

# Touch the Sky

Alice Coachman, Olympic High Jumper

## A RIF GUIDE FOR PARENTS AND FAMILIES

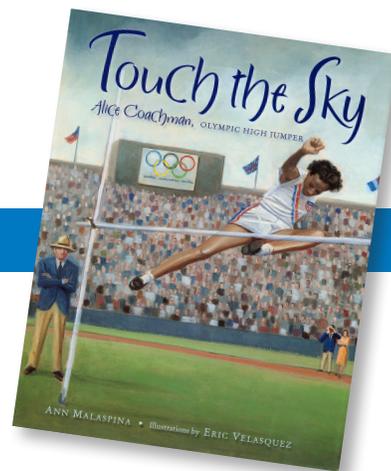
**Themes:** Women Athletes, Black History, Civil Rights, Perseverance

**Book Brief:** Meet Alice Coachman, whose parents think she needs to act more like a lady. Alice doesn't give up running and jumping, though, and eventually becomes the first African-American

woman to win a gold medal at the Olympics.

**Author:**  
Ann Malaspina

**Illustrator:** Eric Velasquez



## TIME TO READ!



### Before reading, build background knowledge:

What does your child know about the Olympics? What makes the Olympics special? How are people chosen to compete in the Olympics?

**While reading, make connections:** What kinds of things has your child wanted and worked really hard to get? Grades? A skill? A toy? How did it feel when

their hard work paid off and they got what they wanted?

### After reading, ask questions:

- ◆ What did Alice's mother mean when she told her to "stay humble"?
- ◆ How do you think Alice felt when she went away to Tuskegee?
- ◆ Why do you think Alice was the first African-American woman to win an Olympic gold medal?
- ◆ Why was the lemon in the story important?

## RELATED ACTIVITIES

### BACKYARD OLYMPICS

Set up some fun games and invite friends and family over for a Backyard Olympics Bash. Need ideas? Log on to [www.hoosierhomemade.com/backyard-olympic-games](http://www.hoosierhomemade.com/backyard-olympic-games) for tips and pictures.

### OLYMPIC DESIGN

Materials: paper, markers or crayons

Visit [www.mapsofworld.com/olympics/trivia/olympic-poster.html](http://www.mapsofworld.com/olympics/trivia/olympic-poster.html) to see posters from past Olympics. Which poster do you like the most? Design a poster for the next Olympic games. Try to show what the Olympics are supposed to represent.

### LEMON WATER

Materials: 1 or 2 lemons, water

Lemons have lots of vitamin C, but they're also full of other nutrients like vitamin B, calcium, potassium, phosphorus, and magnesium. To make a healthful, lemony treat, simply add six half-inch lemon slices to a quart of water and stir. Chill in the fridge for about four hours. Remove lemons from water. Pour yourself a refreshing drink and enjoy!

### TECHNOLOGY LINK

Watch a short interview with Alice at [www.youtube.com/watch?v=ovwmULL2-f0](http://www.youtube.com/watch?v=ovwmULL2-f0).

## ADDITIONAL RESOURCES

### OTHER BOOKS BY THIS AUTHOR

*Heart on Fire: Susan B. Anthony Votes for President* (2012)

*Phillis Sings Out Freedom* (2010)

*Yasmin's Hammer* (2010)



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