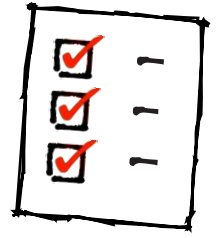


Name:



## Day Two

# Dangers of Gymnastics

### Part 1: Tricky phrases and words

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

- Many little girls dream of being Olympic gymnasts
- Top competitors must begin training full time
- They spend up to 10 hours a day at the gym
- Gymnasts break bones and tear muscles
- and some develop eating disorders
- They see what looks pretty and elegant on the surface

- |                                    |                           |
|------------------------------------|---------------------------|
| <input type="checkbox"/> millions  | <b>MIL</b>   yunz         |
| <input type="checkbox"/> expect    | ek   <b>SPEKT</b>         |
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| <input type="checkbox"/> elegant   | <b>EH</b>   leh   gant    |
| <input type="checkbox"/> surface   | <b>SUR</b>   fiss         |
| <input type="checkbox"/> gymnasts  | <b>JIM</b>   nuhsts       |



### 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.

Americans

graceful

competitors

forego

gymnasts



## Day Two

// one minute

# Dangers of Gymnastics

### Part 2: Last read

WPM \_\_\_\_\_

Millions of Americans rooted for the U.S. women’s gymnastics team as they competed at the Rio Summer Olympics. Simone Biles and her teammates looked graceful and strong as they flipped and twirled. Many little girls dream of being Olympic gymnasts. However, this sport is full of dangers. 47

Top competitors must begin training full time when they are seven or eight years old. 62  
 They forego birthday parties, other hobbies, and friends. They spend up to 10 hours a 77  
 day at the gym. “The only people you see are gymnasts,” says former gymnast 91  
 Heidi K. “The only people you talk to are gymnasts and coaches.” 103

Gymnastics is hard on young bodies. Gymnasts break bones and tear muscles. 115  
 Some coaches expect girls to train even when they are injured. One gymnast broke 129  
 her back three times before she was 14 years old. 139

Gymnasts must be small and light. They struggle to stay thin, and some develop 153  
 eating disorders. Christy Henrich was a top gymnast. In 1989, a judge told her she 168  
 was too fat. She became anorexic. Her weight dropped to 47 pounds. Finally, in 182  
 1994, she died. 185

“People don’t see the real sport,” says Sierra S., a former U.S. team member. 199  
 “They see what looks pretty and elegant on the surface, but they don’t realize what 214  
 really goes on. How you’re afraid to talk about how much you hurt.” 227

### Part 3: Comprehension and discussion

Some coaches expect gymnasts to practice even when they are injured. Do you think coaches are right to push young gymnasts this hard?  Yes  No

Why do you think this?

Check in with your partner. What does your partner think?

- My partner thinks it’s okay for coaches to push young gymnasts.
- My partner thinks it’s not okay for coaches to push young gymnasts.

What reasons does your partner give? \_\_\_\_\_