

Gym Candy

by Carl Deuker

Pre-Reading Vocabulary Practice

Optional Post-Reading Quiz Included

Contents & Printing Notes

Unlike our most popular resources, this one's auto-selected.
Review before use, or edit the DOCX via "View / Print / Edit Web
Quiz" on the Resources menu.

PRE-READING ACTIVITY

Answer Key — Preview	2	teacher use / self-check only
Vocabulary Preview	3	

OPTIONAL POST-READING QUIZ

Vocabulary in Context	5	
Answer Key — In Context	7	teacher use only

Pages are ordered for double-sided printing.

About the Pre-Reading Activity

Open-dictionary; ungraded or completion grade. Students preview 20 words from the upcoming reading, each in a sentence that supports understanding. They choose the best meaning from 3 choices.

About the Optional Post-Reading Quiz

Use after reading, or skip. The same words appear in excerpts from the text.

Practice words: adrenaline, agile, approach (2), congregate, convention, defer, delirium, dominate, flounder, focus (2), glower, mediocre, meteor, passage, sprain, technique, vary, yield



More Vocabulary Printables

verbalworkout.com

(all resources free)

ANSWER KEY

Vocabulary Preview

Gym Candy

by Carl Deuker

#	KEY
1	C
2	C
3	B
4	C
5	A
6	C
7	A
8	C
9	C
10	C
11	A
12	B
13	B
14	C
15	B
16	B
17	C
18	A
19	B
20	B

Vocabulary Preview

Gym Candy

by Carl Deuker

Name _____ Date _____ Period _____

Read each prompt. Then choose the best meaning for the bold word.

1. She was still shaking from the **adrenaline** rush that came with the fright.
 - A. calming hormone
 - B. muscle protein
 - C. fight-or-flight hormone
2. The **agile** cat leapt from the bookshelf to the windowsill without effort.
 - A. large and heavy
 - B. old and tired
 - C. quick and nimble
3. We need to **approach** this problem in a new way.
 - A. avoid
 - B. think about
 - C. assign
4. I **approached** three bankers about a loan.
 - A. avoided
 - B. complained to
 - C. asked
5. People **congregated** outside of City Hall to protest.
 - A. came together
 - B. sat down
 - C. shouted
6. In most countries, the **convention** is to shake the head to indicate "no", but in Bulgaria that indicates "yes".
 - A. movement
 - B. agreement
 - C. normal behavior
7. She asked to **defer** cross-examination until the morning.
 - A. delay
 - B. cancel
 - C. schedule
8. She spun in circles, **delirious** with joy.
 - A. in a state of dizziness or extreme fatigue
 - B. creating a state of embarrassment for those around her
 - C. in a state of having been taken over by excitement or emotion
9. She completely **dominates** her boyfriend.
 - A. worships
 - B. obeys
 - C. controls
10. I **floundered** my first week on the job.
 - A. excelled
 - B. enjoyed
 - C. struggled
11. This week, I'm **focusing** on finishing my research paper.
 - A. concentrating
 - B. depending
 - C. getting help
12. The **focus** of this class is classic American Literature.
 - A. hardest part
 - B. area where attention is concentrated
 - C. prerequisite (understanding required to enroll)

13. She **glowered** at the ref, but she held her tongue.
- A. winked happily
 - B. stared angrily
 - C. smiled briefly
14. The restaurant received **mediocre** reviews, so we chose another place.
- A. truly excellent
 - B. clearly terrible
 - C. only average
15. We were away from the city lights where **meteors** are easier to see.
- A. low clouds
 - B. shooting stars
 - C. tall trees
16. After reading each **passage**, choose the best answer to each question.
- A. article
 - B. short part of a longer work
 - C. route to get somewhere
17. The doctor said it was a mild **sprain** and didn't require a cast—just rest and ice.
- A. minor skin scratch
 - B. broken bone
 - C. twisted joint injury
18. One **technique** I use for dealing with anger is to wait ten seconds before responding.
- A. way of doing something
 - B. habit
 - C. solution to anger
19. McDonald's menu options **vary** by location.
- A. are consistent
 - B. are different
 - C. are known
20. After the scandal, she **yielded** to public pressure and resigned her position.
- A. added
 - B. gave in
 - C. produced

Vocabulary in Context

Gym Candy

by Carl Deuker

Name _____ Date _____ Period _____ Score _____ / 20

Read each prompt. Then choose the best meaning for the bold word.

- 1 Then I **sprained** my ankle.
A. corrupted or seduced from virtue, duty, or allegiance OR excessively drank, engaged in casual sex, and/or drug abuse while partying
B. a structural form (rigid, web-like assembly of smaller, usually triangular members) that supports a roof, bridge or other structure
C. injured the ligaments of a joint by stretching them too far (ligaments are the tough, fibrous bands that connect bones across joints)
- 2 Rooney would see, and **glower**, but what could he do? I was his best running back.
A. stop fighting
B. stare angrily
C. make possible
- 3 After that he still gave me advice on **technique** and strategy, and we still tossed the ball around the park, though we didn't do that as much.
A. way of doing something
B. not easily set on fire
C. surrounding conditions
- 4 Both defenses **dominated** throughout the first quarter and into the second, but just before halftime, Foothill marched down the field as if they were playing a middle school team.
A. tried to obtain a result through gentle and careful effort -- often gently persuaded
B. did not vote OR did not drink alcohol OR (more rarely) did not do something else
C. controlled; or were most influential or powerful
- 5 It was supposed to be a game between the two best teams in the state, but Rogers seemed **mediocre**.
A. without purpose, job, or natural activity
B. unable or difficult to meet and talk with
C. average or a bit below average in quality
- 6 I **floundered** around until one of the clerks, a tall guy with a blond ponytail, came over.
A. (verb) created, started, settled, or set in a place OR (adjective) existing, or familiar
B. persuaded someone to want something (often sex or love) by tempting with something desired
C. had difficulty -- such as not knowing what to do
- 7 Kaylee wasn't the only person who **approached** me that day.
A. thought carefully and made a judgment about
B. concentrated, look at, or paid attention to
C. began talking with
- 8 That week I took a different **approach**. I did everything I could to conserve my energy, to save every ounce of strength for the game.
A. change the direction of something or the purpose for which it is used
B. technique (way of doing something)
C. to stick out, attract more attention than desired, or impose on others
- 9 The days of the week were written across the top of each page. Underneath were the **focus** muscle groups. And underneath that he'd listed the specific lifts I was to do along with the reps.
A. calculating or judging too high
B. where attention is concentrated
C. the ability to take on or adopt
- 10 The linebackers were so **focused** on me that they had all come up, leaving our tight end wide open over the middle.
A. concentrating (on one thing and not paying attention to other things)
B. thought carefully and made a judgment about
C. began speaking with someone about something

- 11 *It varies from person to person.*
A. predicts or reveals
B. differs; or changes
C. shows or represents
- 12 *Like you're two seconds faster in the agility drill.*
A. an unsettled state of mind (nervous or uncomfortable)
B. a power plant that produces energy by splitting atoms
C. ability to move well quickly and easily
- 13 *When he finished, the guys turned and started to **congregate** at the mouth of the tunnel, their voices alive with excitement.*
A. come together
B. include consideration of
C. struggle or disagreement
- 14 *Woodinville won the toss, but they **deferred**, which meant we'd have the ball first.*
A. postponed
B. changed
C. forgave
- 15 *If we stayed back in a **conventional** defense, their running backs nickel-and-dimed us to death.*
A. complete or total
B. able to challenge
C. normal or typical
- 16 *It had come like a **meteor** falling from the sky.*
A. a solar flare
B. a streak of light in the sky caused by a small space rock burning up in Earth's atmosphere
C. a large space rock with an irregular orbit
- 17 *Before every game the **adrenaline** flows, but this game was like no other.*
A. declaration of invalidity; or cancelation
B. the branch of geology that studies rocks
C. "fight or flight" stimulating hormone that excites the body and prepares it for action
- 18 *Foothill's band was playing their fight song over and over; their fans were **delirious**; their entire team had poured into the end zone to swarm the cornerback who'd scored the touchdown.*
A. relating separately to the people or things just mentioned
B. in a manner of accepting something as true (without proof)
C. extremely happy and excited
- 19 *For a split second we were both frozen, both straining, neither **yielding**.*
A. showing, demonstrating, determining, or causing acceptance
B. giving in
C. placing trust (in someone) by talking about private things
- 20 *"Sometimes when I'm feeling lost," she said as she handed it to me, "I'll open the book and read and before long I'll find a **passage** that will comfort me."*
A. the act of stopping a battle or fight
B. a short part of a longer written work
C. dense, rainy forest with many species

ANSWER KEY

Vocabulary in Context

Gym Candy

by Carl Deuker

#	KEY	WORD	NOTE
1	C	sprain	Used 3 times in this book.
2	B	glower	Used 3 times in this book.
3	A	technique	High-utility academic word; used 2 times in this book.
4	C	dominate	High-utility academic word
5	C	mediocre	Used 2 times in this book.
6	C	flounder (<i>as in: she floundered</i>)	Used about 2 times per 10 books in our high school library.
7	C	approach (<i>as in: approached her with the proposal</i>)	2 meanings in this book.
8	B	approach (<i>as in: use the best approach</i>)	High-utility academic word; 2 meanings in this book.
9	B	focus (<i>as in: The focus of our study is...</i>)	High-utility academic word; 2 meanings in this book.
10	A	focus (<i>as in: Turn your focus to question #2.</i>)	High-utility academic word; 2 meanings in this book.
11	B	vary	High-utility academic word
12	C	agile	Used 5 times in this book.
13	A	congregate	Used about 2 times per 10 books in our high school library.
14	A	defer (<i>as in: deferred the decision</i>)	Used about 2 times per 10 books in our high school library.
15	C	convention (<i>as in: conventional behavior</i>)	High-utility academic word
16	B	meteor	Used 2 times in this book.
17	C	adrenaline	Used 5 times in this book.
18	C	delirium (<i>as in: delirious with joy</i>)	Used about 2 times per 10 books in our high school library.
19	B	yield (<i>as in: yield to pressure</i>)	High-utility academic word
20	B	passage (<i>as in: In lines 1–9 of the passage...</i>)	High-utility academic word