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# Simone Biles: The Gymnastics Superstar



Simone Biles is one of the greatest gymnasts of all time. Born on March 14, 1997, in Columbus, Ohio, Simone discovered her love for gymnastics when she was just six years old. She was adopted by her grandparents, who encouraged her passion for the sport. Simone's talent quickly became clear. By the time she was a teenager, she was winning medals and breaking records. In 2013, she became the first African American woman to win the all-around title at the World Championships. This was just the beginning of her incredible career.

At the 2016 Olympics in Rio de Janeiro, Simone won four gold medals and one bronze. She amazed everyone with her powerful and precise routines. Her performances were so good that she became a household name around the world.

Simone didn't stop there. She continued to compete and win even more medals at the World Championships. She has a total of 25 World Championship medals, the most any gymnast has ever won.

Despite her success, Simone has faced challenges. In 2021, she decided to withdraw from some events at the Tokyo Olympics to focus on her mental health. This decision showed her courage and reminded everyone how important it is to take care of both the mind and the body.

Simone Biles is an inspiration to many. She shows that hard work, dedication, and taking care of oneself are key to achieving great things. Her legacy will continue to inspire young gymnasts for generations to come.

## Comprehension Questions

- 1) When did Simone Biles discover her love for gymnastics?
  
- 2) Who adopted Simone Biles and supported her gymnastics career?
  
- 3) What significant achievement did Simone Biles accomplish in 2013?
  
- 4) How many medals did Simone win at the 2016 Olympics in Rio de Janeiro?
  
- 5) How many World Championship medals has Simone Biles won in total?
  
- 6) What major decision did Simone Biles make during the 2021 Tokyo Olympics?
  
- 7) Why is Simone Biles considered an inspiration to many people?
  
- 8) Where was Simone Biles born?
  
- 9) At what age did Simone Biles begin winning medals and breaking records?
  
- 10) What does Simone Biles' decision at the Tokyo Olympics highlight about athletes' well-being?

## **Answers**

1) When did Simone Biles discover her love for gymnastics?

Simone discovered her love for gymnastics when she was six years old.

2) Who adopted Simone Biles and supported her gymnastics career?

Simone was adopted by her grandparents, who encouraged her passion for gymnastics.

3) What significant achievement did Simone Biles accomplish in 2013?

In 2013, Simone became the first African American woman to win the all-around title at the World Championships.

4) How many medals did Simone win at the 2016 Olympics in Rio de Janeiro?

Simone won four gold medals and one bronze at the 2016 Olympics.

5) How many World Championship medals has Simone Biles won in total?

Simone has won a total of 25 World Championship medals.

6) What major decision did Simone Biles make during the 2021 Tokyo Olympics?

Simone decided to withdraw from some events at the Tokyo Olympics to focus on her mental health.

7) Why is Simone Biles considered an inspiration to many people?

Simone is considered an inspiration because of her hard work, dedication, and the courage she showed in taking care of her mental health.

8) Where was Simone Biles born?

Simone Biles was born in Columbus, Ohio.

9) At what age did Simone Biles begin winning medals and breaking records?

Simone began winning medals and breaking records as a teenager.

10) What does Simone Biles' decision at the Tokyo Olympics highlight about athletes' well-being?

Simone's decision highlights the importance of taking care of both mental and physical health for athletes.