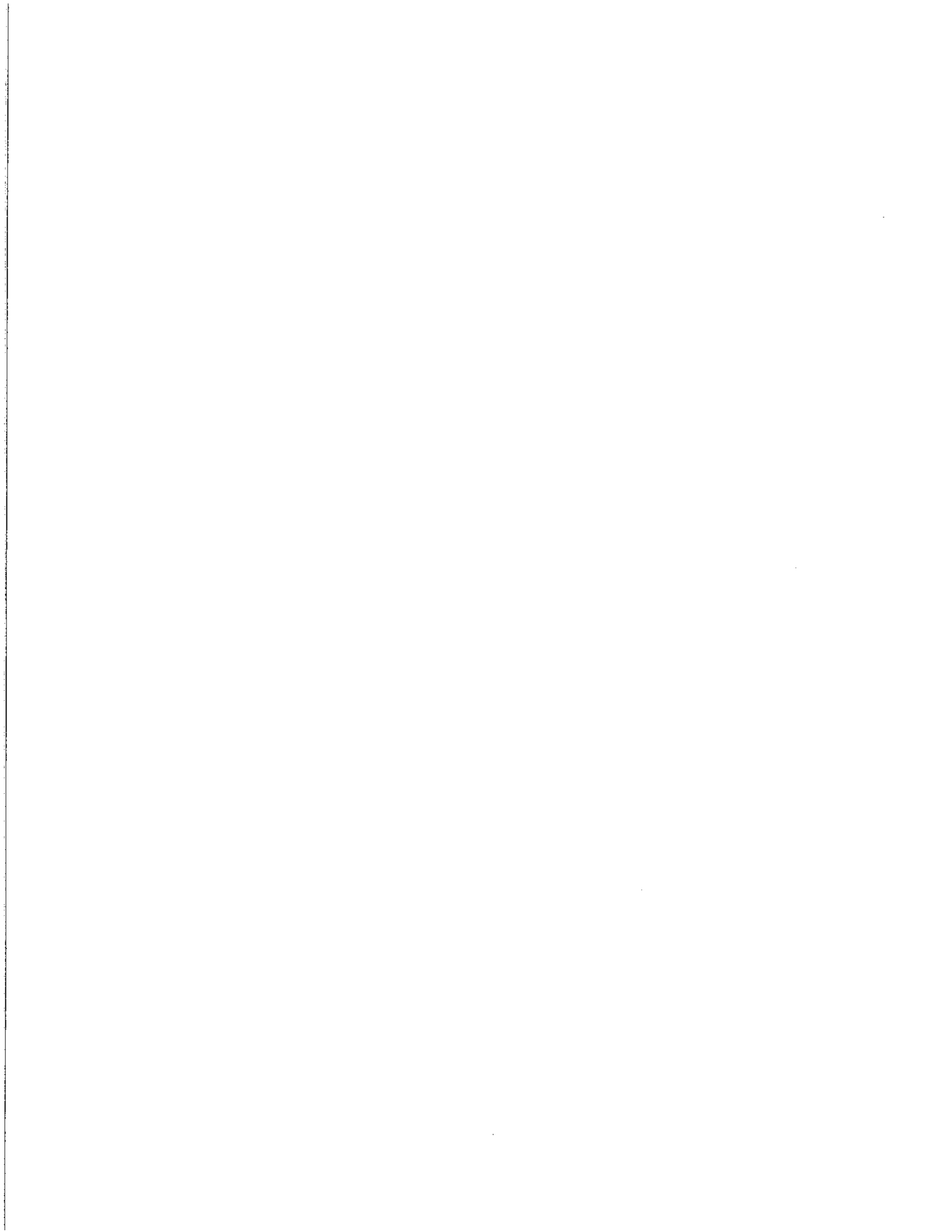


**AMI**

**Day**

**One**



# A Good Night

by ReadWorks



It happens every night-bedtime. But what if you're not sleepy? Should you still go to bed if you are just going to lie there with your eyes wide open?

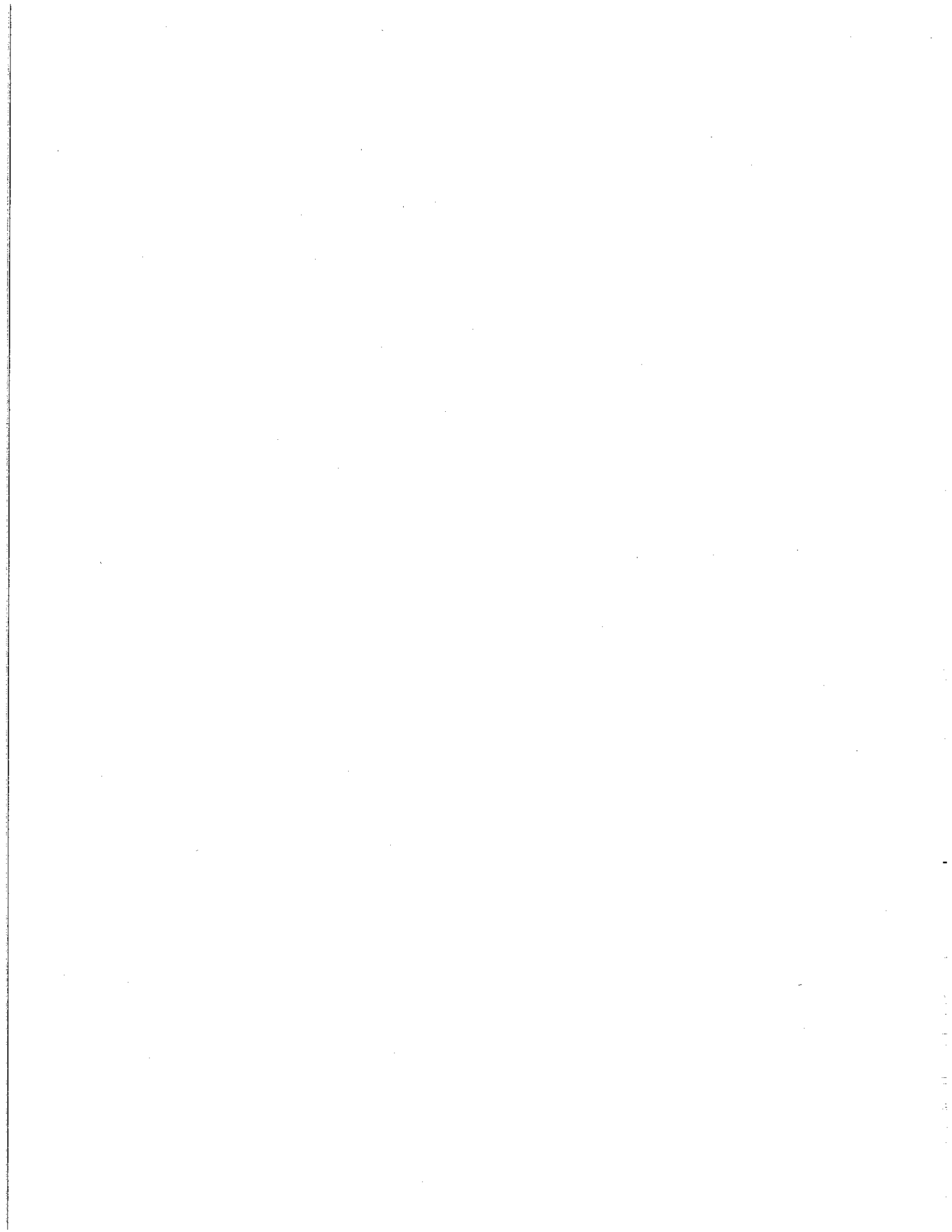
It's a problem that has been around as long as there have been people trying to sleep.

For many, thinking about sleeping only keeps them awake. You might be excited by everything you did that day. You might be excited for what you know you're going to do the day after.

Maybe you can't sleep because you don't like sleeping all alone in your room. Maybe you have a nightmare that keeps coming back every time you close your eyes.

All of these feelings are normal.

One thing that can help is talking to a parent about what you're thinking about. If you're nervous about taking a test, or upset about being teased at school, it can really help to tell somebody. Knowing that somebody has heard you can help your thoughts rest so that you can too.



There's not just one reason why kids can't fall asleep, though, so there's also more than one solution.

If there's anything about your room that makes you feel uncomfortable at night, like a picture that looks strange in the dark, or a noisy faucet that leaks drop after drop, be sure to ask one of your parents if it can be moved or fixed.

It may not even make sense why something bothers you, but if it's keeping you from sleeping, it should be changed.

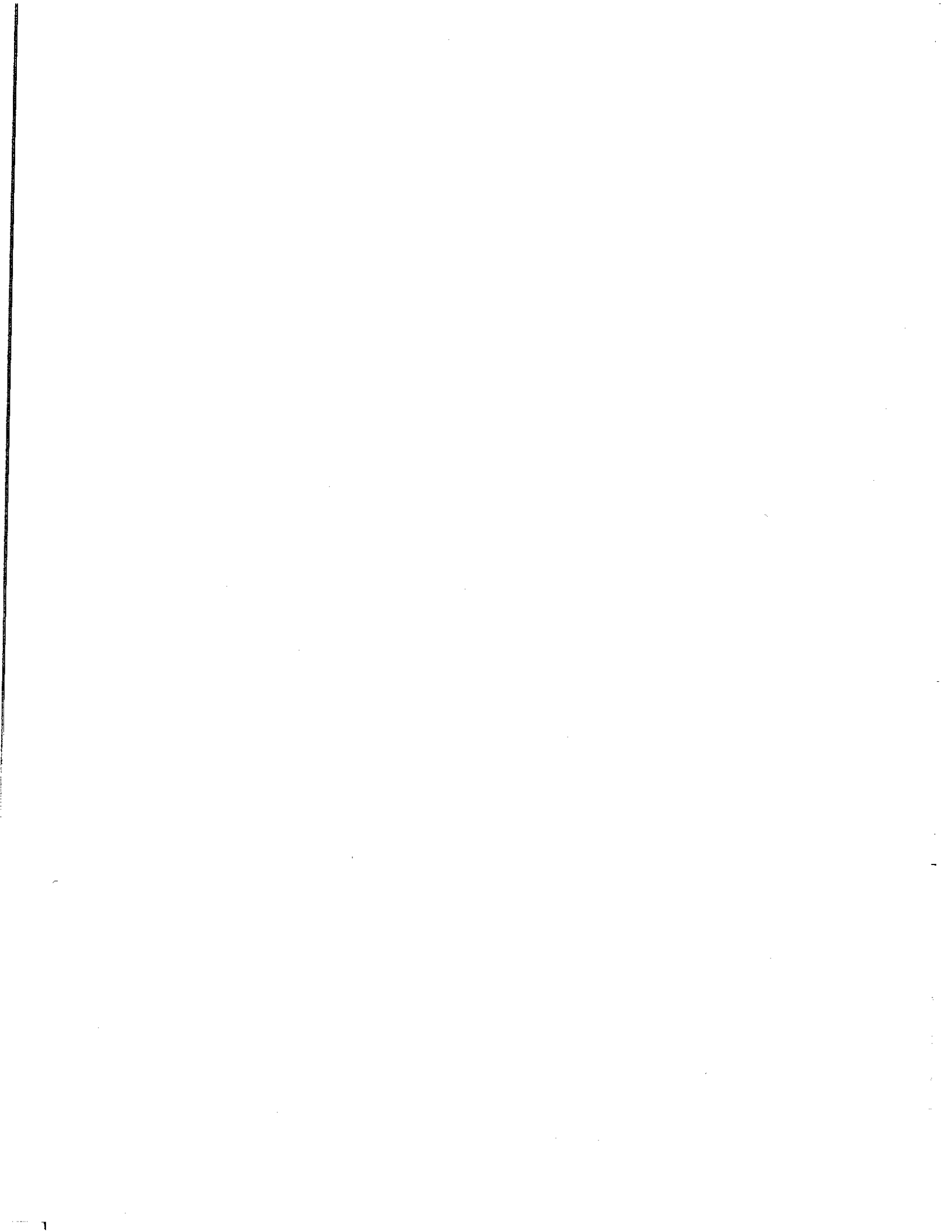
Another idea could be getting ready for bed earlier than usual. Try to take more time to wind down by taking a warm bath, or listening to a bedtime story at least 30 minutes before you want to go to sleep.

It also helps to keep your bedtime routine and time the same every night. By keeping it the same your body will get the message that it's almost time to sleep. Your body will know to start feeling tired.

If you don't want to wake up anyone but are still having trouble falling asleep, you can try closing your eyes and noticing your breath. Are you breathing easy or is it difficult? If you feel like it's difficult, stay focused on your breath and remind yourself that how you breathe is always up to you. Why not breathe easy?

It's important not to give up just because one solution didn't work and you're still awake. Just trying to figure out what's wrong may be enough to make you so tired that you wake up the next morning without knowing how you fell asleep.

So even if you run out of ideas or never get to the bottom of what's keeping you up, you might still have a restful and good night.



5. What is this passage mostly about?

- A. why kids have trouble falling asleep and what they can do about it
- B. some different stories that parents like reading to their children before bedtime
- C. why some people get more nervous than others about tests in school
- D. different daytime activities that make kids too excited to fall asleep at night

6. Read the following sentences: "It also helps to keep your bedtime **routine** and time the same every night. By keeping it the same your body will get the message that it's almost time to sleep."

What does the word "**routine**" mean above?

- A. something done over and over
- B. something that a person has never done before
- C. something that is likely to cause harm
- D. something that people do with others

7. Choose the answer that best completes the sentence below.

Kids can have trouble sleeping for a variety of reasons, \_\_\_\_\_ feeling excited and being alone in a room.

- A. never
- B. although
- C. including
- D. in conclusion

8. Name one thing mentioned in the passage that can keep people from falling asleep at night.

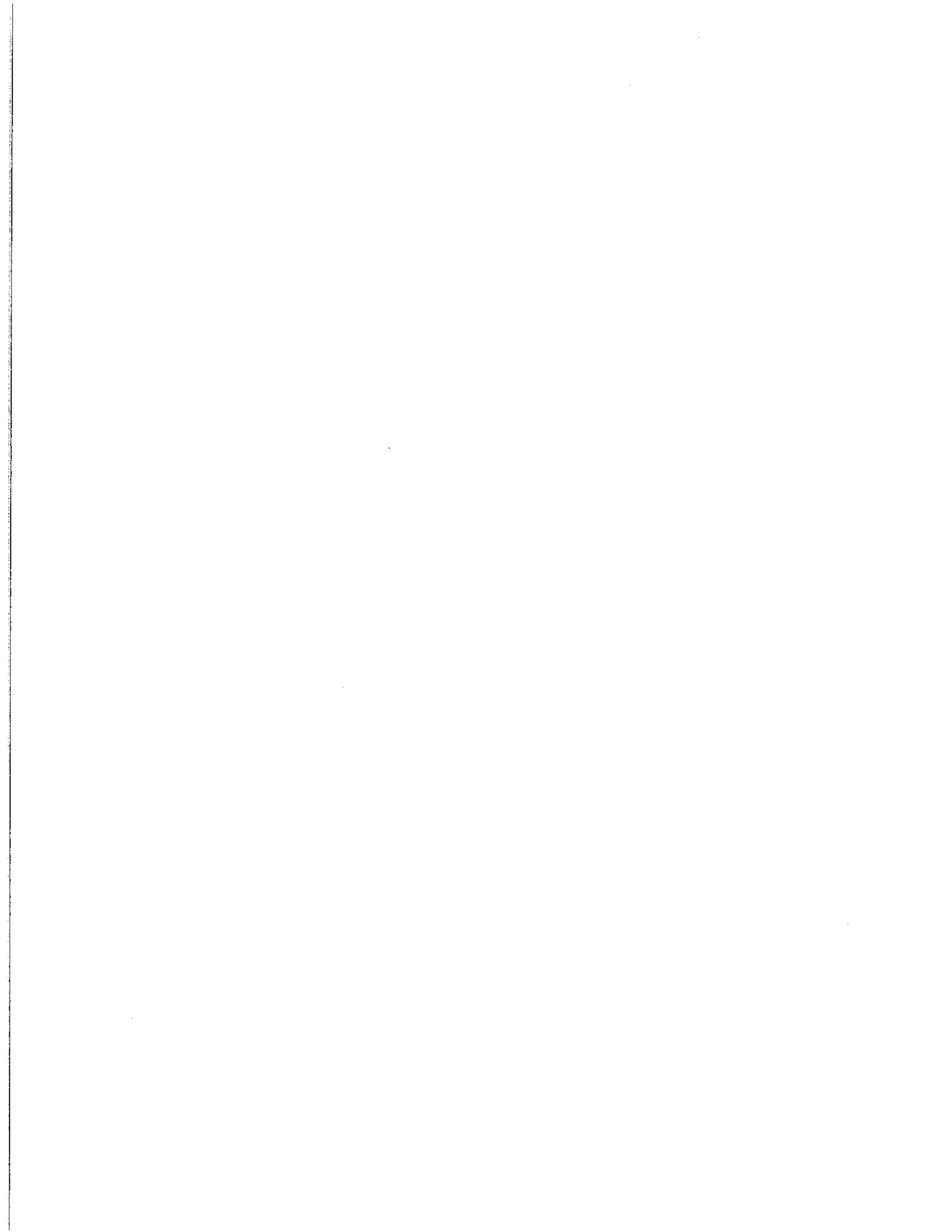
9. Name one thing the passage suggests that people do to help them fall asleep at night.

10. Imagine a friend of yours is having trouble sleeping. Based on the information in the passage, what would you say to him or her?





# AMI Day Two



# Smart About Medicine

by Jennifer Magid

## Check out these dos and don'ts for taking medicine safely.

Did you know that almost one out of three teens think there is nothing wrong with using prescription drugs without a doctor's prescription, according to the Partnership for a Drug-Free America?

Medicines can help people fight illnesses and get better faster, and can keep people from getting sick in the first place. But if they aren't taken correctly, medicines may cause more harm than good. Read on to learn more about responsible medicine use.

### DO take all your antibiotics.

Here's a scenario: After three days of taking the medicine your doctor prescribed for strep throat, you feel great. You still have seven days' worth of pills left. Is it OK to stop taking them and shove them to the back of the medicine cabinet until the next time you get sick?

Nope! Always finish taking all the *antibiotics* (bacteria-fighting drugs) prescribed by your doctor, even if you start to feel healthy again. "When bacteria are undertreated, they have a chance to multiply," says Dr. Tanya Arora, a pediatrician at Children's Hospital Los Angeles. "You get bacteria that no longer respond to the antibiotic." Some antibiotics don't just get rid of bacteria, Arora adds. Some also help prevent other problems. For instance, strep throat that is not fully treated can lead to rheumatic fever, an illness that can damage the heart.

### Don't take someone else's medicine.

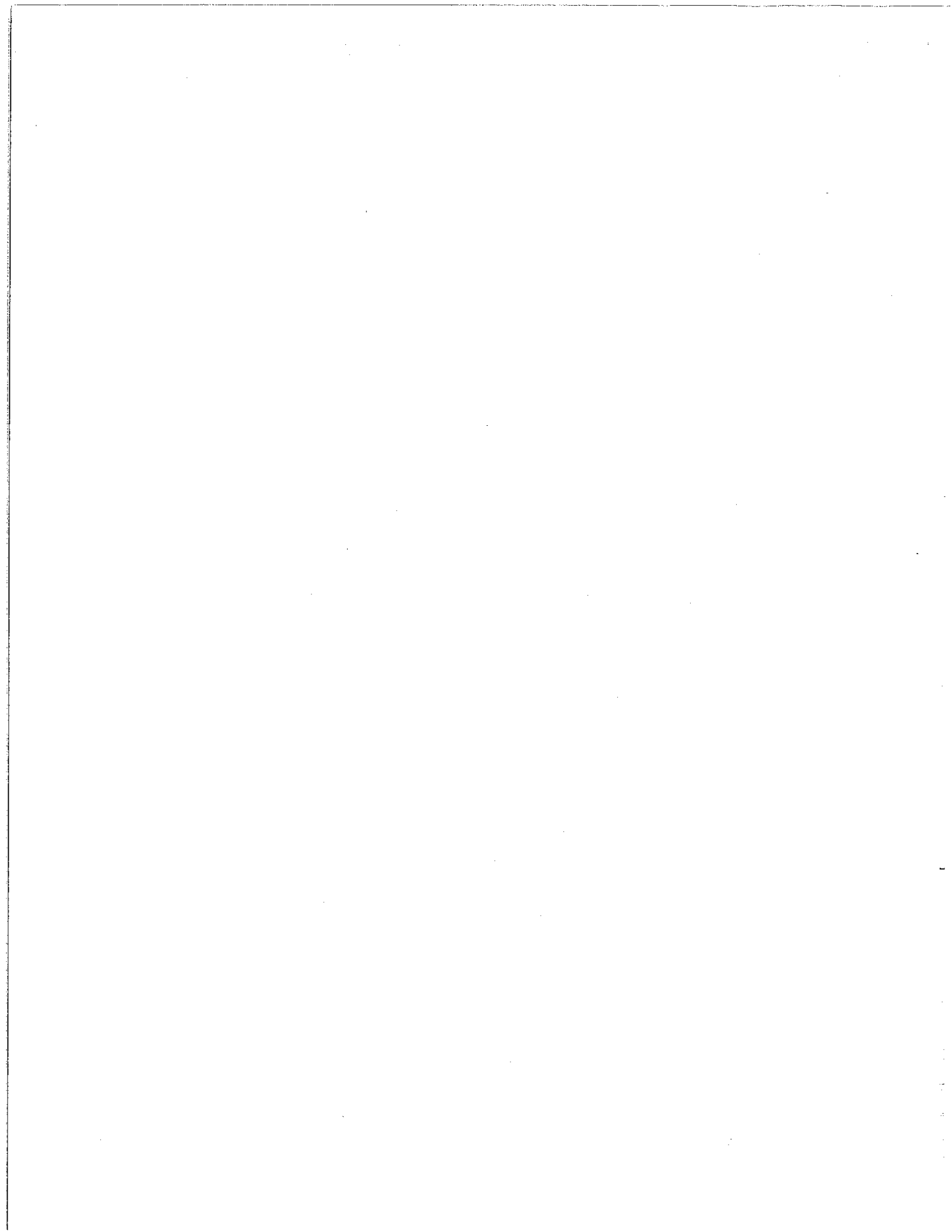
The most common way teens get medications they aren't supposed to be taking is from a friend or a relative, according to the 2008 Monitoring the Future survey. But sharing your medicine, or taking another person's medication, can be dangerous. It's also illegal.

"If the drug was not prescribed for you, you don't ... have your own doctor's knowledge of how the prescription medicine will interact with your own body [or] with other medicines you may be taking," says Steve Pasierb, president of the Partnership for a Drug-Free America. That means you could get very sick.

Plus, if you take someone else's medicine, that person won't have enough of it. Pharmacists cannot refill a prescription if a medication has been used up before it should have been. That could put the other person's health in danger.

### DO make sure you are taking the correct dose.

Every week, approximately one in 10 kids use some kind of cough and cold medicine, according to experts at Boston University. Cough and cold medicines can be a big help when you're sniffing and sneezing. But because you can buy them without a prescription, many people don't realize just how



dangerous those drugs can be if they are misused.

While cough medications may have different names, they often have the same or similar ingredients. For example, the ingredient *diphenhydramine*, which treats coughs, can make you stop breathing if you take too much.

"These medications are not meant to take away all your symptoms and make you feel back to normal -they only help a little bit," Arora says. Taking more than you should won't help your symptoms.

## **DO find out whether your medicine shouldn't be mixed.**

Sometimes, drugs can interact with other drugs, foods, or vitamins. For example, iron supplements can keep *tetracycline*, a common antibiotic, from working. Grapefruit juice affects a number of medicines, such as ones for heart disease and allergies, as well as some that fight infections.

Certain vitamins and supplements for athletes can have damaging effects on the kidneys and liver. "It is important that your doctor know [what you are taking] so that they avoid prescribing medications that may worsen that damage," says Virginia Cox of the Consumer Healthcare Products Association.

## **Don't take expired meds.**

Some medicines don't work as well as time passes or if they are kept in high temperatures. Expired medicine may not work as intended. That is why it is better to always go to the doctor rather than try to figure out on your own what you ought to do.

"Your self-diagnosis may be wrong, and the prescription medicine you take may have a negative impact on what is truly wrong with you," says Pasierb.

# **Rx Quick Check**

## **Put your medicine smarts to the test.**

1. You have a fever but otherwise feel OK. Should you take a medicine that treats fever, sore throat, sneezing, and coughing?

(A) **yes**

(B) **no**

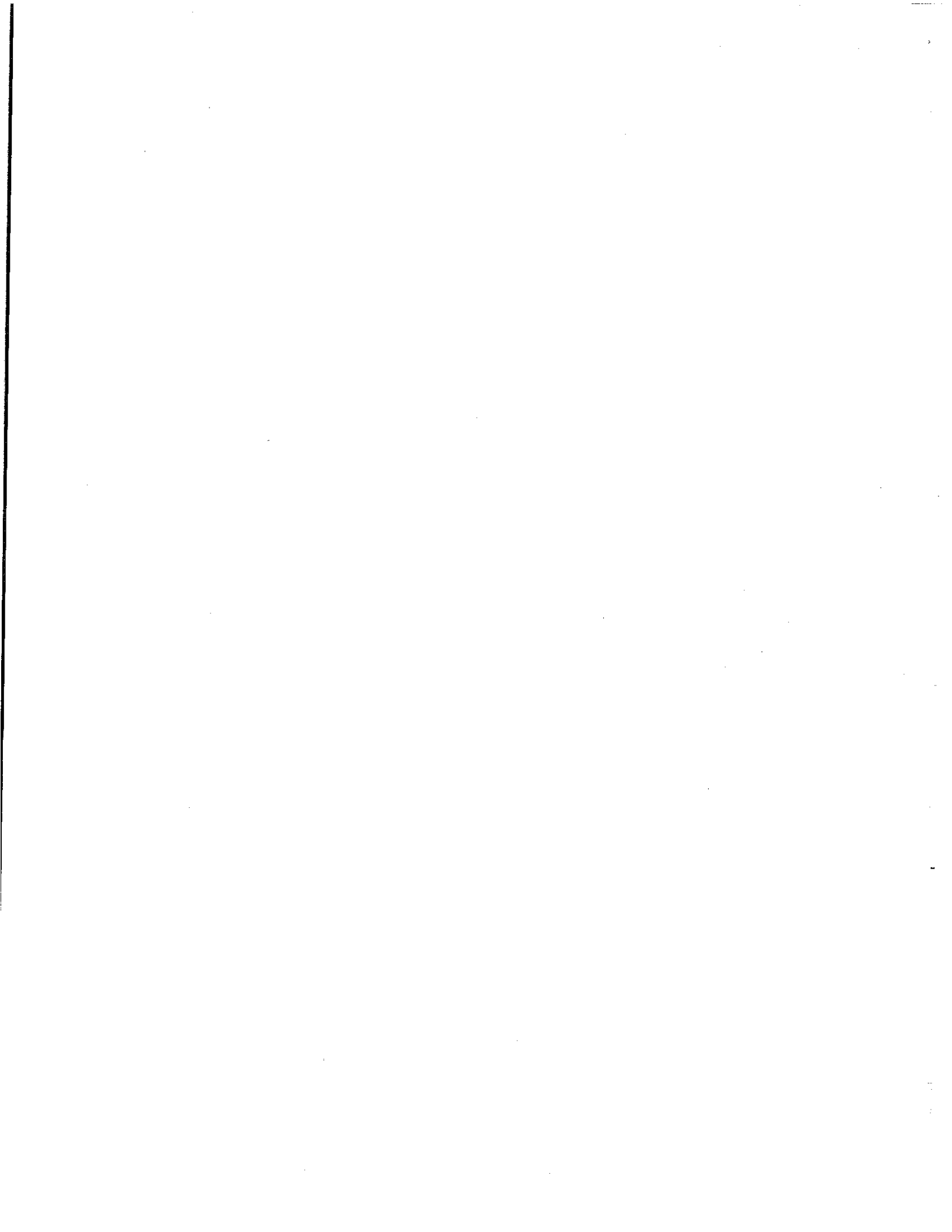
2. Your family has a bottle of medicine with an expiration date of 08/09. That means it was safe to use until

(A) **September 2008.**

(B) **August 2009.**

(C) **2008 or 2009.**

3. **True or False:** Abusing over-the-counter or prescription medications can be just as dangerous as abusing illegal street drugs.



medicine?

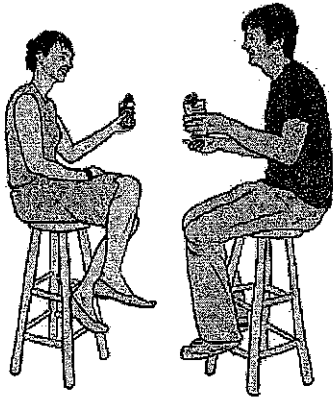
7. Based on the passage, are medicines that you can get without a prescription safer than those with a prescription? Why or why not?

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

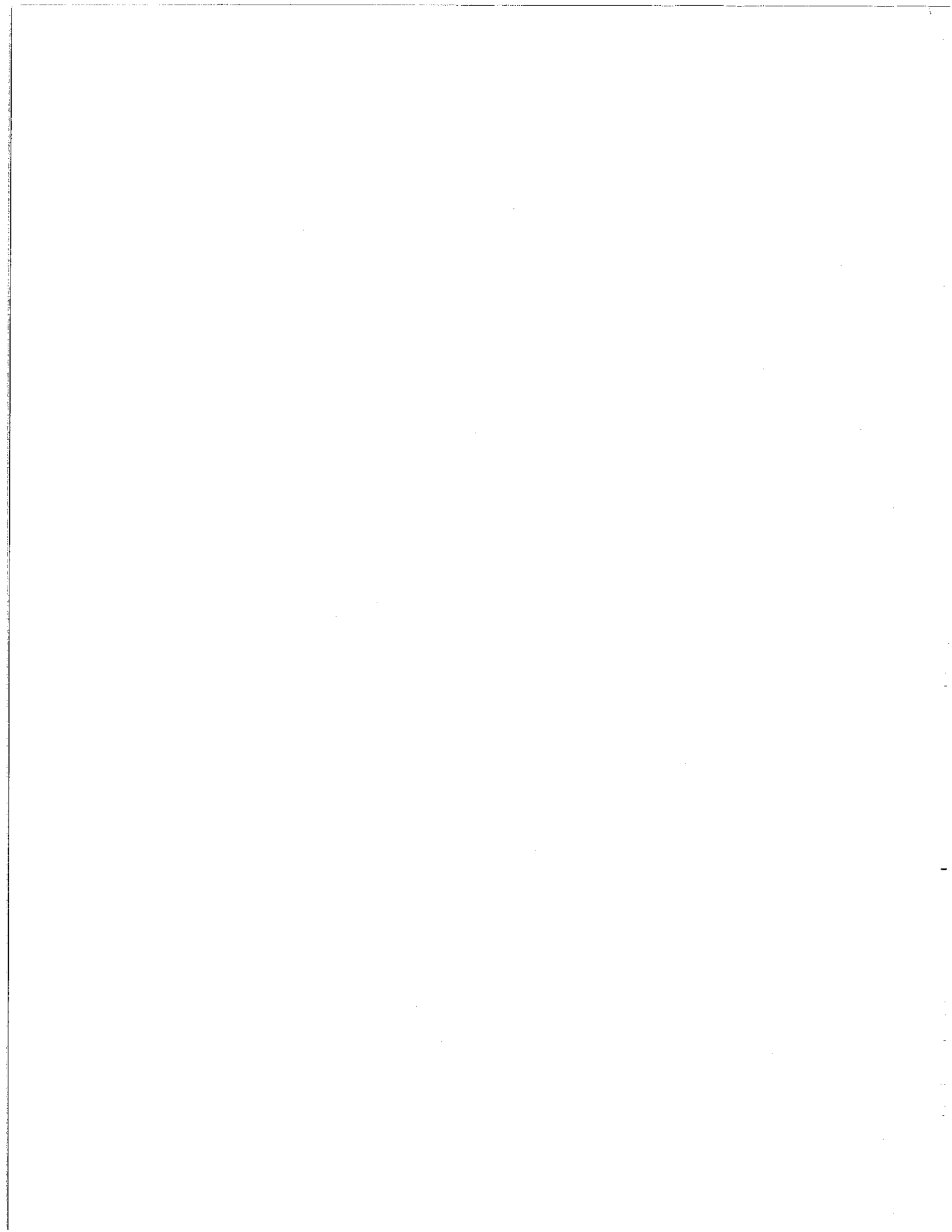
Grapefruit juice can affect a number of medicines, \_\_\_\_\_ you should ask your doctor if it is safe to drink it with your medication.

- A. before
- B. so
- C. because
- D. after

9. Which image best demonstrates the meaning of the word interacting?

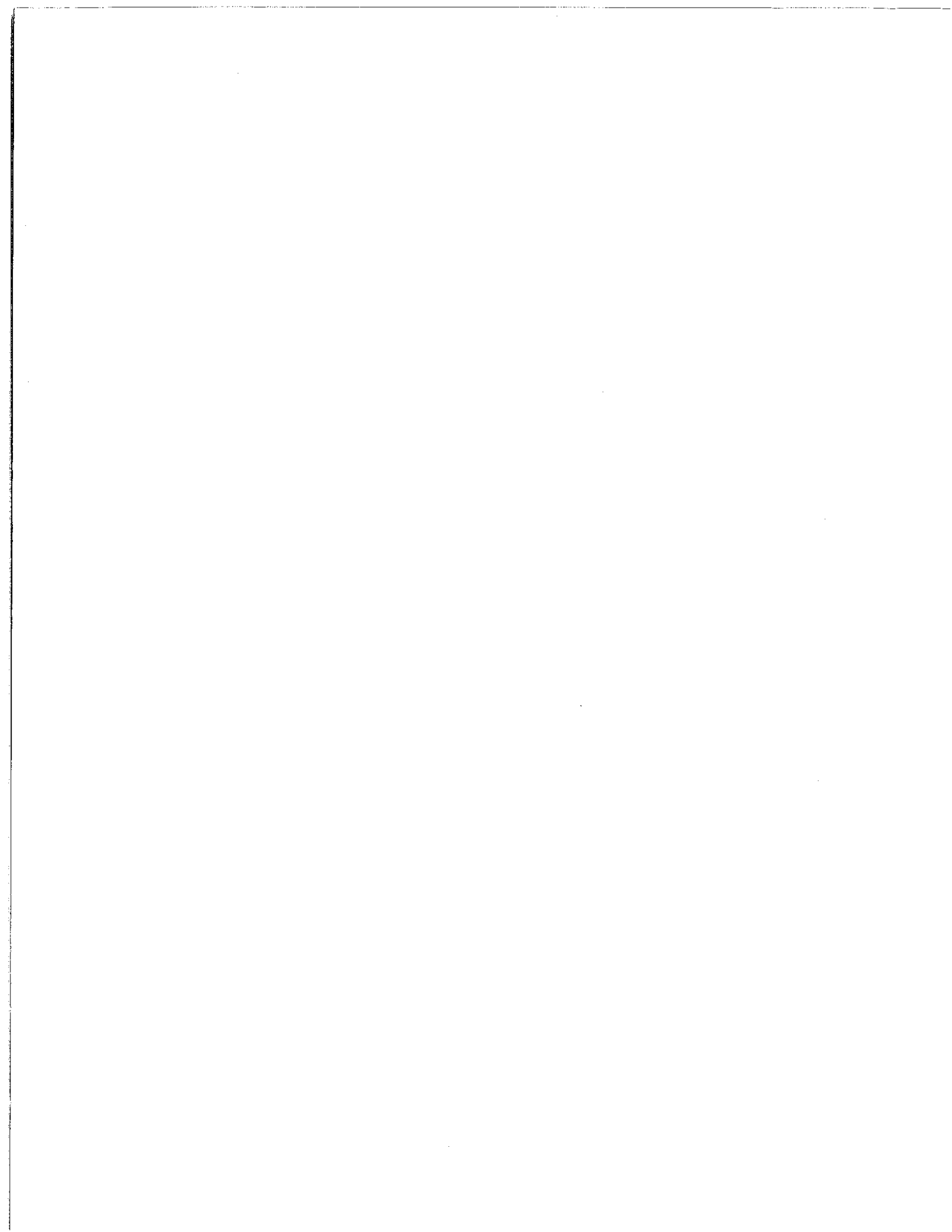


10. According to the passage, which of the following can interact with medicine: water or grapefruit juice? Why?





**AMI  
Day  
Three**



# Fanhood

by ReadWorks

Sam Martinez *knew* baseball. He couldn't count the number of Los Angeles Dodgers games he had been to: his Uncle Gabriel had season tickets and had been taking Sam to games ever since he was three years old. When spring turned into baseball season, he got so excited that his parents practically had to bolt him to his desk after school so that he would do his homework before the night games. His little sisters knew that if they bothered him when he was either watching or listening to the game, they would get yelled at. Even Sam's friends tended to steer clear and tread softly when baseball season began.

Sam couldn't help it: he was obsessed. The smell of freshly cut grass, the feel of the hard and perfectly aerodynamic ball, the ping of the bat as it made contact, the crunch of peanut shells as you made your way down the aisles to the seats, the groans and shouts of the crowd-what could be better than all of this?

Sam had turned his bedroom into a Dodgers shrine, complete with pennants, framed newspaper articles, glass-encased fly balls, and a few autographed headshots. He didn't like other people to come into his room, though-sometimes he was worried it was a bit too much. He had once made the mistake of bringing a friend to a Dodgers game when Uncle Gabriel couldn't go, and it had been a disaster. Jordan had wanted to talk the entire time and barely paid attention to the game. He had then gotten annoyed at Sam for *not* wanting to talk: it was awful. Sam had felt too embarrassed to take notes and jot down the stats for the game, which had really messed up the seasonal scorecard he and Uncle Gabriel usually kept.

The first game of this year's season found the Dodgers pitted against the Chicago Cubs, those eternal underdogs. Sam and Uncle Gabriel handed their tickets to the collector and made their way to the section they had sat in for the last ten years.

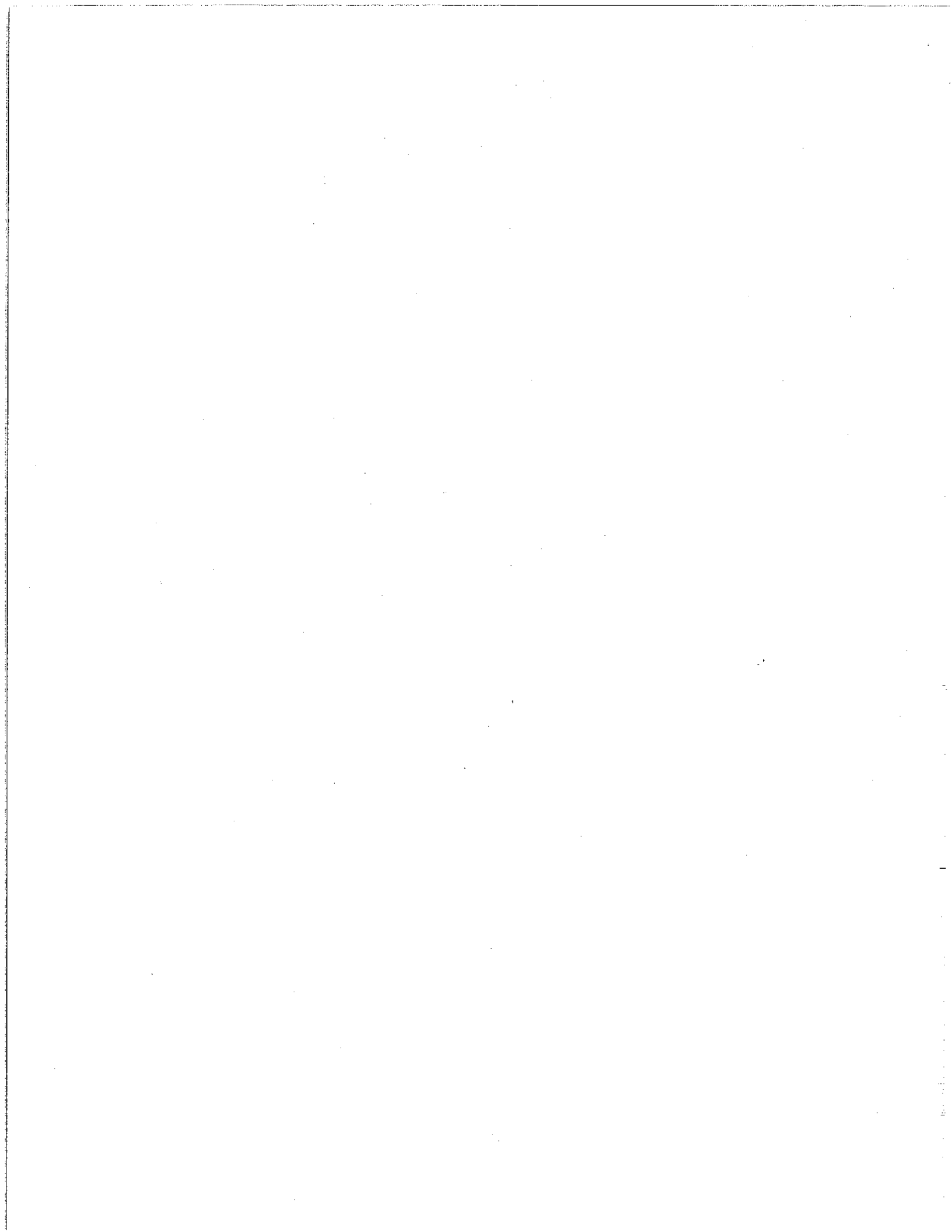
"Think Puig will be as awesome as he was last year, Uncle G?" Sam asked, pulling his blue baseball hat down over his eyes to guard against the sun.

Uncle Gabriel, his pinstriped Dodgers jersey stretched across his heavysset belly, stepped gingerly aside as a family of six rushed past holding containers of popcorn and cotton candy. "Puig is the gift that keeps on giving," he said, looking back at Sam. "Don't worry-he'll make us proud."

They finally reached their section and headed to their seats. Uncle Gabriel took small steps down the row, shouting out greetings as they passed by old friends and fellow season-ticket holders. These guys had been sitting in the same row and section for years together and shared Sam and Uncle Gabriel's passion for the game.

Sam plopped down and took a sip from his Coke, taking in the scene of the half-full stadium in front of him, the brown mountains beyond, and the beautiful bright lights that made Dodger Stadium visible from airplanes. Uncle Gabriel leaned forward to talk to Mr. and Mrs. Salvatore, and Sam closed his eyes and smiled. He felt like he was home.

"Ehem... Pardon me... Excuse me... Sorry... Just need to get in here."



Sam looked up. Jessica Alder, from Sam's eighth grade math class, was leading her dad down the row of seats, looking glum. She sat right next to Sam and made a production of setting her purse down on her feet so that it didn't touch the ground.

"Hi Jessica," Sam said.

She looked up in fake surprise. "Oh hi, Sam. How are you?"

"Pretty good. I didn't know you liked baseball," he said.

She twitched her head toward her dad, who was looking around at the stadium with the same rapturous expression that had been on Sam's face just a few moments before. "He loves it. He just bought season tickets, and my brother couldn't go tonight, so my mom decided we needed some father-daughter time." She rolled her eyes. "I don't even understand how baseball works."

Sam smiled. "Want me to teach you?"

Jessica smiled back and nodded.

It was the first time Sam barely paid attention to a baseball game without being overly upset. He liked talking to Jessica: despite her initial negativity, she actually seemed to get into the game and had even heckled a player or two by the top of the seventh. She didn't laugh at Uncle Gabriel, who was watching with extreme concentration, a small pencil pressed to a pad of notebook paper filled with numbers and notes about the individual players. During the seventh-inning stretch, she sang the baseball fan's pledge of allegiance with gusto, and let her dad hug her when the Dodgers won. Sam couldn't help wondering if maybe, at some game in the future, he himself would hug her if the Dodgers won.

"Maybe I'll come to the next game with my dad," Jessica said, as she, Sam, her dad, and Uncle Gabriel made their way down the stairs, following the slow-moving crowds to the parking lots.

"That'd be cool," Sam said. "See you in school." He waved briefly and followed Uncle Gabriel to their car in the first lot.

Sam was quiet as they got into the car and waited in a long line of traffic to exit the stadium.

"Good game, huh?" Uncle Gabriel asked, looking at him out of the corner of his eye.

Sam felt conflicted: he had really liked watching the game with Jessica, but he had barely paid attention to the action itself. He didn't regret talking with Jessica, but he definitely regretted missing the game. "Yeah, I guess so," he said.

Uncle Gabriel laughed. "Will that young lady be at many games this season?"

"Probably," Sam said, feeling sick-how many games would he miss?

"Don't worry about it, Sammy!" Uncle Gabriel said. "Baseball games should be fun in all sorts of different ways. Don't be too hard on yourself." He chuckled and patted Sam's shoulder. "You can always stay home and watch on TV!"

Sam punched his shoulder and grinned.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. With whom does Sam go to baseball games?

- A. his dad
- B. his little sisters
- C. his mom
- D. his uncle

2. How does Jessica's attitude toward baseball change in the story?

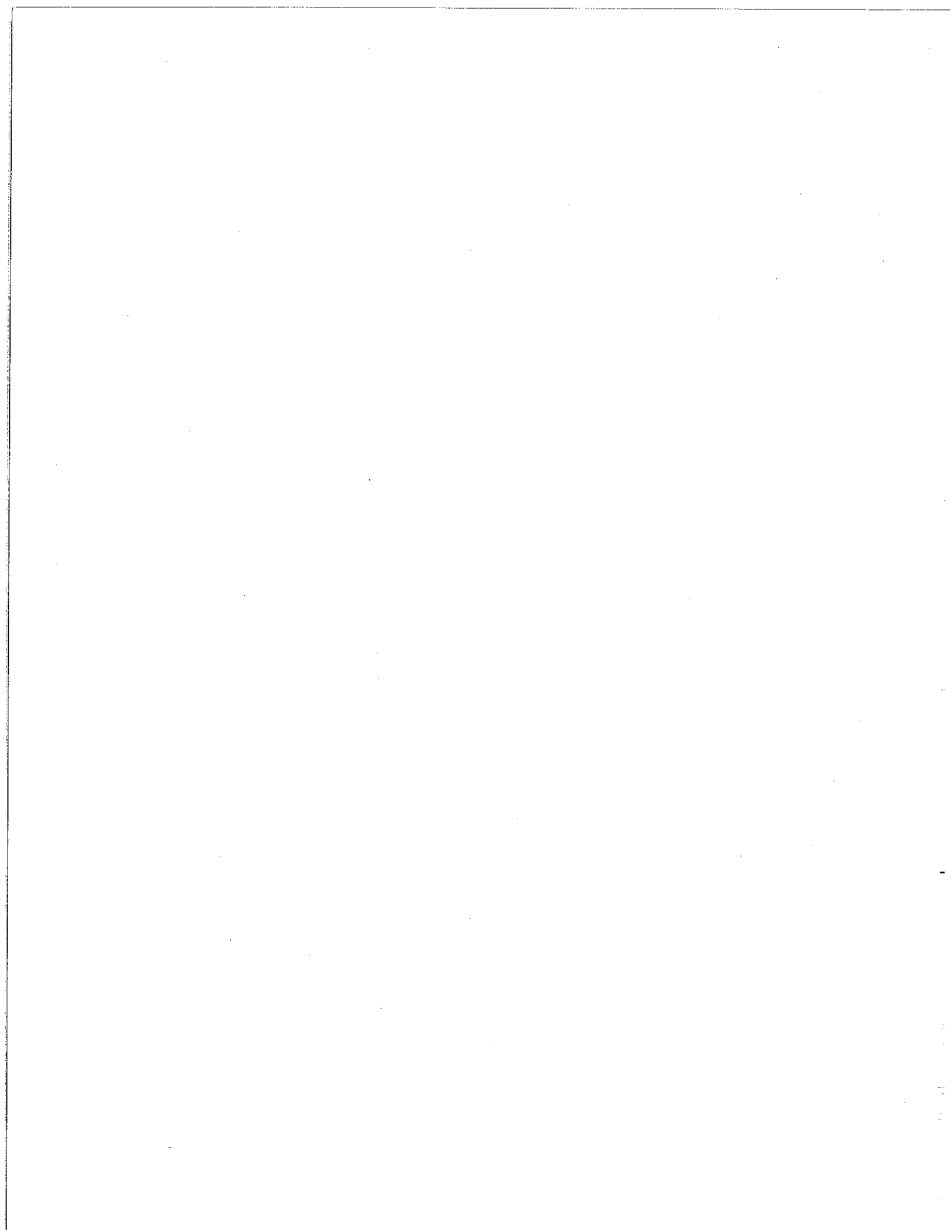
- A. Jessica likes baseball a little bit at the beginning of the story and loves it by the end.
- B. Jessica slightly dislikes baseball at the beginning of the story and hates it by the end.
- C. Jessica is interested in baseball at first but loses her interest later on.
- D. Jessica is not interested in baseball at first but then becomes interested.

3. Read these sentences from the text.

Sam had turned his bedroom into a Dodgers shrine, complete with pennants, framed newspaper articles, glass-encased fly balls, and a few autographed headshots. He didn't like other people to come into his room, though-sometimes he was worried it was a bit too much. He had once made the mistake of bringing a friend to a Dodgers game when Uncle Gabriel couldn't go, and it had been a disaster. Jordan had wanted to talk the entire time and barely paid attention to the game. He had then gotten annoyed at Sam for not wanting to talk: it was awful. Sam had felt too embarrassed to take notes and jot down the stats for the game, which had really messed up the seasonal scorecard he and Uncle Gabriel usually kept.

Based on this evidence, why might Sam not have wanted to talk during the game?

- A. He wanted to give his full attention to the game.
- B. He missed his uncle.
- C. He did not like Jordan.
- D. He was upset that the Dodgers were losing.





**4.** Read these sentences from the text.

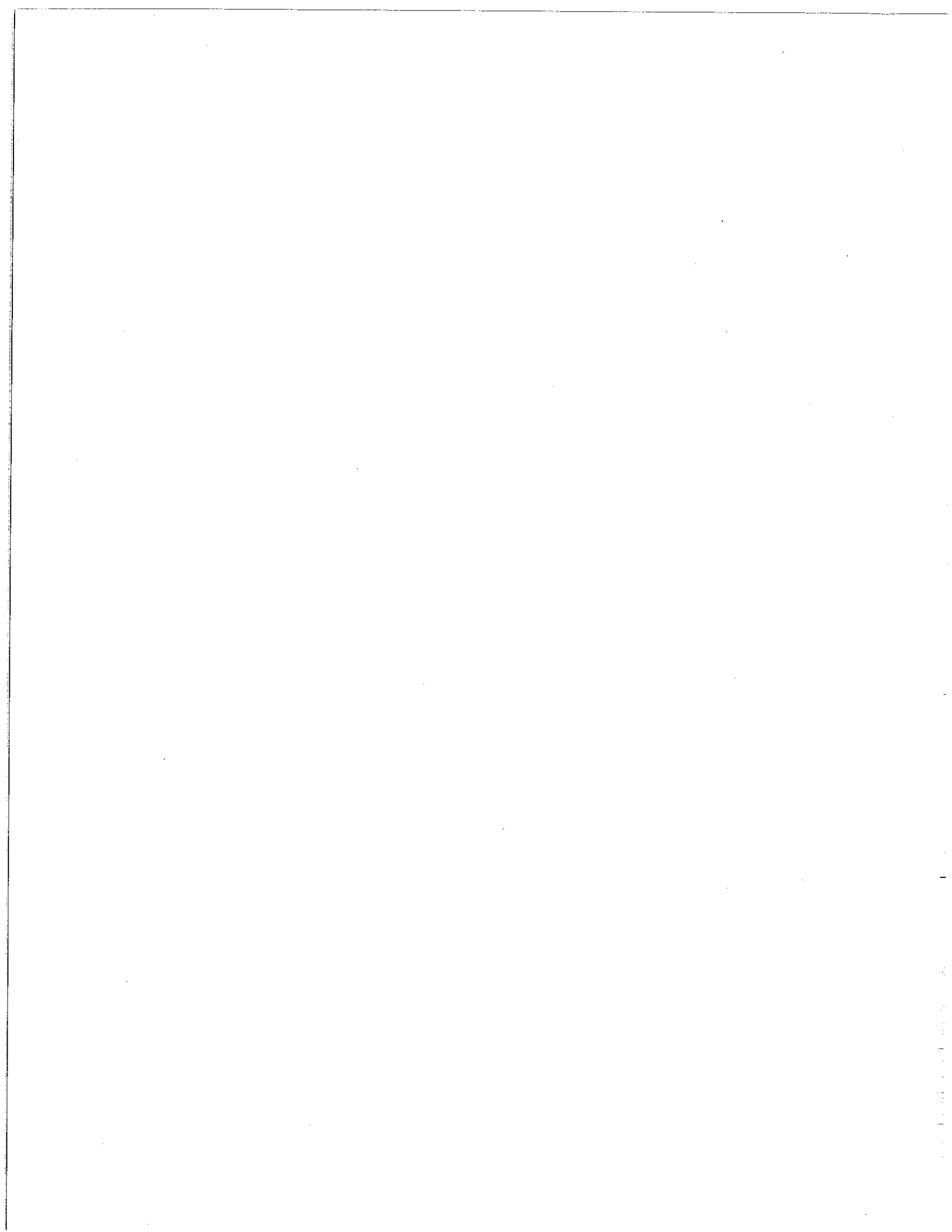
It was the first time Sam barely paid attention to a baseball game without being overly upset. He liked talking to Jessica: despite her initial negativity, she actually seemed to get into the game and had even heckled a player or two by the top of the seventh. She didn't laugh at Uncle Gabriel, who was watching with extreme concentration, a small pencil pressed to a pad of notebook paper filled with numbers and notes about the individual players. During the seventh-inning stretch, she sang the baseball fan's pledge of allegiance with gusto, and let her dad hug her when the Dodgers won. Sam couldn't help wondering if maybe, at some game in the future, he himself would hug her if the Dodgers won.

What can you infer about Sam's feelings toward Jessica from these sentences?

- A. Sam is developing a crush on Jessica.
- B. Sam is getting sick of being around Jessica.
- C. Sam is starting to feel uncomfortable around Jessica.
- D. Sam is becoming suspicious of Jessica.

**5.** What is the main idea of this story?

- A. A girl goes to a baseball game without understanding how baseball works.
- B. A boy is torn between his interest in baseball and his interest in a girl.
- C. A man has been taking his nephew to Los Angeles Dodgers games for years.
- D. A boy gets annoyed at a friend of his for wanting to talk throughout a baseball game.



6. Read these sentences from the text.

"Sam Martinez *knew* baseball. He couldn't count the number of Los Angeles Dodgers games he had been to: his Uncle Gabriel had season tickets and had been taking Sam to games ever since he was three years old. When spring turned into baseball season, he got so excited that his parents practically had to bolt him to his desk after school so that he would do his homework before the night games. His little sisters knew that if they bothered him when he was either watching or listening to the game, they would get yelled at. Even Sam's friends tended to steer clear and tread softly when baseball season began."

Why might the author have italicized the word "knew" in the first sentence?

- A. to provide an example of something Sam knows about baseball
- B. to imply that Sam knows too much about baseball
- C. to question how well Sam knows baseball
- D. to emphasize how well Sam knows baseball

7. Choose the answer that best completes the sentence.

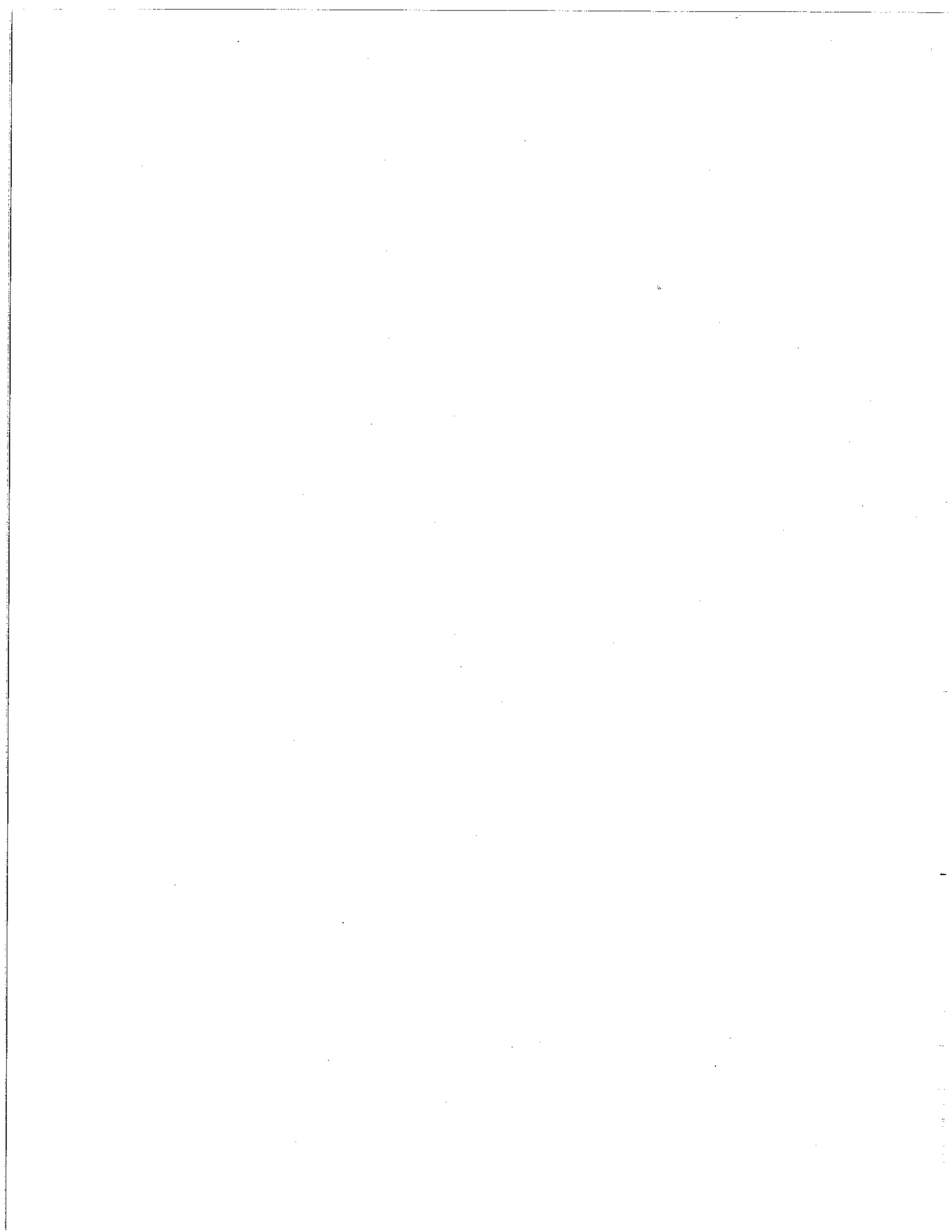
Sam liked talking with Jessica during the baseball game. \_\_\_\_\_, he did not like missing out on a lot of the game.

- A. On the other hand
- B. For instance
- C. In conclusion
- D. Most importantly

8. Sam enjoys watching baseball with Jessica more than he enjoyed watching it with Jordan. Support this conclusion with evidence from the text.

9. What is Sam's conflict at the end of the story? Support your answer with evidence from the text.

10. How might Sam's conflict be resolved? Support your answer with evidence from the text.



**AMI**  
**Day**  
**Four**



# Saving the Elephants

by ReadWorks

The country of Thailand is famous for many things. Sometimes called "The Land of Smiles," Thailand is famous for its happy people, its beaches, and its food. It is also, of course, known for its elephants. The northern part of Thailand is known for its many camps that tourists can visit to interact with elephants. However, there are two very different types of camps in the country. There are camps built for entertaining tourists and camps built for saving elephants. Camps for saving elephants are usually called sanctuaries. Sanctuaries usually rehabilitate elephants that have been beaten and tortured at the tourist camps.

Even before these tourist camps became popular, elephants were hurt by humans in Thailand and all over Asia. For example, farmers would make elephants carry heavy logs over long distances. This caused many elephant injuries and even deaths. The government of Thailand made this practice illegal in 1989. After this, some people exploited elephants in other ways. They started to use elephants in the tourist industry.

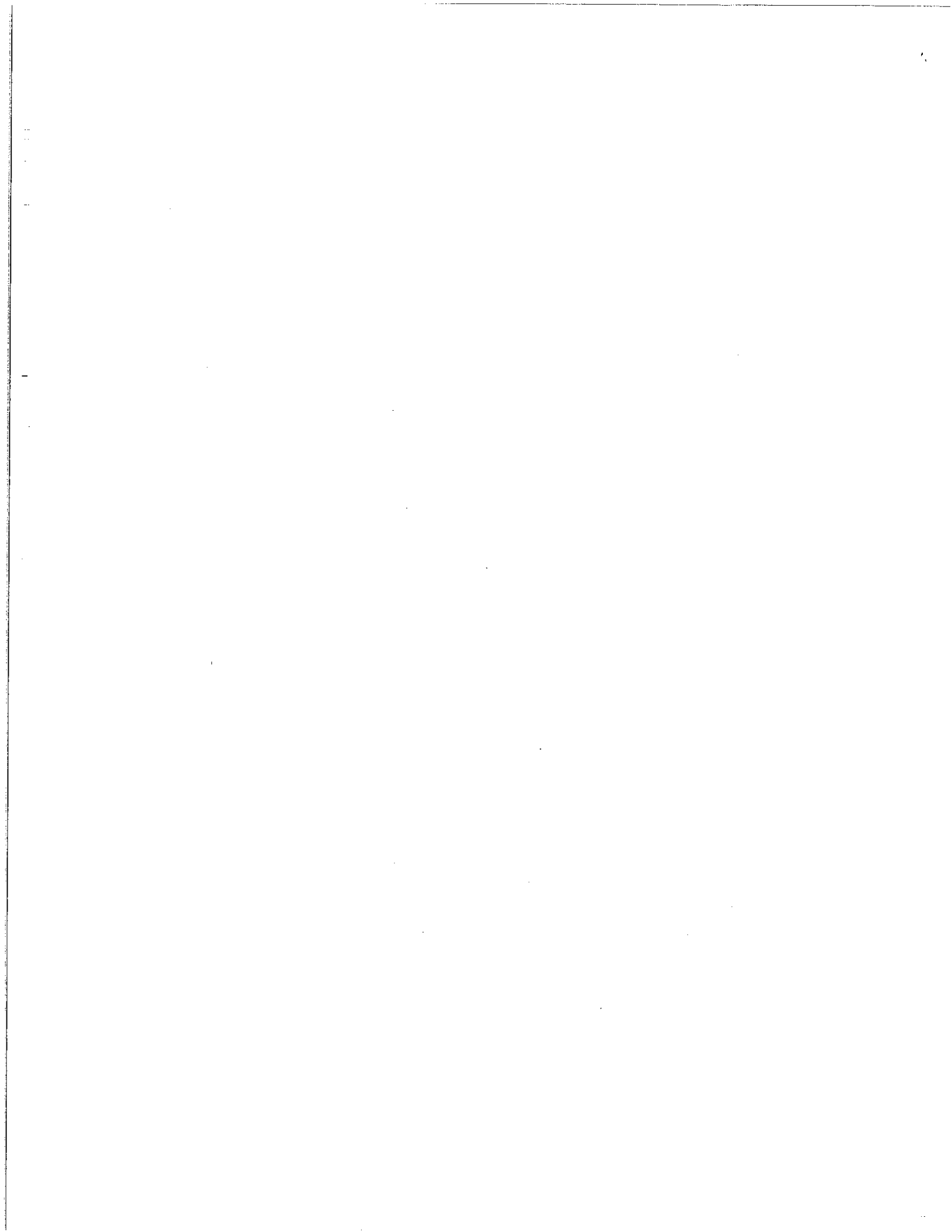
Elephants became very popular with tourists in Thailand. This is because visitors from around the world are often fascinated by animals that they usually do not get to see. More than half of Thailand's 3,000 or so elephants work in tourism. Elephant trainers called mahouts can make large amounts of money by teaching their elephants to do tricks. Around 2008, a video that was put online showed a baby elephant using its trunk to hold a paintbrush and paint on a canvas. After that, paintings by elephants became very popular. Soon elephants in camps around Thailand were taught how to paint. This caused an increase in the exploitation of elephants.

Elephant trainers can also make money by letting tourists ride their elephants. Camps that do not take good care of their animals put seats on elephants' backs. These seats are usually made out of wood and can badly hurt elephants' backs if they do not fit the right way. They can also hurt elephants if they are kept on the elephants' backs for a long time. Sometimes called "taxi seats," the seats can cause elephants' rectums and parts of their backs to swell.

Most camps offer elephant rides to visitors, but not all camps torture their elephants with these seats. For example, Boon Loot's Elephant Sanctuary in northern Thailand helps to rehabilitate elephants that have been hurt by these seats. One of the sanctuary's elephants used to wear a seat for twenty hours a day when it worked in a tourist camp.

Even today, some mahouts continue to exploit elephants through a practice called phajaan. Phajaan means "crushing" the spirit of the baby elephant so that it follows orders in the camps. Some people say that the practice started centuries ago, based on the belief that the elephant's wild spirit could be separated from its body. Without its wild spirit, the elephant would become tame and calm for the mahouts. Many animal activists think of this practice as torture. Videos of the practice are very disturbing. One short documentary made by the Ecologist Film Unit estimates that only one in three elephants survives phajaan.

However, sanctuaries all over Southeast Asia are making important progress in protecting the rights of Asian elephants. While saving elephants from nearby areas, most of these sanctuaries also try to preserve and support their natural environments. Perhaps most importantly, these sanctuaries work to inform people about the endangerment of Asian elephants in that part of the world. They encourage tourists to be aware of their actions when deciding which tourist camp or sanctuary to visit.





6. Read these sentences from the text.

Local farmers would force elephants to haul heavy logs long distances, resulting in many animal injuries and sometimes even deaths. When it became illegal for Thais to use elephants for logging, some turned to other industries to exploit the animal.

Based on these sentences, what does the word "exploit" mean?

- A. to teach and train
- B. to take advantage of
- C. to help improve
- D. to give veterinarian treatment to

7. Choose the answer that best completes the sentence.

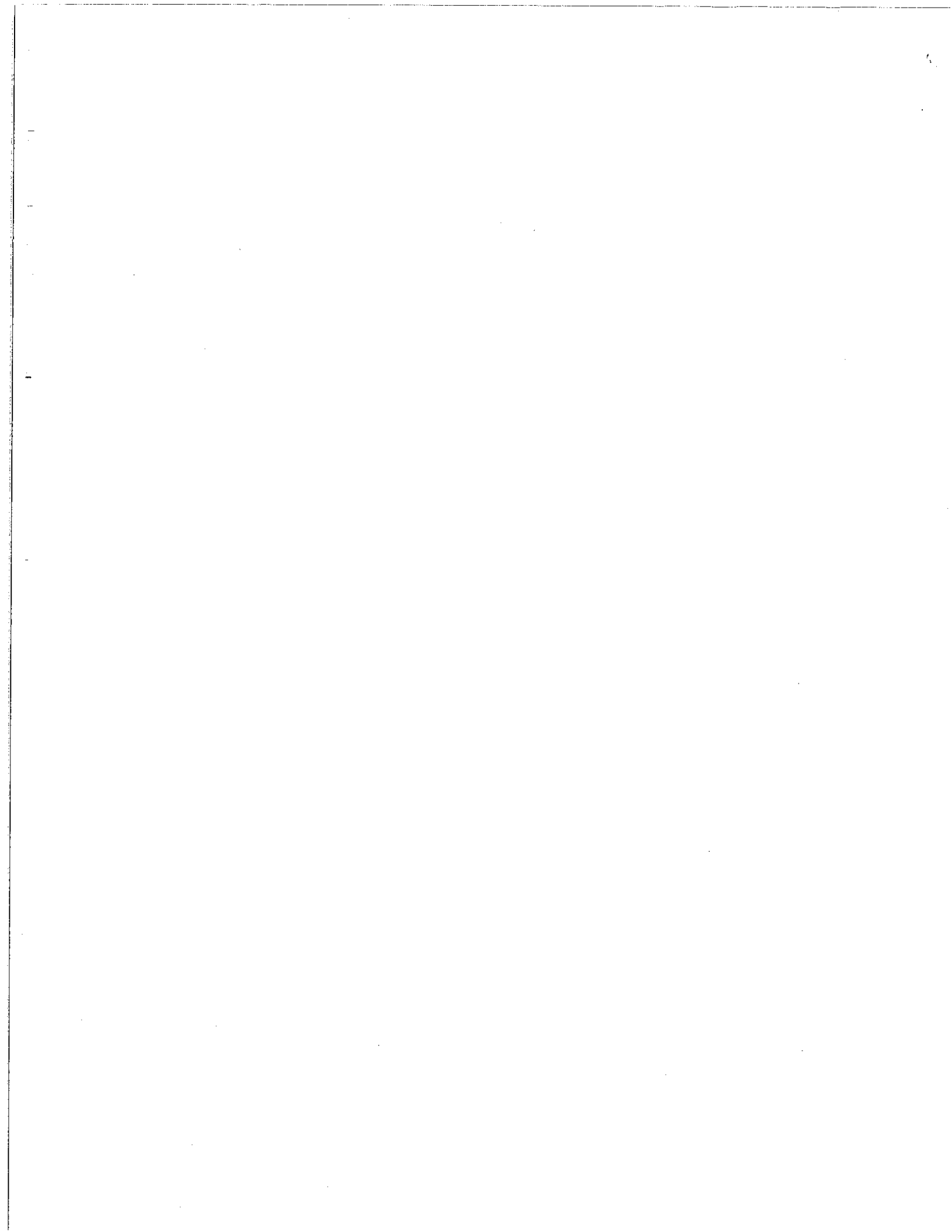
Paintings by elephants became very popular around 2008, when a video was posted online of a baby elephant using its trunk to hold a paintbrush and paint strokes across a blank canvas. Camps around Thailand began to train their own elephants to do the same, \_\_\_\_\_ the increased exploitation of the gentle animal.

- A. in spite of
- B. causing
- C. after
- D. because of

8. Some mahouts practice "phajaan" to domesticate elephants for camps. What does "phajaan" mean?

9. Why can "taxi seats" be a problem for elephants? Support your answer with evidence from the text.

10. Explain how the tourism industry in Thailand created a need for elephant sanctuaries. Support your answer with evidence from the text.

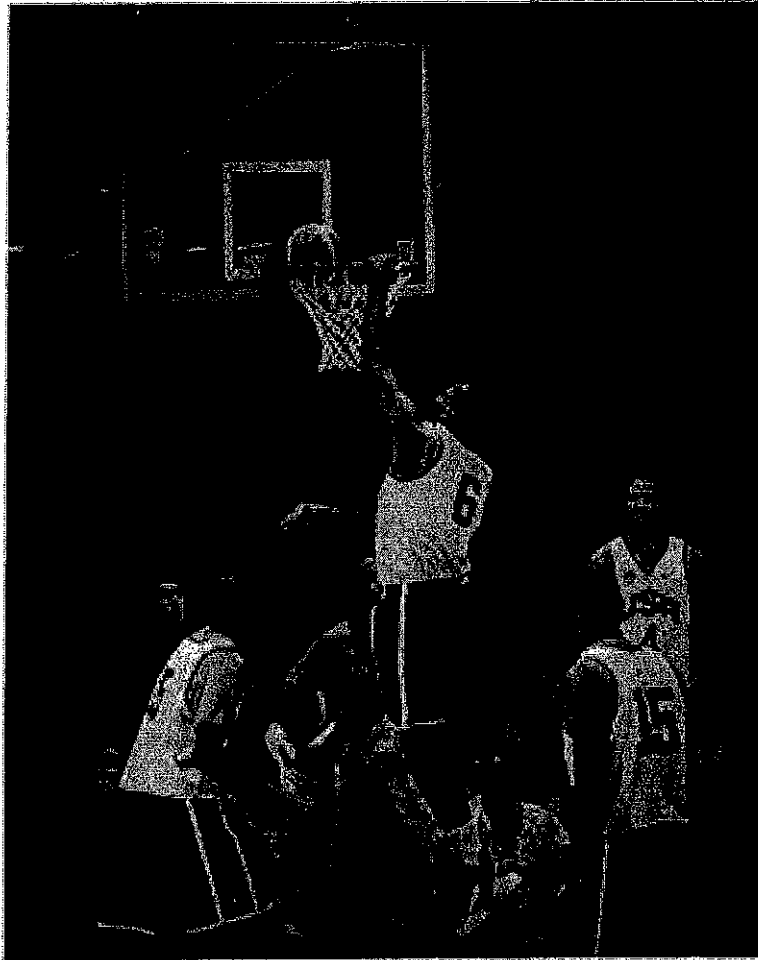


AMI  
Day  
Five



# Sir Isaac Newton and LeBron James

by ReadWorks

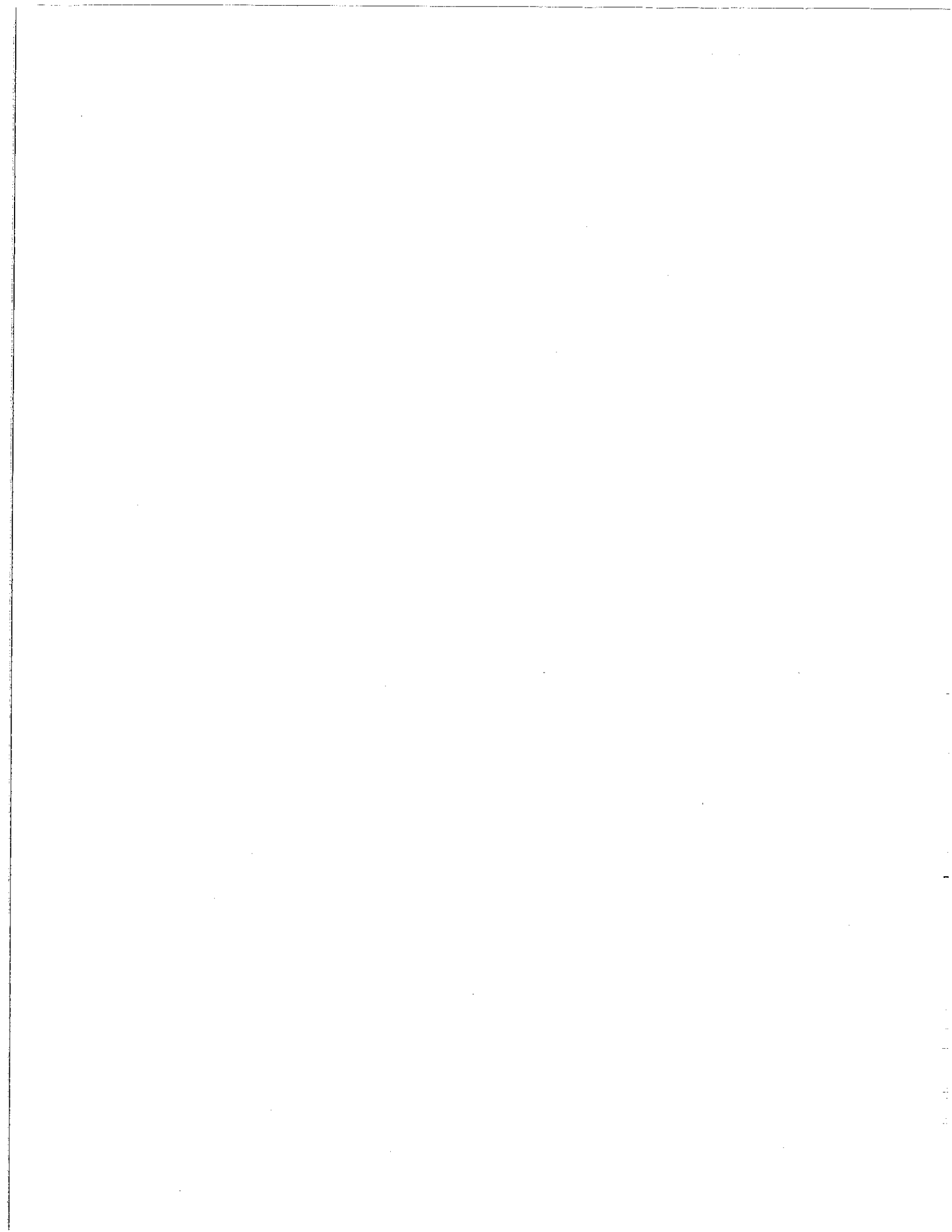


The English physicist and mathematician Sir Isaac Newton discovered three basic laws of motion. The First Law says that objects at rest and objects in motion will remain at rest or in motion, unless they are acted upon by an "unbalanced force." The Second Law says that when a force acts on a mass, acceleration is produced. The greater an object's mass is, the more force is needed to accelerate it.

Newton's laws of motion have become known throughout the world, including his Third Law of Motion. It reads: "For every action, there is an equal and opposite reaction." A simpler way of saying this might be: "When you push an object, it pushes back." For every force, in other words, there is a reaction force equal in size.

There are many ways to describe how the Third Law of Motion works in the world of sports. One of the more interesting examples is the way that LeBron James dunks a basketball.

In order for LeBron James to score a slam-dunk, he must exert a certain amount of force against the surface of the basketball court. LeBron James is a big man. He is 6 feet, 8 inches tall. He weighs 245 pounds. When he is standing upright, with his arms raised above his head, his reach extends to 8 feet



and 10 ¼ inches.

The rim of the basketball hoop is exactly 10 feet high. For LeBron James to slam the ball, he must propel himself high enough that he can force the basketball, which is approximately 9.39 inches in diameter, into the hoop. This requires that he reach well above the height of the rim, which he does fairly often. In photographs and slow-motion replays of LeBron James dunking the basketball, his elbow is often equal to the height of the rim!

LeBron James may be tall, strong, and fast. He may be extremely mobile and flexible. But it is no easy feat to dunk a basketball, especially when you weigh 245 pounds. His vertical leap—that is, the maximum height he can reach when he jumps—is around 44 inches. The average vertical leap in the National Basketball Association, or NBA, is about 27 inches. That means that LeBron James, despite his large size, can jump more than 10 inches higher than most players in the NBA! This is a serious benefit in basketball, a game of inches in which how high someone can jump often means the difference between scoring and missing the shot.

Why can LeBron James jump higher than other basketball players? The answer has to do with Newton's Third Law of Motion. When LeBron James jumps, he is driving force into the court. That force is created by the energy stored inside his muscles. And how high he jumps depends not just on how much energy he forces into the surface of the court, but also on how well he does it.

When LeBron James jumps, he pushes down on the surface of the court. This is the "action" that Newton mentions in his Third Law. The "reaction" comes when the floor pushes back using an equal amount of force.

It may seem strange to think of the floor exerting force on an object, especially a basketball player. But this concept is what Sir Isaac Newton understood way back in 1687, when he published his most famous book, *Mathematical Principles of Natural Philosophy*.

Newton would have been fascinated by LeBron James's jumping ability. But he would also have understood that it is not simply the strength of James's legs that enables him to jump so high. The stability of his body, located in his core and his torso, also contributes to the energy that he forces into the surface of court. The energy and strength of LeBron James's *entire body* is what enables him to reach such fantastic heights.

Watching LeBron James dunk on television often causes people to think he is defying the force of gravity, which pulls us and other objects to the ground. In reality, no one can defy such force. LeBron James just happens to be so strong and agile that, when he jumps into the air, he *appears* to be defying the force of gravity. He seems almost capable of flying.

Naturally, smaller basketball players require less force to dunk a basketball. Since they are lighter, they don't have to combat the same gravitational pull. On the other hand, the fact that they are lighter means they do not have as much mass to store energy. The more muscles you have, the more energy you can force into the ground, and the higher you can go.

This is why professional basketball players appear to have no fat on their bodies at all. Fat does not store energy as effectively as muscle, but it still contributes to one's body weight. Fat on a basketball player is equal to wearing lead weights around their hips during a game. Obviously, this would hinder a player's performance, especially his ability to dunk.





Physicists have spent time thinking about the physics of dunking. To remain in the air for one second, they say, one would have to have a vertical leap of 4 feet, which is higher than pretty much any basketball player of all time. One exception is Michael Jordan, who is believed to have the highest vertical leap-48 inches, or 4 feet-of any professional basketball player. Michael Jordan was just 6 feet, 6 inches tall-average for an NBA player-but his vertical leap placed his head about 6 inches above the rim.

That one of the best basketball players in history also has the highest vertical leap is no coincidence. Michael Jordan's body was strong, stable, and proportioned in such a way that the force he pushed onto the ground placed him above the rest. He was one of the best overall athletes in the game, and his slam-dunking ability was an indication of his prowess.

From basketball players like LeBron James to Michael Jordan, it may seem like they are bending the rules of physics and gravity when they dunk a basketball. On the contrary, they are able to perform crowd-rousing dunks because of these rules.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. What is Sir Isaac Newton's Third Law of Motion?

- A. Objects at rest and objects in motion will remain at rest or in motion, unless they are acted upon by an unbalanced force.
- B. For every action there is an equal and opposite reaction.
- C. When a force acts on a mass, acceleration is produced.
- D. When a force acts on a mass, the mass increases.

2. What does the author describe in the passage?

- A. Sir Isaac Newton's most famous book, *Mathematical Principles of Natural Philosophy*
- B. how LeBron James developed his basketball dunking skills
- C. how Sir Isaac Newton came up with the three basic laws of motion
- D. how the way that LeBron James dunks a basketball illustrates Newton's Third Law of Motion

3. Read the following sentences from the passage: "When LeBron James jumps, he pushes down on the surface of the court. This is the 'action' that Newton mentions in his Third Law."

Based on this information, LeBron James jumping is an example of which part of Newton's Third Law?

- A. both the action and the equal and opposite reaction
- B. the equal and opposite reaction of an action
- C. the action which causes an equal and opposite reaction
- D. neither the action nor the equal and opposite reaction

4. The force created when the court pushes LeBron James upwards is equal to which force?

- A. the force LeBron James used to dunk the ball
- B. the force LeBron James drives into the court when he jumps
- C. the force LeBron James uses to throw the ball
- D. the force LeBron James drives into the court when he lands after jumping



5. What is the main idea of this passage?

- A. LeBron James and Michael Jordan are two of the best players in the history of professional basketball.
- B. Basketball players must have high vertical leaps in order to dunk basketballs.
- C. Newton's Third Law of Motion is related to the First and Second Laws of Motion.
- D. Newton's Third Law of Motion can be examined using the examples of basketball players jumping.

6. Read the following paragraph from the passage:

"LeBron James is a big man. He is 6 feet, 8 inches tall. He weighs 245 pounds. When he is standing upright, with his arms raised above his head, his reach extends to 8 feet and 10¼ inches."

How can the tone of the author best be described in this paragraph?

- A. humorous
- B. angry
- C. disinterested
- D. factual

7. Choose the answer that best completes the sentence below.

\_\_\_\_\_ LeBron James has an impressive vertical leap of 44 inches, Michael Jordan holds the record with a vertical leap of 48 inches.

- A. In contrast
- B. For example
- C. Although
- D. Initially

8. According to the passage, in order for LeBron James to score a slam-dunk, what must he exert?

9. When LeBron James jumps, he is driving force into the court. How is this force created?

10. How does the example of LeBron James jumping to dunk a basketball illustrate Newton's Third Law of Motion? Use information from the passage to support your answer.

