Literature Central Message

Grade 3 Reading Worksheet - Challenge Me

Name _____ Date _____

Circle the answer.

READ THIS FIRST

Nadia at the Pool

Nadia joined the Riverside swim team in June. She was the newest swimmer, and she wanted to prove she belonged. So when the coach offered tips, Nadia always said, "I've got it."

But Nadia did not have it. Her arms splashed wildly. She lifted her whole head to breathe, and her legs sank low. By the end of each lap, she was gasping. The other swimmers finished long before her. At home, Nadia told her mom that swimming was fine. She did not want anyone to know how hard it felt.

An older swimmer named Rosa noticed. After practice one day, she sat next to Nadia on the bench. "Want me to show you how I breathe?" Rosa asked.

Nadia almost said no again. Asking for help felt like admitting she wasn't good enough. Then she remembered how tired she felt after every lap. "Okay," she said quietly.

Rosa showed her how to turn her head to the side, just enough to take a breath. "Pretend one ear stays in the water," Rosa said. She also showed Nadia how to kick from her hips instead of her knees.

The new way felt strange at first. Nadia swallowed water twice. But she kept practicing, and each day it got a little easier. Her legs stayed up. Her breathing became smooth and steady. Rosa swam in the next lane and gave her a thumbs-up after each good lap.

At the last meet of the summer, Nadia swam her best race ever. She did not win, but she cut six seconds off her time. Rosa cheered louder than anyone. Nadia's mom hugged her at the edge of the pool.

The next week, a new girl named Bao joined the team. Bao splashed hard and lifted her whole head to breathe. Nadia sat down next to her on the bench.

"Want me to show you how I breathe?" Nadia asked with a smile.

1. What is the central message of this story?
   - Accepting help can help you grow.
   - Swimming fast mostly takes good luck.
   - New swimmers should practice alone.
   - Winning a race is all that matters.

2. Why did Nadia keep telling the coach, 'I've got it'?
   - She wanted Rosa to help her instead.
   - She already swam very well.
   - She could not hear the coach in the pool.
   - She wanted to prove she belonged.

3. Which detail shows that Nadia's old way of swimming was not working?
   - She swallowed water twice.
   - Rosa sat next to her on the bench.
   - She was gasping by the end of each lap.
   - She joined the swim team in June.

4. Why did Nadia almost say no to Rosa?
   She was too tired to keep practicing.
   Asking for help felt like admitting she wasn't good enough.
   She did not like Rosa very much.
   She thought Rosa swam too slowly.

5. How does Nadia change from the beginning to the end?
   She goes from refusing help to giving help.
   She goes from the slowest swimmer to the winner.
   She goes from helping others to needing help.
   She goes from loving swimming to wanting to quit.

6. Which event at the end best shows that Nadia learned the lesson?
   Rosa cheers louder than anyone.
   She offers to help Bao breathe.
   She swims at the last meet of summer.
   She cuts six seconds off her time.

7. By the end of each lap, she was gasping. What does gasping mean?
   kicking very slowly floating very calmly laughing very loudly
   breathing hard and fast

8. Which statement is true about the story but is NOT its central message?
   When someone helps you, you can help someone else.
   Being willing to learn is a kind of strength.
   Getting help from others can help you improve.
   Nadia did not win her last race.

9. What would most likely have happened if Nadia had said no to Rosa?
   She would have won the last race.
   Bao would have taught her how to breathe.
   The coach would have stopped giving tips.
   She would have kept struggling on her laps.

10. Why does the author end with Nadia asking Rosa's question?
    to show that Nadia forgot her own lesson
    to show that Bao and Rosa are sisters
    to show Nadia passing on the help she got
    to show that Nadia wants Bao to quit

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Answer Key - Grade 3 Reading Worksheet - Challenge Me

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