



TeachersFirst **READING TREKS**

Nadia: The Girl Who Couldn't Sit Still

[TeachersFirst Reading Treks Link](#)

Synopsis of Book

Karlin Gray shares the story behind Nadia Comaneci's journey to make Olympic history. This motivational story shows how a very active young girl was able to channel that energy through the sport of gymnastics. The hard work, hours of practice, and perseverance were well rewarded as Nadia received the first ever perfect scores and became the youngest gold medal recipient. Illustrations by Christine Davenier help readers feel as if they too are flying through the air.

Using a TeachersFirst Reading Trek to Explore This Book

TeachersFirst Reading Treks are a way of creating a virtual field trip of resources about a piece of literature or 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 a book.

TeachersFirst has done the hard work for you! Use the activities in this Instructional Guide and the accompanying Reading Trek 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!

Grade Level & Content Areas

Grades K-4, Ages 5-10. Teacher Read-Aloud: K-5 grade. RL: 3-4 grade. Lexile: 900L. English/language arts, reading, literature, social studies (including history and geography), math, and physical education.

Common Core State Standards for K-5

Reading

- **Informational Text** (key ideas and details and craft and structure)
- **Literature** (key ideas and details and craft and structure)

Writing

- **Text Types and purposes**
- **Research** (to build and present knowledge)

ISTE: Student Standards

- (1) Empowered Learner: Students leverage technology to take an active role in choosing, achieving, and demonstrating competency in their learning goals, informed by the learning sciences.
- (3) Knowledge Constructor: Students critically curate a variety of resources using digital tools to construct knowledge, produce creative artifacts, and make meaningful learning experiences for themselves and others.
- (6) Creative Communicator: Students communicate clearly and express themselves creatively for a variety of purposes using the platforms, tools, styles, formats, and digital media appropriate to their goals.

National Curriculum Standards for Social Studies

- **Theme: CULTURE**
- **Theme: TIME, CONTINUITY, AND CHANGE**
- **Theme: PEOPLE, PLACES, AND ENVIRONMENTS**

National Core Arts Standards for Visual Arts

- **CREATING**
- **RESPONDING**

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

- **Listening to, analyzing, and describing music.**

Using the Reading Trek in Class

This title has connections to culture and people, places, and environment; additionally, this text has history connections in the realm of time, continuity, and change.

1. Introduce the book to the whole class on an interactive whiteboard using the Reading Trek map, and highlighting the various layers.
2. Using Karlin's Tips for [Writing a Biography](#), students can work in groups (or a whole class activity for younger students) to research and write a biography of an individual using [Adobe Spark in K-12](#) ([TeachersFirst review](#)).
3. Students can create a magazine cover using [Big Huge Labs](#) ([TeachersFirst review](#)) and then write an article about the person's journey and how they earned the magazine cover.
4. Students can create a motivational fitness poster using [DesignCap](#) ([TeachersFirst review](#)).
5. View other illustrations by [Christine Davenier](#) and, working in pairs or small groups, students can create a story in response to the image. (It should be noted that these images are copyrighted and may not be downloaded or saved electronically without permission.)

Additional Activities

1. Read *The ABC's of Yoga for Kids* by Teresa Power. Challenge the 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 the music that is played during the floor exercises. [ccMixter - Dig](#) ([TeachersFirst review](#)) or [Music Map](#) ([TeachersFirst review](#)) offer nice collections of music tracks for this activity.
 - a. Students can listen to various musical tracks and design a series of tumbling routines and dance moves as part of a floor exercise routine.
 - b. Students can actively participate in rhythmic gymnastics using ribbons, ropes, or hoops to demonstrate flexibility, grace, and balance. This can be an individual or group activity.
4. Host a mini Olympics within the school; each class can represent a country. Each class can design T-shirts to be worn. Activities or games can include tricycle races, crab crawls, obstacle events, etc.
5. Discuss how sports reporting has changed over time after viewing the news clips that are embedded in the Reading Treks map in the Nadia Comaneci's Journey layer.

Helpful Resources

- [Karlin Gray](#)
- [Christine Davenier](#)
- [Gymnastics 101](#)
- [Gray and Teachingbooks.net](#)
- [TeachersFirst CurriConnects Book List - Maps](#)

- [TeachersFirst Review of Google My Maps](#)
- [OK2Ask: Google MANIA - Google Maps: Make Learning a Journey with Reading Treks](#)