

Name: _____

Date: _____

SIMONE BILES

Read the biographical passage about Simone Biles and answer the questions.



Simone Biles, born on March 14, 1997, in Columbus, Ohio, has transcended the world of gymnastics, establishing herself as one of the greatest and most decorated gymnasts in history. Biles' journey to the pinnacle of her sport is marked by her incredible talent, resilience, and dedication.

From an early age, Simone demonstrated a natural affinity for gymnastics, quickly rising through the sport's ranks with her powerful performances and unparalleled skill set. Her breakthrough came at the 2013 World Championships, where she claimed her first all-around title, a feat she has repeated many times over at both national and international levels.

Simone Biles' name is synonymous with excellence and innovation. She has pushed the boundaries of what is possible in gymnastics, performing complex skills that have since been named after her. Her achievements include multiple Olympic gold medals and a record number of World Championship titles. Beyond her athletic prowess, Biles has been a powerful advocate for athletes' mental health, bringing attention to the importance of well-being in high-performance sports.

Despite facing personal and professional challenges, including navigating the pressures of international competition and advocating for change within the sport of gymnastics, Simone Biles' legacy extends beyond her medal count. She embodies the spirit of perseverance, the pursuit of excellence, and the courage to prioritize one's mental and emotional health.

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1 How has Simone Biles contributed to the evolution of gymnastics?

2 In what ways has Simone Biles highlighted the importance of mental health in sports?

3 What can we learn from Simone Biles' approach to overcoming obstacles and prioritizing her well-being?
