

## The Sky's the Limit!

Have you heard of rhythmic gymnastics? It is a relatively new Olympic sport that combines ballet, acrobatics and music. Rhythmic gymnasts also use different props\*, such as a ball, a hoop\* or a ribbon, in dance movements. This demands a great deal of focus, skill and coordination\*.

5 In recent years, this sport has become very popular, and now Israel has a champion of its own: 21-year-old Neta Rivkin. Neta has worked very hard to be the success she is. She practices eight to ten hours a day at the Wingate Institute near Netanya and at Hadar Yosef in Tel Aviv. She began doing gymnastics when she was just six years old.

10 In 2011, this young athlete won a bronze medal in the individual hoop competition in the World Championships in France. "I was surprised to win the bronze medal," she said, "but at the same time I believed it was possible."

Then, in the 2012 Olympics in London, Neta became the first Israeli  
15 gymnast to reach the rhythmic gymnastic finals, making it to seventh place. For Neta, taking part in the 2012 Olympics was an amazing experience. She says that the Olympics is a competition that you cannot compare to any other competition.

Neta adds that as an Israeli athlete she is always  
20 treated with respect. Athletes from other countries tell her that they love to come to Israel because the people are so friendly.

Neta's advice to young gymnasts is to believe  
in themselves and practice all the time. She  
25 says, "The sky's the limit!"



\*props אבזרים / أدوات

\*hoop חישוק / طوق

\*coordination תיאום, קואורדינציה / تنسيق, توافق

## Reading Comprehension

### Getting the Facts

- 1 Complete the sentence. (lines 1-4)  
Some people don't know what rhythmic gymnastics is because .....  
.....
- 2 What three things does rhythmic gymnastics include? (lines 1-4)
  1. ....
  2. ....
  3. ....
- 3 What information is NOT mentioned in lines 5-13?
  - a. why Neta enjoys the sport
  - b. how often Neta practices
  - c. where Neta won the bronze medal
  - d. when Neta began doing rhythmic gymnastics
- 4 What was Neta's reaction to winning the bronze medal? (lines 10-13)  
.....
- 5 Why was Neta's success in the 2012 Olympics so special? (lines 14-22)  
.....
- 6 How is Neta treated at competitions? (lines 14-22)  
.....
- 7 What two things does Neta advise young gymnasts to do? (lines 23-25)
  1. ....
  2. ....

### Putting It Together

- 8 Why do you think the text is called "The Sky's the Limit!"?  
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### Personal Response

- 9 What characteristics do you think an Olympic athlete must have?  
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