympics. // He set world records in the 100 meters, / the 200, / and the relay. // But most fans remember Bolt’s finish in the 100 meters. // He showed the world his strong personality. //

Bolt had a lot to prove in 2008. // The 21-year-old from Jamaica / had become one of the world’s fastest sprinters. // He took second at Worlds in 2007. // But people were not sure / Bolt really had what it took / to be a top athlete. // He liked to party / and crack jokes. // He claimed that chicken tenders were his special training food. // Bolt was talented / but seemed flaky. //

Other runners, / however, / respected Bolt. // “He’s a phenom, / man,” / sprinter Brian Dzingai told reporters at the Olympics. // “He’s scratching the surface / of what he can do. // He’s the real deal.” //

The 100 meters was Bolt’s first event / of the 2008 Olympics. // He ran so fast that, / by the end of the race, / he had a huge lead. // He slowed down. // Still running, / he pounded his chest in celebration. // Even so, / he broke the world record. //

Some people thought Bolt should have run hard / the whole race. // Others just loved seeing his amazing accomplishment. //

Four years later, / Bolt showed he could keep up the constant effort / it takes to stay at the top. // At the 2012 Olympics he was back, / winning three more gold medals. // Amazingly, / in 2016, / Bolt reclaimed the gold in the same three events. // He was the first athlete to ‘triple-triple’ on the world stage. //

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