



Name _____ Date _____

UNIT 9 - I KEEP MY HEAD UP

apparent / awkward / competition / congratulate / dusk / instant / limb / queasy / represent / weary

9A Introduction

It's a hot day. You're standing on the track; the race is about to begin. The other kids are bigger than you, and they look serious, too. You're nervous. You begin to sweat. Do you walk away from the race and give up? Or do you keep your head up and your eyes wide open?

9B Song Lyrics

I'm standing at the starting line,
Looking at the crowd and they're all wild,
I'm thinking, "Oh, wow."
The sun just set; it's evening, it's **dusk**,
The lights shine down on us.
I'm standing in my running shorts,
And yeah, they're kind of short.
They're green and yellow; they remind me of a dinosaur.
It becomes **apparent** to me, becomes clear,
That I'm the shortest runner out here.
The dude on my left; I think he might be nine,
But he looks like he's at least five-foot-nine.
And the guy on my other side has long **limbs**,
I mean his legs and arms look strong and thin.
I'm feeling **awkward**, uneasy,
I start to feel a little sick, a little **queasy**.
Because I'm here **representing** my whole town,
I'm here acting for them and holding it down.
And, yes, I'm a good runner and I won a couple meets,
But I wonder if these other runners are gonna beat me.
So I start to sweat like I'm at the beach,
With no breeze, and it's like 100 degrees.

I'm feeling pressure...
(x4)



Name _____ Date _____

*I keep my head up, I keep my head up,
I keep my head up and my eyes wide open.*

(x2)

They can't stop me; no, they can't stop me now...

(x4)

This is the big **competition**; this is the contest,
Where we compete against each other; I'm being honest.
All of a sudden, they say, "Runners take your marks,"
And I know when the gun shoots, it will start.
And, "Blam!" We take off in an **instant**, a second,
A moment; we own it, now everyone's going.
But I see that I'm running at the back of the pack,
I guess I'm not as fast, because I'm last on the track.
And I start to feel **weary**, tired from the race,
I'm thinking, "Maybe I should quit and just take a break.
I feel blisters on my feet – ouch!
I wish I was at home sitting on my couch."
But then wise words from my mom flash in my mind:
"If you don't keep your head up, life will pass you by!"
So I know I'm last, but I put on the gas,
I'm running super fast now; yeah I'm burning the track.
I pass a runner on the first turn,
I'm faster than a bird; he's like the earthworm.
I run fast as the world when it turn-turns,
I pass all different colored shirts like rainbow sherbet.
And now the crowd is making more noise,
I see the girl that I like best; and she's yelling, "Go boy!"
I pass another and another, pass a sister and a brother,
I'm a flash, baby—you can't even see me; I'm a runner.
And when I win, they all **congratulate** me,
Express joy, tell me how they're happy for me.
So now when I'm feeling down, I always get up,
With my eyes wide open, yeah I keep my head up!

Hook



Name _____ Date _____

9C Words Defined

apparent / awkward / competition / congratulate / dusk / instant / limb / queasy / represent / weary

apparent

(adj) Easy to see or understand; clear. *Based on the storm clouds blowing through, it was apparent that it was going to rain.*

awkward

(adj) 1. Not graceful. *Bob is an awkward guy and bumps into things a lot.* 2. Weird or hard to handle. *The party was really awkward; nobody talked the whole time.*

competition

(noun) Trying to outdo others. *There is a lot of competition between Kala and her sister; they're always bragging about who is the better dancer.* 2. A game or contest. *Keith entered the rock band competition with his all-tuba band.*

congratulate

(verb) To express joy for a person's success or good fortune. *Mr. Toobin congratulated the class on winning the playwriting competition.*

dusk

(noun) The time at the end of the day just before dark; the evening. *It was dusk, and the ducks were flying home to go to sleep.*

instant

(noun) A moment; a very short period of time. *Leonel paused for an instant and then jumped off the rock into the water.*

(adj) Quick; without much delay. *I love the taste of instant oatmeal, and it's so easy to make.*

limb

(noun) An arm, leg, wing, or branch. *Using his long limbs, Jerry lifted himself from one tree limb to another.*

queasy

(adj) Feeling sick to the stomach. *Yuck! Smelling pig guts makes me so queasy.*

represent

(verb) To stand in for something or someone else. *As the class president, I get to go to an academic fair in Boston and represent my school.*

weary

(adj) Feeling tired or worn out from hard work; exhausted. *Candice was so weary by the end of the trip that all she wanted to do was crawl into bed.*



Name _____ Date _____

9D Synonyms

Circle the word on the right that matches the meaning of the word or phrase on the left.

apparent / awkward / competition / congratulate / dusk / instant / limb / queasy / represent / weary

- | | | | |
|-----------------------------------|-------------|--------------|-----------|
| 1. to stand in for something else | limb | congratulate | represent |
| 2. exhausted | queasy | weary | awkward |
| 3. easy to understand | apparent | awkward | queasy |
| 4. a game or contest | competition | dusk | instant |
| 5. an arm or leg | dusk | instant | limb |



Name _____ Date _____

9E Fill in the Blank

Write the word in the blank so that the sentence makes sense.

apparent / awkward / competition / congratulate / dusk / instant / limb / queasy / represent / weary

1. Dustin gets _____ in cars, especially when they make fast turns.

weary queasy awkward

2. Larry thinks he's a great dancer, but he just looks _____ to me.

awkward apparent instant

3. Maria was thrilled when she was picked to _____ our school in the state spelling bee.

congratulate represent limb

4. My favorite time of day is _____ because I love to watch the sun set

dusk limb competition

5. My grandfather has a(n) _____ camera that prints out pictures as soon as you take them.

awkward weary instant



Name _____ Date _____

9F Connections

Each sentence has a strong connection with one of the words from the unit. Write the correct word on the line below.

apparent / awkward / competition / congratulate / dusk / instant / limb / queasy / represent / weary

1. . I have a hard time talking to Jimmy. He seems like he never knows what to say

2. . I could barely keep my eyes open at the New Year’s Eve party—I never stay up that late!

3. Janie and Samara are racing today to see which of them is the fastest girl in the fourth grade.

4. Sometimes I wish I had wings like a bird, but all I have are these useless arms.

5. I told Lucinda that I was proud of her for winning her tennis match..



Name _____ Date _____

9G Applying Meanings

Circle the letter that makes sense or answers the question.

apparent / awkward / competition / congratulate / dusk / instant / limb / queasy / represent / weary

1. Which of these sounds would you be most likely to hear at **dusk**?

- (A) a rooster crowing
- (B) a clock chiming 12 times
- (C) a school bell ringing
- (D) crickets chirping

2. Which is the best way to stop feeling **queasy**?

- (A) Bundle up in a warm blanket.
- (B) Take some stomach medicine.
- (C) Go for a run around the block.
- (D) Read a good book.

3. If a film was an **instant** success, what would that mean?

- (A) A lot of people went to see it when it came out.
- (B) It was not very well-liked.
- (C) It was made a long time ago.
- (D) Most people had never heard of it.

4. The answer to the puzzle was **apparent** to Jean, so he

- (A) asked for help
- (B) threw the puzzle away
- (C) solved the puzzle
- (D) thought about it all night

5. Which of these things would best **represent** the sun in a model of the solar system?

- (A) a paintbrush
- (B) a coat hanger
- (C) a Popsicle stick
- (D) an orange



Name _____ Date _____

9H Reading

Read the passage below and then answer the questions that follow.

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Playing the Air

Craig Billmeier stands on a large stage at **dusk** before a cheering crowd. A heavy metal song begins to play over the speakers. In an **instant**, the 34-year-old leaps into action. He jumps into the air, his **limbs** moving wildly. He would be the best guitarist the crowd had ever seen... if he actually had a guitar.

Billmeier is the world champion of a strange **competition**—the Air Guitar World Championships. To play an “air guitar,” you don’t need an instrument; you just need to look like you are playing an instrument. Air guitarists try to look like great guitarists. They dress up like rock stars and create goofy names for themselves. (For example, Craig Billmeier performs as “Hot Lixx Hulahan.”)

To do well at an air guitar competition, you have to look like you are really playing the guitar. Good air guitarists are very athletic. They run all over the stage, they do flips, and they jump into the crowd. They even get injured sometimes: Billmeier had to wear a cast after an **awkward** fall on his hand. Somehow, he still managed to look good enough to win!

There are air guitar events all over the world. Billmeier first won the U.S. Air Guitar Championships. That means he got to **represent** the United States at the Air Guitar World Championships. He beat air guitarists from 19 other countries to become the world champion.

Air guitarists do not take themselves too seriously. They realize their hobby is silly, but they have a lot of fun doing it. And in some cases, it can make them more famous than real guitarists: Billmeier now performs for sold-out crowds around the world!



Name _____ Date _____

1. How old is Craig Billmeier?

2. What are two different tricks that air guitarists do?

3. Why did Billmeier have to wear a cast?

4. How many countries did Billmeier compete against in the Air Guitar World Championships?

5. What do air guitarists think of their hobby?

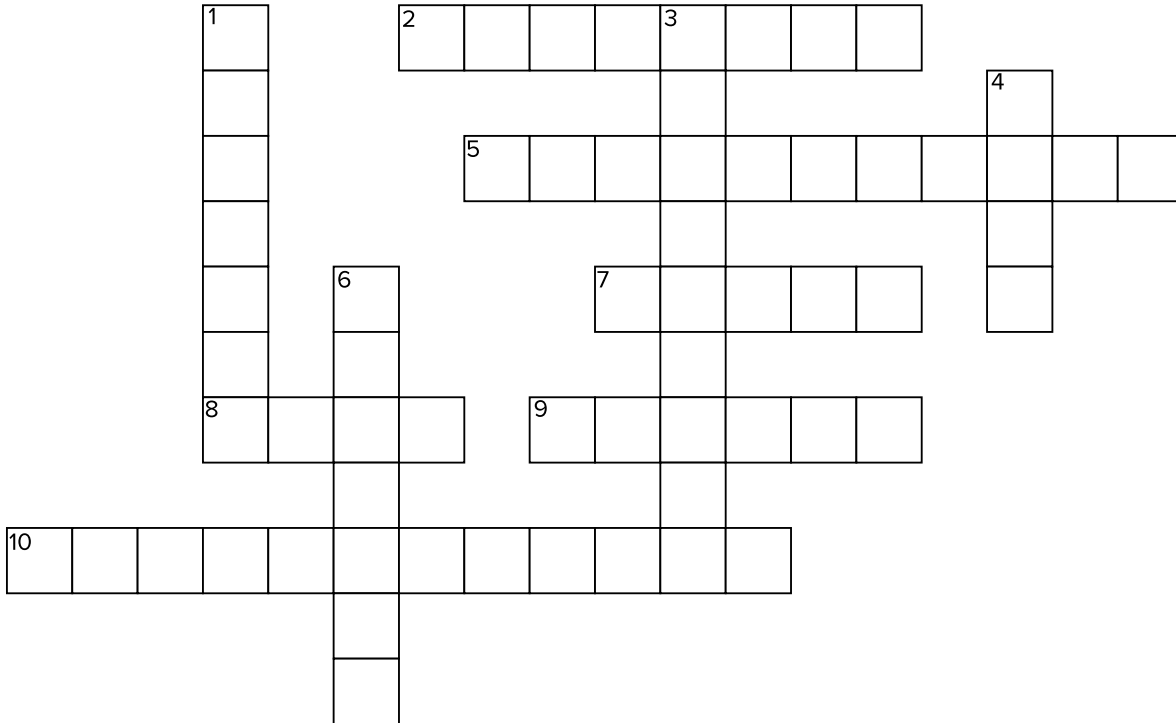


Name _____ Date _____

Bonus: Crossword Puzzle

Solve this crossword puzzle. Note: Some answers may be different forms of the vocab words from this unit

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ACROSS

- 2** Easy to see or understand.
- 5** I hope I win the skateboarding _____! I have been practicing for weeks.
- 7** I was so _____ after helping my mom in the garden that I had to take a nap.
- 8** The time between night and day.
- 9** Doug felt _____ after riding the roller coaster. He looked green!
- 10** I would like to _____ you on your amazing success. Way to go!

DOWN

- 1** There was an _____ silence in the room after Matt said he hated us.
- 3** Kara is going to _____ her school at the county science fair.
- 4** An arm, a leg, or a wing.
- 6** When the truck passed by, the whole floor shook for an _____.