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May 2015 edition

Flip-Flops & Fins

written by Charles Fisher



Flip-Flops & Fins



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Dear Student,

I am a teacher who has studied how children learn to read well. What I have learned has been used to write SummerReads and programs like QuickReads® and Ready Readers.

The best way to be ready for the new school year is to read every day of the summer. You can choose to read a chapter or a book from SummerReads. But be sure to read it at least three times on the same day. Here's how to use SummerReads:

1. Start by reading it yourself. Mark the words that you don't know.
2. Next, ask someone to read with you. Get that person to help you with any words you don't know. You can even go to the computer to www.textproject.org and hear a recording of the books.
3. Last, you're going to read by yourself to answer the questions at the end of the book. You can go to the computer to find the answers.

Have a reading-filled summer!

Elfrieda (Freddy) Hiebert, Ph.D.

Inventor of the TExT model

Flip-Flops & Fins

Introduction

Flip-Flops and Fins

When the temperature goes up, it's time to put your winter boots away and get out your summer footwear. Long summer days mean games with friends and visits to parks. You don't want to be wearing winter boots when you're playing soccer or walking at the beach. It's time for sandals and tennis shoes. If you go swimming, you might want to try a pair of swimming fins.

People have been wearing special footwear for warm weather for a very long time. The oldest footwear ever discovered was a pair of sandals. The sandals were 10,000 years old. The person who made that pair of sandals likely had no idea how many different styles of summer footwear there could be. You've got lots of ways to keep your feet cool this summer. Just be certain that you wear the right footwear for the right activity. Flip-flops won't work for soccer and swimming fins won't work for a trip to the mall.



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Sandals



When it's hot outside, it feels good to be wearing a pair of sandals. It's especially nice to wear sandals if you have worn boots and heavy socks during the winter.

A sandal is made of two basic parts. One part is a hard, flat and tough piece of material shaped like a footprint. This part, called the sole, goes on the bottom, or sole, of your foot.

The second part is one or more straps that are attached to the sole. The straps are wound around the toes or foot and

sometimes, around the ankle too. Finally, the straps are tied or buckled to keep the sandal in place.

Another example of warm-weather footwear also has only two basic parts. There's a sole and a Y-shaped strap. The Y-shaped strap passes between the big toe and the next toe. This kind of footwear has several names. In South Africa, it's called a slip-slop. In the United States, it is usually called a flip-flop. Typically, sandals have a strap that goes over the arch of the foot or around the ankle. Because flip-flops don't have this support, some people claim it's not a sandal. They also claim that flip-flops aren't good for people's feet.

Whatever you think about flip-flops, they are a cheap form of footwear. Where you find warm weather, you also find flip-flops. Usually, flip-flops are made of material that comes from crude oil. This material makes it hard to recycle old flip-flops. Some people have solved this problem by making flip-flops from recycled car tires or from materials like cotton or straw.

Flip-Flops & Fins

Athletic Shoes



Today, the most popular footwear in the world is the athletic shoe. In England, they are called trainers. In Canada, they are called runners. In United States, they might be called tennis or gym shoes. You may call yours by yet another name but you probably own a pair or two. Athletic shoes are the everyday shoes of many children and adults.

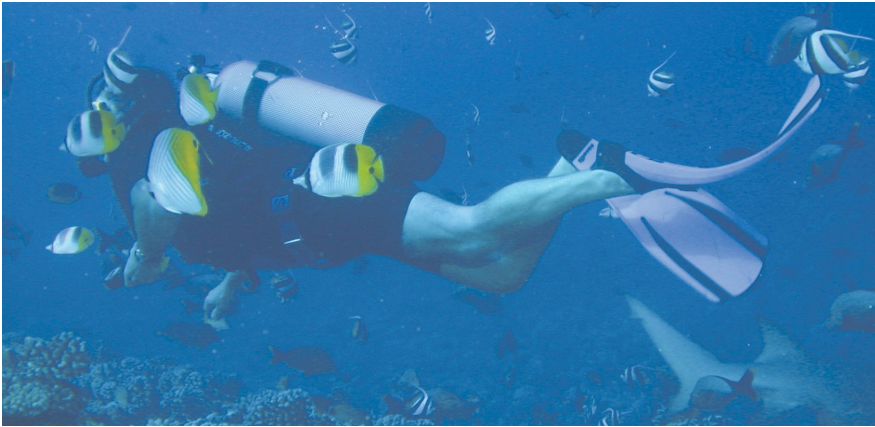
Athletic shoes have a sole made of dense rubber, usually with a pattern of ridges. These ridges make athletic shoes good for gripping different surfaces. Some soles are designed for gripping smooth surfaces like wooden floors. Others are

designed for gripping rough surfaces like hiking trails.

The upper part of the shoe is made from a material like canvas or leather that has some stretch. But the shoe is held firmly in place by laces or straps. That means that athletic shoes give your feet good support for activities like walking and running.

Today, athletic shoes have many different styles. When the shoes do not cover the ankles, the style is called “low-tops.” When the ankle is covered, these shoes are called “high-tops.” One style is between the low-top and the high-top. You might think that these shoes would be called mid-tops, but they are called “mid-cuts.”

A common name for athletic shoes is “sneakers.” How in the world did these shoes come to be called sneakers? They were the first shoes with rubber soles. They didn’t make as much noise as other kinds of shoes. People began calling them sneakers because, while wearing them, you could sneak up on someone without being heard.

Flip-Flops & Fins**Special Summer Footwear**

For some summer sports, special shoes can make the activity more enjoyable. A pair of flip-flops won't get a hiker very far up the side of a mountain or through the mud and rocks of a wilderness trail. Hikers depend on a good pair of boots to keep them on the trail.

Hiking boots are stiffer than most athletic shoes and give the feet more support. The top of the boot covers the ankle and this also creates more support. Good boots can keep you from tripping and stumbling on a rough trail in the

wilderness. Footwear is the most important part of what a hiker wears.

Not all footwear is designed for walking and running. Don't try going for a hike in swim fins or flippers! But flippers will make a visit to the swimming pool more enjoyable. Flippers are designed to help you swim faster either underwater or on top of the water. You place your foot in a slot at the back of the flipper and then attach a strap around your heel to keep the flipper in place. When you are wearing flippers, you move more water with each kick of your foot. This allows you to swim faster.

Benjamin Franklin, one of the founding fathers of the United States, made a set of swim fins almost 300 years ago. Franklin was 10 years old when he built two wooden fins and attached them to his feet while swimming. Even Benjamin Franklin knew that the right kind of footwear could make a sport more enjoyable!

Flip-Flops & Fins

Rate your thinking and reading

✓ Put a check each time you read one of the chapters of the book.

★ Give yourself a star for Sharing if you told someone about something you learned from reading the chapter.

✚ Give yourself a + if you can tell that your reading is getting smoother.

	1st Read	2nd Read	3rd Read	Sharing	Smoother
Introduction					
Sandals					
Athletic Shoes					
Special Summer Footwear					

Comprehension questions

Sandals

1. Which of the following is true?

- ☐ Sandals are a recent invention
- ☐ Sandals are held on the foot by straps
- ☐ Sandals are made for hiking
- ☐ Sandals do not have soles

2. True or false? Flip-flops have 5 straps to keep them on your feet.

- ☐ true ☐ false

Athletic Shoes

3. Which of the following is **not** a name for “athletic shoes?”

- ☐ Trainers
- ☐ Runners
- ☐ Bikers
- ☐ Sneakers

4. Why did people start calling athletic shoes sneakers?

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Special Summer Footwear

5. How do hiking boots protect your feet when you are hiking?

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6. True or false? Benjamin Franklin swam with wooden swim fins.

- ☐ true ☐ false