

STUDENT NAME _____



English I

STAAR Alternate 2

Sample Test Items

Fall 2022

ENGLISH I

Yoga for Football Players



Tony was the defensive end and Donovan was the quarterback on the Springdale High School football team.



"Tough day at football practice?" asked Donovan.

Tony nodded his head yes.

"I know how to fix your game," Donovan said. He looked at Tony and said one word: "Yoga."

"Yoga?" Tony asked. "You want me to pose on some mat wearing stretch pants? How's that going to get me ready to play football?"

"It will make you a better player," was all Donovan said, and then he grinned and walked down the hall.

to nod silently or speak softly

to stand or sit in a certain way

On Monday afternoon when Kim the instructor arrived to teach the yoga class, Tony was waiting at the door. He was willing to try anything at least once if it would make him become a better football player. The students went in, unrolled their yoga mats, and sat down. Tony, who didn't even know he needed a mat, sat down on the floor and waited for class to begin.



At the last minute Donovan burst in. "Sorry I'm late," he said. Then he saw Tony and smiled.

3a

Kim started the class. She had the students balance on one leg with the other leg bent. Tony almost fell on his face. As the class continued, the poses became more difficult. By the end of the class, Tony was ready to quit yoga and go back to the football practice field.

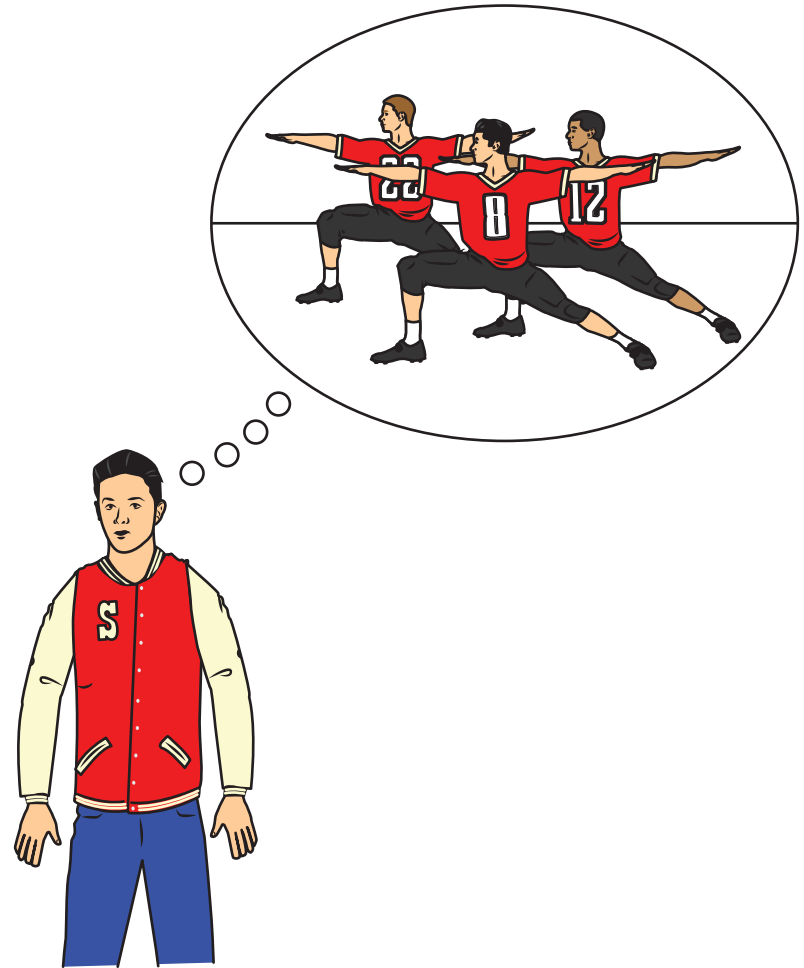


3a

"Good job, Tony," Kim said. "This will really help improve your football game. Did you know that some professional football teams include yoga as part of their team training?"

Tony thought, "If yoga is good enough for pro football players, then it is good enough for me too."

Tony came back the next week and the week after that.



Tony finds out that Donovan is also in the Monday afternoon yoga class.

Tony wants to practice the yoga poses Kim the instructor shows the students during class.

Tony learns that some pro football teams practice yoga as part of their training.

It wasn't long before Tony became a regular member of the yoga class. At football practice he began to notice that he consistently ran faster, jumped higher, and threw the football farther.

The football coach also noticed Tony's improvement. One day the coach asked, "What's your secret, Tony? You're starting to become one of the best players on the team!"

Tony told the coach about the yoga class.

"Congratulations!" said the coach. "You've been promoted to be the team's yoga instructor!"

Tony's yoga teacher Kim helped him get the program started. After a few weeks, Tony found himself leading the whole football team in yoga every afternoon before practice.



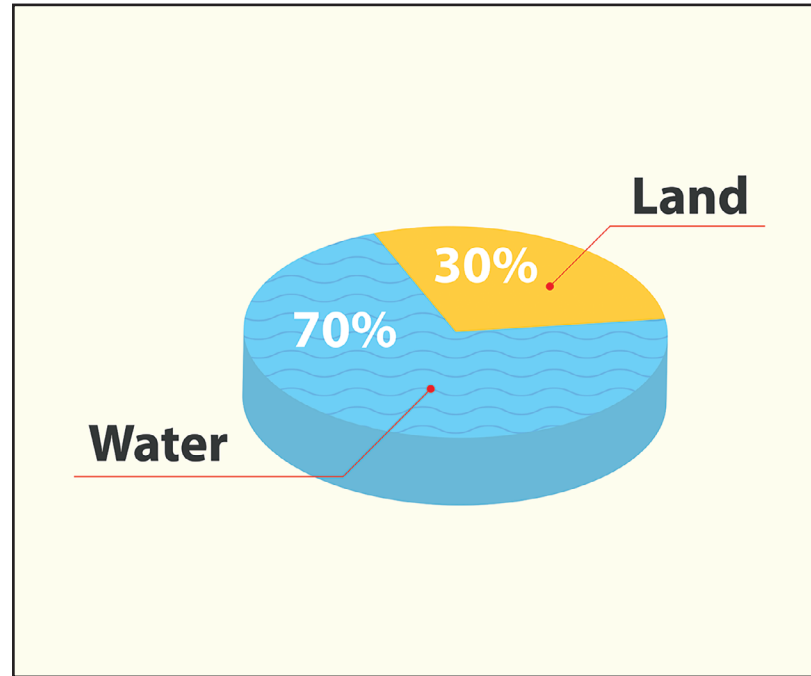
Did yoga really make Tony a better player, as Donovan said it would? Yes, it did. Tony saw a noticeable improvement in his performance. He also enjoyed the quiet stillness of yoga in between the tough workouts on the field.

Tony is able to run faster, jump higher, and throw the ball farther each day.

Tony becomes the new starting quarterback on the team.

Tony is able to do more difficult workouts than the rest of the team.

Ocean Pollution: Learning from Our Mistakes



The oceans are huge bodies of water that cover almost three-fourths of Earth's surface.



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For hundreds of years, people thought they could use the ocean like a trash can. Many things that people didn't need or want anymore were dumped in the oceans. This contaminated the water and caused the oceans to become polluted.

6b

cleaned

dirtied



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Waste and trash dumped in the ocean can block the sunlight that ocean plants need in order to make oxygen. Half the oxygen in the air that humans breathe is made by ocean plant life, and ocean pollution that blocks

sunlight reduces the amount of oxygen in the air. When ocean plants are unable to produce oxygen, fish also cannot get the oxygen they need from the water to survive.

In 1972, scientists recognized the huge problem ocean pollution was causing for the planet. A law was passed to keep fish safe and to protect the food chain. Whales and other sea mammals, which eat fish, are also safer because of this law.

7a

This law also made it illegal to dump plastics into the ocean because of the terrible damage plastics cause to ocean life.

Seabirds think plastic is food and feed their chicks plastic pellets. Young birds die because their stomachs are full of plastic. Sea mammals mistake plastic for food and swallow plastic pieces that damage their organs. Fish also eat plastic, which causes problems all the way up the food chain.

Plant life creates the oxygen humans need to survive.

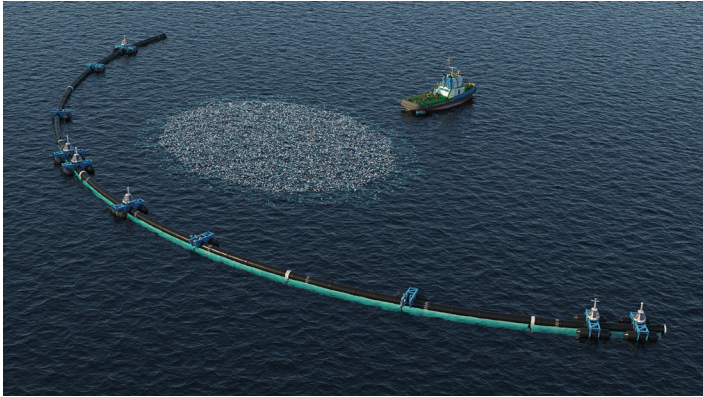
Laws making it illegal to dump plastic into the ocean are necessary to protect ocean waters.

People should use more plastic plates, cups, straws, forks, and spoons.

Plastic in ocean waters is a problem. Each year about 8 million tons of plastic ends up in the ocean. Most plastic that finds its way into the ocean will stay there for a very long time.



8a



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Some scientists have worked on inventions to trap and collect plastic from the ocean. From there the plastic is removed and recycled into other objects. The scientists' goal is to reduce the

amount of plastic in the ocean.

Unfortunately, this will not completely solve all the problems with ocean pollution. People need to understand that humans depend on having clean, healthy oceans to survive. Materials that are less harmful to the oceans must be developed to replace plastic. The oceans are huge bodies of water that cannot be used as garbage dumps if humans are going to survive on this beautiful planet.

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The first enclosed shopping mall in the United States opened in 1956 in Edina, Minnesota.



Photo By DUANE BRALEY/Star Tribune via Getty Images

The first enclosed shopping mall in the United States opened in 1956 in Edina, Minnesota.



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Before shopping malls became common, large department stores and small specialty shops were located in a city's downtown area. In the 1950s, people begin moving into smaller communities outside the city called suburbs. Families in the suburbs could shop in the malls and not have to go into the city.

began

begun



The original idea for the shopping mall was to be a community center where people could meet for shopping, eating, and entertainment. In 1952, Lakewood Shopping Center in Southern California was the first open-air shopping mall.

Within six years after it opened, Lakewood Shopping Center was America's shopping mall with more than 70 stores and a parking lot that could hold 10,000 cars.

large

larger

largest



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Photo by David Teagle/ZUMA Press/Alamy Stock Photo ©
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NorthPark Center opened more than 50 years ago in Dallas, Texas. It was designed to be “a place where people will come not only to shop, but for the experience of just seeing it.” NorthPark was never just a shopping mall. In addition to stores, restaurants, and movie theaters, NorthPark has many large pieces of artwork on display throughout the mall. An art museum inside a shopping mall with exhibits that change during the year.

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