

# Linoy Ashram | Worksheet



Use the Sports Legends Biography “Linoy Ashram” to answer the following.

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## Part 1: Quick Facts

Date of Birth and Location: \_\_\_\_\_

Chosen Sport: \_\_\_\_\_

**Facts about Ashram:** Write one fact for each of the following categories.

- Early Life

\_\_\_\_\_

- Training and Challenges

\_\_\_\_\_

- 2021 Olympic Games

\_\_\_\_\_

- Legacy and Impact

\_\_\_\_\_

**Part 2: Vocabulary Words** - Choose three words from the Glossary on p. 22 to define.

1. \_\_\_\_\_: \_\_\_\_\_

2. \_\_\_\_\_: \_\_\_\_\_

3. \_\_\_\_\_: \_\_\_\_\_

## Part 3: Reading Comprehension

1. What inspired Linoy Ashram to start gymnastics?

\_\_\_\_\_

2. List two accomplishments of Linoy Ashram.

\_\_\_\_\_

\_\_\_\_\_



3. What made Linoy Ashram's gold medal win at the 2021 Tokyo Olympics so special for her and her country?

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#### **Part 4: Discussion & Critical Thinking**

1. When Ashram won gold, the Russian Olympic Committee called it an injustice and submitted an inquiry. Why do you think they did this? Do you think they were right or wrong?

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2. Ashram retired from gymnastics at just 22 years old. If you were in her position, would you find that decision easy or hard? Why did she make this choice?

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#### **Part 5: Creative Corner**

Ashram performed her gold-winning ribbon routine to the joyful Jewish song "Hava Nagila." Imagine you are representing your country and/or your heritage in the Olympic games. What song do you select to show your patriotism? Why?

Your Story:

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## Comprehension and Multiple Choice

(This section's questions correspond to the Guess or Mess episode. Play along!)

Circle the best answer or write the response on the line for each of the following questions.

1. How did Ashram first become interested in rhythmic gymnastics?
  - a. Her siblings took classes.
  - b. She tried it in PE.
  - c. Her mom enrolled her in a class.
  
2. Ashram had a strong drive to put all her focus into gymnastics. At age 10, she met her coach. What was her coach's name?  

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3. In which military force did Linoy Ashram enroll when she turned 18 years old?
  - a. Republic of Korea Armed Forces
  - b. Israeli Defense Forces
  - c. United States Armed Forces
  
4. After Ashram's military service, the 2020 Olympic Games came calling, but she has not competed yet. Why did she get another year to prepare?
  - a. She did not qualify.
  - b. The Games were postponed.
  - c. She had an injury.
  
5. Which apparatus did Ashram perform poorly in, causing her to place 16th in her first rotation at the Olympics?
  - a. Hoop
  - b. Clubs
  - c. Ball
  
6. When Ashram won the gold medal for Israel, which country's winning streak did she end?  

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7. To show national pride, which traditional Hebrew song did Ashram perform her winning ribbon routine to?
  - a. "Sevivon Sov Sov Sov"
  - b. "Dreidel, Dreidel, Dreidel"
  - c. "Hava Nagila"

8. At what age did Lino Ashram retire from gymnastics?

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**Patriot Pop Quiz:**

1. In which city was the Declaration of Independence signed?
  - a. Philadelphia
  - b. New York
  - c. Charleston
  
2. Who was President of the United States during the Civil War?
  - a. George Washington
  - b. Thomas Jefferson
  - c. Abraham Lincoln

## Linoy Ashram | Answer Key

### Part 1: Quick Facts

Date of Birth and Location: **May 13, 1999, in Rishon LeZion, Israel**

Chosen Sport: **Rhythmic Gymnastics**

**Facts about Linoy Ashram:** Write one fact for each of the following categories.

*Accept reasonable answers. The following are examples.*

- **Early Life**  
Linoy was hyperactive as a child, and her mother enrolled her in a gymnastics program to channel her energy positively.
- **Training and Challenges**  
Linoy and her coach, Ayelet Zussman, developed a strong bond, and Linoy worked tirelessly to improve her skills despite not having the classical look of a gymnast.
- **2021 Olympic Games**  
Linoy won the gold medal in the individual all-around final at the Tokyo 2021 Olympics, making history as the first Israeli to do so in rhythmic gymnastics.
- **Legacy and Impact**  
Linoy's gold medal was a significant achievement for Israel.

**Part 2: Vocabulary Words** - Choose three words from the Glossary on p. 22 to define.

*Accept words taken from page 22. The following are examples.*

1. **Pointe:** The positioning of the toes downward to create an unbroken visual line from the knees to the ends of the toes.
2. **Pandemic:** A disease that affects a particular country or the entire world.
3. **Elite:** A small group that is better than the rest when it comes to abilities.

### Part 3: Reading Comprehension

1. What inspired Ashram to start gymnastics?

Linoy's hyperactivity led her mother to enroll her in gymnastics to channel her energy positively.

2. List two accomplishments of Ashram.

Linoy worked hard to improve her non-classical gymnast feet and used the extra time from the postponed Tokyo Olympics to further enhance her skills

3. What made Linoy Ashram's gold medal win at the 2021 Tokyo Olympics so special for her and her country?

It was Israel's first gold in rhythmic gymnastics and only the country's third Olympic gold, making it a historic and proud moment.

#### Part 4: Discussion & Critical Thinking

1. When Ashram won gold, the Russian Olympic Committee called it an injustice and submitted an inquiry. Why do you think they did this? Do you think they were right or wrong?

*(Example Answer):* The Russian Olympic Committee likely called it an injustice and submitted an inquiry because their athletes were favorites to win, and they may have felt that the judging was biased.

2. Ashram retired from gymnastics at just 22 years old. If you were in her position, would you find that decision easy or hard? Why did she make this choice?

*(Example Answer):* This decision might be hard because retiring from a sport that one loves at such a young age can be challenging. However, Linoy Ashram made this choice because she had achieved her dreams and reached the top of her profession, and she wanted to transition to a new phase of her life, including coaching and furthering her education.

#### Part 5: Creative Corner

Ashram performed her gold-winning ribbon routine to the joyful Jewish song "Hava Nagila." Imagine you are representing your country and/or your heritage in the Olympic games. What song do you select to show your patriotism? Why?

Your Story:

*(Responses will vary.)*

#### Guess or Mess Episode Play Along:

1. How did Ashram first become interested in rhythmic gymnastics?
  - a. Her siblings took classes.
  - b. She tried it in P.E.
  - c. Her mom enrolled her in a class.

2. Ashram had a strong drive to put all her focus into gymnastics. At age 10, she met her coach. What was her coach's name?
  - a. Answer: Ayelet Zussman
3. In which military force did Linoy Ashram enroll when she turned 18 years old?
  - a. Republic of Korea Armed Forces
  - b. Israeli Defense Forces
  - c. United States Armed Forces
4. After Ashram's military service, the 2020 Olympic Games came calling, but she had not yet competed. Why did she get another year to prepare?
  - a. She did not qualify.
  - b. The Games were postponed.
  - c. She had an injury.
5. Which apparatus did Ashram perform poorly in, causing her to place 16th in her first rotation at the Olympics?
  - a. Hoop
  - b. Clubs
  - c. Ball
6. When Ashram won the gold medal for Israel, which country's winning streak did she end?  
Answer: Russia
7. To show national pride, which traditional Hebrew song did Ashram perform her winning ribbon routine to?
  - a. "Sevivon Sov Sov Sov"
  - b. "Dreidel, Dreidel, Dreidel"
  - c. "Hava Nagila"
8. At what age did Linoy Ashram retire from gymnastics?  
Answer: 22

#### **Patriot Pop Quiz:**

1. In which city was the Declaration of Independence signed?
  - a. Philadelphia
  - b. New York
  - c. Charleston
2. Who was President of the United States during the Civil War?
  - a. George Washington
  - b. Thomas Jefferson
  - c. Abraham Lincoln