Alternative Method of Instruction

Grade 5

Day 3

Literacy: Fastest Woman in the World

Be sure to use complete sentences to answer the discussion questions and question number 5.

Social Studies: State Directions

In addition to answering the questions, color the state where Wilma Rudolph was born.

Math: adding with missing numbers

Science: Read “How changes in Temperature Affect Weather”

Answer all questions
Fastest Woman in the World
By Pat Parker
2015

Wilma Rudolph (1940-1994) was an African American sprinter from Tennessee who won multiple gold medals in the Olympics and set world records in track and field. As you read, take notes on the obstacles Wilma encountered throughout her life.

[1] Wilma Rudolph crouched at the starting line, every muscle in her lean, 5-foot-11-inch body poised for the race. The starter gave the signal, and Wilma took off. Did this young woman from Tennessee have the strength and determination to win the Olympic gold medal?

Everything in Wilma’s life had prepared her for this moment. But Wilma wasn’t an ordinary athlete. “My life wasn’t like the average person who grew up and decided to enter the world of sports,” she said.

Sick All the Time

Wilma Rudolph was born on June 23, 1940. She weighed four and a half pounds. No one expected her to survive. “I was sick all of the time when I was growing up,” Wilma wrote in her autobiography, Wilma.

Wilma was the 20th of 22 children. In America in the 1940s, segregation kept black and white people from being treated the same. Because the Rudolphs were African American, only one doctor in their town would care for Wilma. Her mother helped by using home remedies to nurse Wilma through measles, mumps, chicken pox, scarlet fever, appendicitis, and double pneumonia. “I think I started acquiring a competitive spirit right then and there, a spirit that would make me successful in sports later on... I was going to beat these illnesses no matter what.”

[5] Wilma fought her hardest childhood battle against polio, a disease that crippled her left leg. Mrs. Rudolph found a black medical college in Nashville, 50 miles away. Twice a week, for several years, Wilma and her mother took the bus to Nashville. At home, Wilma and her family massaged and exercised her weak leg to strengthen it.

After several months, the hospital fitted Wilma with a brace. “The brace went on... and I lived with that thing for the next half-dozen years... When I was six, I started treatments... that lasted until I was ten years old.”

1. **Poise** (verb): to be balanced or suspended
2. the enforced separation of groups of people based on their race
3. to seriously damage
Sending Back the Brace

"I was nine and a half years old when I first took off the brace... I'll never forget it. I went to church, and I walked in without the brace... I'd say it was one of the most important moments of my life," Wilma wrote.

Although she used the brace on and off for three more years, she practiced until she could finally walk without it. When Wilma was 12, her mother wrapped up the brace and sent it back to the hospital.

That summer, Wilma went to a local playground and saw kids playing basketball. She fell in love with the game and decided she would play no matter what.

Off and Running

In the fall, Wilma entered seventh grade and joined the basketball team. For the next three years, she practiced hard. Finally, in tenth grade, Wilma got the chance to be part of the starting team. She began to set state records for scoring.

Ed Temple, the women's track coach at Tennessee State University, saw Wilma play. He invited her to come to Tennessee State during the summers so he could coach her in track. Wilma learned fast. In 1956, at the age of 16, she ran her first Olympic race at the games in Australia and won a bronze medal in the 4x100-meter relay.

Not About to Lose

Wilma's time to shine came four years later. At the 1960 Olympics, she won gold medals in the 100-meter dash and the 200-meter dash. She had one event left as the last leg of a four-woman relay team, all from Tennessee State. As the third woman on the team ran toward her, Wilma reached for the baton and nearly dropped it. Her team was suddenly in third place. Wilma was not about to lose. With a final burst of speed, Wilma raced ahead of the competition, becoming the first American woman to win three gold medals at one Olympics.

The little girl who couldn't walk had become the fastest woman in the world.

Helping Others

After the Olympics, Wilma decided that she wanted to help children overcome their difficulties by participating in sports. Through her teaching and the foundations she established, she helped countless children overcome all kinds of obstacles, just as she had.

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4. In 1981, she founded the Wilma Rudolph Foundation: an organization that trains young athletes and encourages children to participate in sports.
Discussion Questions

Directions: Brainstorm your answers to the following questions in the space provided. Be prepared to share your original ideas in a class discussion.

1. In the context of the text, what obstacles did Wilma Rudolph overcome to become an Olympic gold medalist? How do you think she was able to overcome these obstacles? Describe a time when you overcame something difficult to succeed. How were you able to overcome your obstacle?

2. In the text, the author states that there was only one doctor who would treat Wilma Rudolph. How do you think Wilma’s childhood would have been different if she had been allowed to see additional doctors and specialists? Would it have made a difference in her athletic career? Explain your thinking. What other prejudice do you think Wilma likely faced as an African American woman in sports?

3. How do you think Wilma Rudolph’s Olympics medals contributed to positive changes in America? How do you think it made people feel to see an African American woman succeeding in sports? How did Wilma go on to help others after the end of her athletic career? What men and women in sports are creating change today? How are they creating this change?
Text-Dependent Questions

Directions: For the following questions, choose the best answer or respond in complete sentences.

1. PART A: Which statement identifies the central idea of the text?
   A. Wilma was able to overcome illness and injury to become a top athlete.
   B. Without the support of her family, Wilma would have never made it to the Olympics.
   C. Wilma was lucky that her injuries didn’t keep her from winning in the Olympics.
   D. Racial discrimination kept Wilma from getting the help she needed for her illnesses.

2. PART B: Which TWO details from the text best support the answer to Part A?
   A. “Did this young woman from Tennessee have the strength and determination to win the Olympic gold medal?” (Paragraph 1)
   B. “Because the Rudolphs were African American, only one doctor in their town would care for Wilma.” (Paragraph 4)
   C. “Wilma fought her hardest childhood battle against polio, a disease that crippled her left leg.” (Paragraph 5)
   D. “At home, Wilma and her family massaged and exercised her weak leg to strengthen it.” (Paragraph 5)
   E. “With a final burst of speed, Wilma raced ahead of the competition, becoming the first American woman to win three gold medals at one Olympics.” (Paragraph 12)
   F. “After the Olympics, Wilma decided that she wanted to help children overcome their difficulties by participating in sports.” (Paragraph 14)

3. Which of the following best describes how the author introduces Wilma in the text?
   A. as someone who overcame great obstacles
   B. as an athlete with a unique background
   C. as a nervous and anxious woman
   D. as an extraordinary athlete

4. Reread the quote, "The little girl who couldn’t walk had become the fastest woman in the world" (Paragraph 13). How does the sentence contribute to the development of ideas in the text?
   A. It emphasizes the significance of Wilma’s accomplishment.
   B. It stresses how difficult the journey was for Wilma.
   C. It shows how committed Wilma was to her dream.
   D. It portrays Wilma’s accomplishment as a miracle.
5. What connection does the author draw between Wilma's childhood illnesses and her later drive in sports?
1. What state are you living in? ____________
2. What borders your state to the North? ____________
3. What borders your state to the South? ____________
4. What borders your state to the East? ____________
5. What borders your state to the West? ____________
6. From your state, what direction is the Pacific Ocean? ____________
7. From your state, what direction is the Atlantic Ocean? ____________
8. From your state, what direction is Mexico? ____________
9. From your state, what direction is Canada? ____________
Adding with missing numbers

Grade 5 Addition Worksheet

Find the missing numbers:

1) _____ + 21 + 53 = 138
2) 57 = 29 + _____ + 3

3) _____ + 64 + 96 = 186
4) 85 = 38 + _____ + 24

5) 95 + 6 + _____ = 146
6) 103 = 33 + 39 + _____

7) 71 + _____ + 85 = 194
8) 72 + 41 + _____ = 124

9) 142 = _____ + 35 + 42
10) _____ + 30 + 74 = 142

11) 146 = 65 + _____ + 71
12) 94 = 50 + 41 + _____

13) 49 + 27 + _____ = 120
14) _____ + 49 + 60 = 123

15) 56 + 16 + _____ = 84
16) 197 = 73 + _____ + 41
How Changes in Temperature Affect Weather

Temperature affects the weather in a huge way as it affects the air's ability to absorb water vapor. More water vapor in the air means the air can become warmer and this will ultimately cause weather conditions such as thunderstorms and hurricanes. The way in which cold and warm air interacts is what makes us get different weather conditions.

The thing that affects the heat of the air and the land is the sun. The stronger the rays of the sun, the more heat there is in the air. As the air rises up into the atmosphere, its temperature will fall and this is what causes clouds. If more and more moisture is taken in by the clouds, this is what causes precipitation that can fall in the form of rain, sleet, snow or hail.

When cold and warm temperature masses meet, this is what causes different weather conditions. So for instance, when a cold air mass moves into a warm air mass the cold air will contract. This will then cause the cold air to become denser and heavier than the warm air so it is pushed out underneath the warm air. This type of activity is what causes conditions such as thunderstorms. The air will probably become cooler too as the sky begins to clear from the fronts moving on. On the opposite side, when a warm air front moves into a cold one, this will cause the warm air to rise as it is not as dense or as heavy as the cold air. This may cause some form of precipitation which falls on the land as snow or rain.

There are also the occasions where the cold and warm air fronts remain stationary and do not move. As a result of this, there will probably be some precipitation and weak winds.

So we say that the temperature has an influence in creating the type of precipitation that results from water-vapor exchanges between earth and atmosphere. The air is made up of individual molecules just like any other physical material. When exposed to warm or hot temperatures, these molecules expand as they dry out. When this happens, the air becomes less able to hold moisture, or water vapors. When air becomes cold, its molecules contract, which allows them to better hold onto moisture. As a result, rain, sleet or snow occurs when temperatures are cooler, while hot dry air produces little to no precipitation.
**Writing Activity**

1. When cold and warm temperature masses meet, what happens?

2. Temperature has an influence in creating the type of precipitation. How?

3. How are clouds formed?

4. What causes thunderstorms and hurricanes?