

Cartwheels to Gold Medals

Gabby Douglas is a talented American artistic gymnast. This means that she performs and competes in a variety of events including the balance beam, the uneven parallel bars, and the vault.

She was born December 31, 1995 in Virginia. Although she is named Gabrielle, most people call her Gabby. Some people call her by her other nickname, The Flying Squirrel. She is called The Flying Squirrel because when she performs her gymnastics skills, it sometimes appears as if she is flying.

Her sister, Arielle, first taught Gabby how to do cartwheels. Gabby was only three years old at the time. Gabby's formal gymnastics training began when she was six. Only two years later, she was a Virginia State Gymnastics Champion.

Gabby's training continued in Virginia for a few years. She then moved by herself to Iowa when she was 14 years old. She lived in Iowa with a host family while she was coached by Liang Chow. Gabby wanted to be coached by one of the best gymnastics coaches in America. Coach Chow had coached another famous gymnast named Shawn Johnson. Shawn Johnson won several gymnastics medals at the 2008 Olympics that were held in China.

Shortly after moving to Iowa, Gabby began to win important gymnastics events all around the world. She earned a spot on the US National Gymnastics Team, bringing home many medals. Gabby also competed in the US Olympic Trials in 2012. She won first place at the Olympic Trials. This earned her a spot on the US Women's Gymnastics Team for the 2012 Olympics held in London, England.

At the 2012 Olympics in England, Gabby competed against the best gymnasts in the world. She won a gold medal for being the best individual all-around gymnast. She also won a gold medal as part of the US gymnastics team competition. Gabby has the honor of being the first American gymnast to ever win both the all-around gold medal and the team gold medal at the same Olympics.

After winning the medals at the Olympics, Gabby wrote a book about her life. Her book became a bestseller. She also appeared on TV shows and her picture appeared on cereal boxes. Even with her new fame, Gabby continued to work hard on her gymnastics training. She plans to compete in the 2016 Olympic Games that will be held in Brazil.

All Eyes on Gabby Douglas

By Sarah Pappas, 15 years old

A few years ago, my family went on a trip to England. The plane flight was long, but it was very exciting when we finally arrived. It was the summer of 2012.

The highlight of our trip to England was watching the Olympic events. We were able to see the women's gymnastics competition. That was my favorite event of all of the Olympic events we watched. I was in shock when I saw Gabby Douglas perform because she was so athletic! I could understand why she is called The Flying Squirrel when I saw her move. She really seemed to fly!

Everyone in my family held their breath as Gabby went through her floor routine. Gabby jumped as high as she could and she seemed to smile throughout the entire song. When her score was displayed, my entire family jumped to their feet and cheered. We were not the only ones. The whole crowd was rooting for her. After Gabby's performance, we waited through a few other gymnastic floor routines. Everyone was doing flips and kicks that were amazing. We were all still hoping Gabby would win a medal. She really seemed to have a special talent that was different from all the other gymnasts.

As soon as the final scores were revealed, the crowd went wild! Gabby had won a GOLD medal for being the best individual all-around gymnast at the 2012 Olympics! Everyone, not only the Americans, cheered for Gabby. What I really enjoyed most about that day was the medal ceremony. We were all very proud of Gabby as she stood on the highest podium while the medal was placed around her neck. My entire family all sang along as the American National Anthem played.

RI.4.6

1. Which passage is the first hand account and which is the secondhand account?

FIRST HAND ACCOUNT = _____

SECOND HAND ACCOUNT = _____

I know this because _____

2. How are the first hand account and second hand accounts the **SAME**?



Color the details in the first hand account that match the information given in the secondhand account.

3. How are the details, tone, or feelings in the first hand account **DIFFERENT** from the information in the secondhand account?

4. Describe how the **FOCUS** is different in the two passages.

RI.4.2

5. What is the **MAIN TOPIC** of Cartwheels to Gold Medals? _____

6. Write one sentence telling the **MAIN IDEA** of Cartwheels to Gold Medals.

MAIN IDEA =
Topic + What the author says about the topic

7. Write a **SUMMARY** of Cartwheels to Gold Medals.

SUMMARY =
Main Idea + Supporting Details

RI.4.3

8. Create a **TIMELINE** of events described in Cartwheels to Gold Medals.



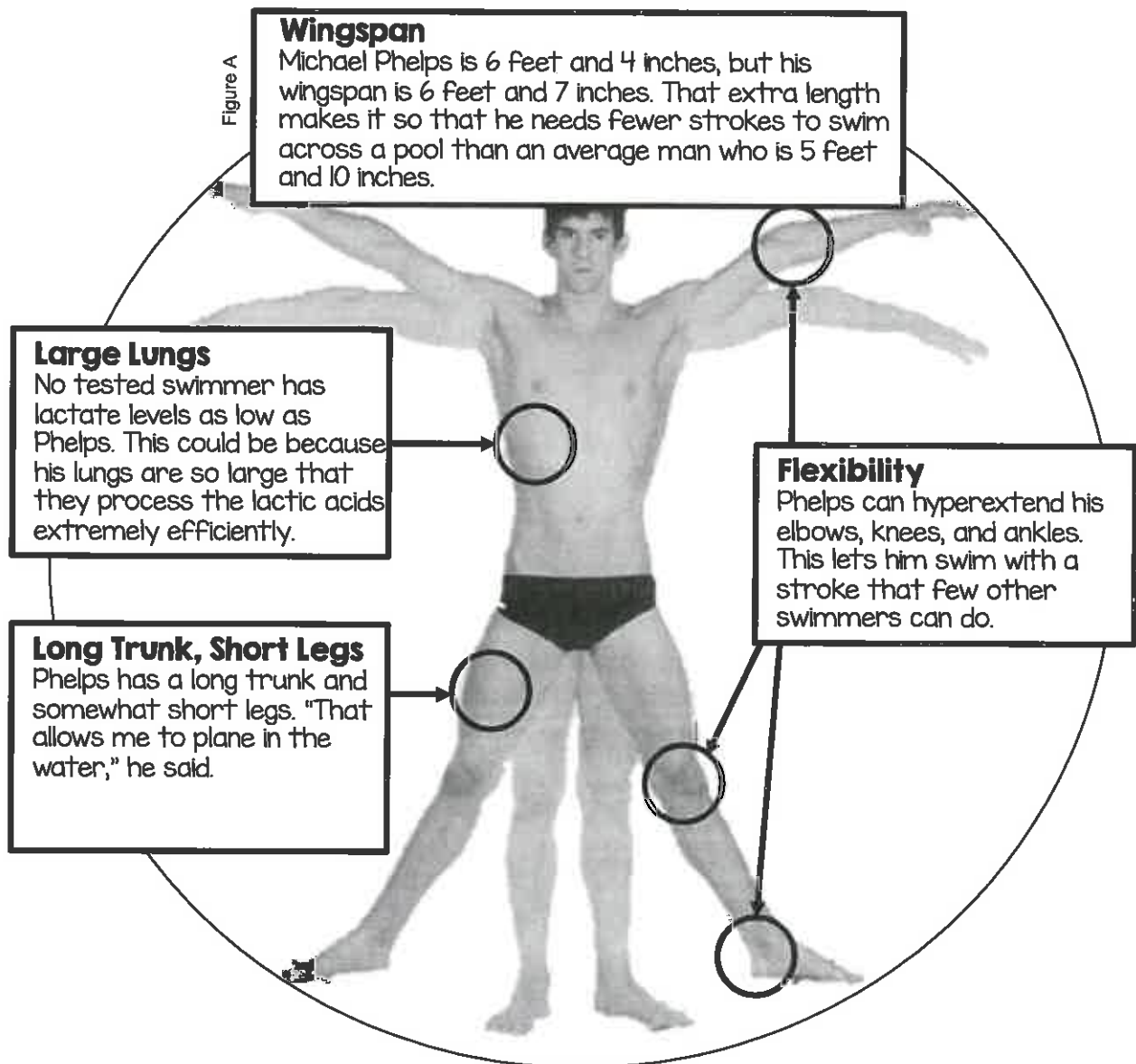
RI.4.3

9.  Color the sentences in the text that explain **HOW** Gabby became such a skilled gymnast.

10. **EXPLAIN** In your own words **HOW** Gabby became such a skilled gymnast.

Michael Phelps: Body Advantage?

Have you ever watched a swimming competition? The swimmers make it look easy as they glide through the water. It really is not as easy as it looks. It takes a lot of effort to push yourself from one end to the other. Michael Phelps is an Olympic gold medalist in this sport. Some wonder why he is so good at what he does. Does he have any advantages over other swimmers? If so, what are those advantages? Let's take a closer look at Michael.



Michael Phelps is tall but this is because he has a longer trunk (chest and stomach). His legs are actually short for a man of his height. This helps him glide through the water smoother. This means that he can reduce the amount of water friction

against him. Friction is where two things are in contact with one another. The more friction there is, the slower the object will move. In Michael's case, he wants very little friction against his body. The less friction, the faster he can go. Think about boats. Faster boats tend to be longer and narrower. They can move faster because there is less friction.

If you stand with your arms straight out to the side, this is called your wingspan. The length of your wingspan is usually close to your height. However, Michael's wingspan is longer than he is tall. Michael Phelps has a height of 6 feet 4 inches. His wingspan is 6 feet 7 inches. Having longer arms helps him push through the water. The more water he can push back, the faster he will go forward. This also means that he needs fewer arm strokes to get to the other end of the pool. This will allow him to use less energy.

D The point where two bones meet is called a joint. For example, the point where your upper leg bone meets the lower leg bone at the knee is called a joint. Joints let your body parts move. Your ankles and elbows are other examples. These joints are only supposed to move so far. Michael's joints can go a little bit further than most people's joints. His ankles can flex a little more so they act like a flipper. Many animals that live in water have flippers. This helps them be better swimmers than those that do not have them. Because Michael's ankle can act like a flipper, he can swim faster than people with less flexibility in their ankles.

When exercising, have you ever had a pain in your side, muscle soreness, or felt really tired? This feeling could have something to do with the build-up of a compound called lactate. Your body needs energy for activity. As you do these activities, your body uses the energy but needs oxygen to create the energy. If your body does not have enough energy, lactate will begin to build up. This compound causes people to feel sore and tired. In comparison to other swimmers, Michael Phelps had less lactate in his body. This shows that his body is breaking down energy properly which allows him to perform well.


Could all of these things about Michael Phelps give him an advantage over other swimmers? It might. But without hard work and training, none of these things would allow him to out-perform the other swimmers who also put in a lot of time and hard work.

Complete Sentences	Cite the Evidence	Restate the Question
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RI.4.7

1. Describe what **FIGURE A** shows.

2. How does **FIGURE A** help the reader understand the text? If **FIGURE A** were missing, how would the reader's understanding of this passage be different?

3.  Color the information in **FIGURE A** that you cannot get from reading the text?

4. Draw a diagram of a body that has an advantage for a swimmer. Label the parts of the drawing that show the swimmer's advantage.

RI.4.2

5. What is the **MAIN IDEA** of this text.

MAIN IDEA =

Topic + What the author says about the topic

6. Write a **SUMMARY** of this text.

SUMMARY =

Main Idea + Supporting Details

RI.4.8

7. The **MAIN POINT** the author is trying to make is:

8. One supporting **REASON** is:



Color the **EVIDENCE** that supports this reason.

RI.4.5

9. Read Paragraph D.

This paragraph has a cause and effect relationship. **DESCRIBE** this cause and effect.

CAUSE:

EFFECT:



Reading Response Questions

NONFICTION CHOICES

(texts based on reality, facts, information)

- NF1. Write the main idea of the passage and three supporting details.
- NF2. Explain three facts you learned about the topic.
- NF3. Find one text feature that was helpful and explain how it helped you understand the passage.
- NF4. Find three interesting words that are new to you. Use context clues to determine their meanings. Write the words and your guesses at their meanings.
- NF5. Would you read another book on this topic? Explain why you would or would not.
- NF6. What questions do you still have about the topic? Write down at least three.
- NF7. Were you able to visualize the topic as you read? Explain what your mind pictured as you read.
- NF8. Write a recommendation of the book. Be sure to explain why you like the book and why you think others will like it too.
- NF9. Think of a strategy that we used in class recently and apply it to your reading. Write about what you did and how it worked for you.
- NF10. Compare and contrast this book (or topic) with another you have read.

FICTION CHOICES

(made up stories, NOT REAL)

- F1. Describe the setting by listing at least two details for WHERE the story takes place and WHEN the story takes place.
- F2. Describe the main character. Write about what s/he looks like, provide one character trait, and at least one reason why you chose this trait.
- F3. Describe the problem in the story and how it was solved.
- F4. What lesson did the main character learn? How did s/he learn this lesson?
- F5. Describe the character at the beginning of the story and then at the end. Show how the character changed in the story.
- F6. Write a summary of the story using the prompts: Someone, Wanted, But, So, Then.
- F7. Make a connection between this book and another you've read. Explain how the books are the same and how they are different.
- F8. Compare and contrast one of the characters in the story to yourself. Explain how you are alike and how you are different.
- F9. Would you read another book by this author? Explain why you would or would not.
- F10. What is the book's genre (what kind of fiction)? Explain how you know.



Reading Log

Name: _____ Week of: _____

Directions: Read for at least 20 minutes each night. When finished, choose a response question and answer it below. Be sure to choose a question that is appropriate for your book, record the question number you are responding to, and write in complete sentences. Challenge yourself to answer a different question each night!

Day 1 - Title: _____

Question # _____ Response: _____

Day 2 - Title: _____

Question # _____ Response: _____

Day 3 - Title: _____

Question # _____ Response: _____

Day 4 - Title: _____

Question # _____ Response: _____

