



# TeachersFirst READING TREKS

## *Nadia: The Girl Who Couldn't Sit Still*

### Teacher Guide

### Grade Level & Content Areas

Access Reading  
Trek Map

**Ages:** 5-10

**Grades:** K–5 (read-aloud),  
1 - 4 (independent)

**Reading Level:** 3rd Grade

**Lexile Measure:** 900L

**Guided Reading Level:** V

**Developmental Reading**

**Assessment (DRA):** 60

**Content Areas:** English/language arts, reading, literature, social studies (including history and geography), math, and physical education.

## Synopsis of Book

Karlin Gray shares Nadia Comaneci's journey to making Olympic history. In this motivational story, a very active young girl named Nadia channels her energy into the sport of gymnastics. Her hard work, hours of practice, and perseverance are rewarded when she receives the first ever perfect score and becomes the youngest gold medal recipient in history. Illustrations by Christine Davenier help readers feel as if they too are flying through the air.

## Standards

### Common Core State Standards for K–5

#### Reading: Literature

- Key Ideas and Details
- Craft and Structure

#### Reading: Informational Text

- Key Ideas and Details
- Craft and Structure

#### Writing

- Text Types and Purposes
- Research to Build and Present Knowledge

## National Curriculum Standards for Social Studies

- Theme 1: CULTURE
- Theme 2: TIME, CONTINUITY, AND CHANGE
- Theme 3: PEOPLE, PLACES, AND ENVIRONMENTS

## National Core Arts Standards for Visual Arts

- CREATING
- RESPONDING

## National Core Music Standards

- Listening to, analyzing, and describing music

## SHAPE America-Society for Health and Physical Educators

- Locomotor (running and leaping, jumping and landing, and combinations)
- Nonlocomotor (balance, weight transfer, and rolling)

## National Association for Music Education

### RESPONDING

- **Analyze** - Analyze how the structure and context of varied musical works inform the response
- **Interpret** - Support interpretations of musical works that reflect creators'/performers' expressive intent

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## Using a TeachersFirst® Reading Trek to Explore This Book

TeachersFirst Reading Treks create a virtual field trip of resources about a piece of literature or a text using the My Maps feature of Google Maps. To motivate and enrich student reading, teachers and students can reference this visual collection of web resources and images as they relate to the contents of a book.

TeachersFirst has done the hard work for you! Use the activities in this teacher guide and the accompanying [Reading Trek map](#) as you and your students explore this book. And, if you feel inspired, you (or your students) can create your own Reading Trek about this or another book!

# Using This Reading Trek in Class

Below is a list of ideas for how to use this Reading Trek in your educational setting.

## Working with the Map:

1. Introduce the book to the whole class on an interactive whiteboard using the Reading Trek map and highlighting the various layers.
2. Consider having students write a biography using The Biography Maker ([TeachersFirst review](#)). Students can work in groups (or as a whole class activity for younger students) to research and write a biography of an individual using Adobe Creative Cloud Express for Education ([TeachersFirst review](#)).
3. Have students create a magazine cover using Big Huge Labs ([TeachersFirst review](#)) and write an article about the subject's journey and how that person earned the magazine cover.
4. Have students create a motivational fitness poster using DesignCap ([TeachersFirst review](#)).
5. View other book cover illustrations by [Christine Davenier](#) and, working in pairs or small groups, allow students to create a story in response to the image. (Note that these images are copyrighted and may not be downloaded or saved electronically without permission.)

## Extension Activities:

1. Read [The ABC's of Yoga for Kids](#) by Teresa Power. Challenge students to practice the positions of each letter. This is especially helpful during stressful periods of time. (Note: Families should be notified so that children wear appropriate, loose fitting clothing and footwear.)
2. In a PE classroom setting, students can practice various tumbling activities as safety equipment allows.
3. Music plays a crucial role in the rhythmic performance of the floor exercises. Listen to music on ccMixter - Dig ([TeachersFirst review](#)) and Music Map ([TeachersFirst review](#)) that could be played during floor exercises, then have students design a series of tumbling routines and dance moves as part of a floor exercise routine. You can also encourage them to actively participate in rhythmic gymnastics using ribbons, ropes, or hoops to demonstrate flexibility, grace, and balance. These can be individual or group activities.
4. Host a mini Olympics within the school; each class represents a country. Each class can design and wear their own T-shirts to engage in activities or games like tricycle races, crab crawls, obstacle events.
5. After viewing the news clips that are embedded in the Reading Treks map in the Nadia Comaneci's Journey layer, discuss how sports reporting has changed over time

## Helpful Resources

### From TeachersFirst:

- [TeachersFirst CurriConnects Book List - Maps](#)
- [TeachersFirst Review of Google My Maps](#)
- [OK2Ask: Engage & Inspire with Reading Treks](#)

### Other Resources:

- [Karlin Gray](#)
- [Gymnastics 101](#)
- [Gray and Teachingbooks.net](#)