



Student/Classroom: _____ Examiner: _____ Assessment Date: _____

Michelle Kwan: Heart of a Champion

Michelle Kwan: Heart of a Champion is the autobiography of ice skater Michelle Kwan. At the age of twelve, hoping **(to)** enter the Olympics, Kwan decides to **(move)** from skating at the Junior level **(to)** the Senior level. It is a **(big)** change, and she needs to pass **(a)** skating test to do it. Her **(coach)**, Frank Carroll, doesn't think that **(she)** is ready. But Kwan doesn't **(want)** to wait. While Carroll is away, **(she)** takes the skating test and passes.

(When) Carroll comes back, Kwan tells him **(what)** she has done. He is furious **(at)** first. Then he tells her that **(she)** is going to have to work **(harder)** than ever to make her skating **(artistic)**.

Kwan's parents are worried that **(there)** will be too much pressure at **(the)** next level, but they support her **(decision)**. Kwan feels ready for the challenge. **(She)** knows she will be compared to **(the)** best skaters in the world. She **(is)** a good jumper, but she is **(young)**, and her programs have been easy.

(Each) skater has two programs to skate: **(the)** technical or short program and the **(free)** skate or long program, which counts **(for)** more of the score. Skaters must **(perform)** certain moves in each program: spirals, **(spins)**, and jumps. If a skater doesn't **(t)** do some of them or makes **(a)** mistake, the judges take away points.

(A) skater needs to be strong in **(body)** and mind. There is at least **(one)** big competition every month. Practicing takes **(a)** lot of hard work, and skaters **(spend)** a lot of time in the **(gym)**, on the ice, and traveling. They **(are)** very sore at the end of **(the)** day. Kwan also has to go **(to)** school and do her homework.

Kwan **(tries)** hard to remember that skating isn't **(t)** the only important part of her **(life)**. School is very important and so **(are)** family and friends. The real challenge **(is)** to keep in mind both



the **(skater)** and the person she wants to **(be)**.



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Michelle Kwan: Heart of a Champion is the autobiography of ice skater Michelle Kwan. At the age of twelve, hoping **(her, to, of)** enter the Olympics, Kwan decides to **(important, make, move)** from skating at the Junior level **(to, while, four)** the Senior level. It is a **(big, decision, much)** change, and she needs to pass **(by, a, through)** skating test to do it. Her **(parents, coach, wish)**, Frank Carroll, doesn't think that **(its, skaters, she)** is ready. But Kwan doesn't **(want, believe, feel)** to wait. While Carroll is away, **(she, the, you)** takes the skating test and passes.

(Each, When, One) Carroll comes back, Kwan tells him **(what, how, that)** she has done. He is furious **(at, with, because)** first. Then he tells her that **(any, it's, she)** is going to have to work **(smart, after, harder)** than ever to make her skating **(ease, smoothly, artistic)**.

Kwan's parents are worried that **(judges, coach, there)** will be too much pressure at **(an, their, the)** next level, but they support her **(doing, chosen, decision)**. Kwan feels ready for the challenge. **(one, No, She, Parents)** knows she will be compared to **(weak, the, others)** best skaters in the world. She **(works, can, is)** a good jumper, but she is **(naive, large, young)**, and her programs have been easy.

(First, He, Each) skater has two programs to skate: **(take, the, practicing)** technical or short program and the **(free, best, and)** skate or long program, which counts **(for, lot, twelve)** more of the score. Skaters must **(perform, one, when)** certain moves in each program: spirals, **(spins, toes, while)**, and jumps. If a skater doesn't **(s, t, d)** do some of them or makes **(several, a, some)** mistake, the judges take away points.

(These, Parents, A) skater needs to be strong in **(body, muscles, leg)** and mind. There is at least **(twice, one, more)** big competition every month. Practicing takes **(a, two, has)** lot of hard work, and skaters **(mind, spend, worried)** a lot of time in the **(coach, locker, gym)**, on



the ice, and traveling. They **(decide, are, count)** very sore at the end of **(ever, homework, the)** day. Kwan also has to go **(to, there, tell)** school and do her homework.

Kwan **(knows, tries, also)** hard to remember that skating isn't **(t, d, ll)** the only important part of her **(dreaming, heart, life)**. School is very important and so **(isn't, are, do)** family and friends. The real challenge **(does, takes, is)** to keep in mind both the **(some, young, skater)** and the person she wants to **(at, be, think)**.