



GOAL GETTERS CHALLENGE

ACADEMIC FOCI

GRADES 3–5 (UPPER ELEMENTARY)

Critical Reading



Passage 1: Understanding Hypertension

Hypertension, also called high blood pressure, happens when the force of blood pushing against the walls of your blood vessels stays too high for too long. Blood pressure is measured with two numbers, like 120 over 80. The top number is called systolic pressure, and the bottom number is called diastolic pressure. Systolic pressure measures pressure when the heart beats and diastolic pressure measures pressure when the heart rests. Eating less salty food, staying active, and visiting the doctor regularly can help people keep their blood pressure at a healthy level.

1. What is another name for high blood pressure?

2. What are the two numbers in a blood pressure reading called?

_____ & _____

3. Name two things that can help keep blood pressure at a healthy level.

4. Why do you think it's important to check blood pressure regularly, even when a person feels fine?

5. True or False: Diastolic pressure measures pressure when the heart beats.



GOAL GETTERS CHALLENGE

ACADEMIC FOCI

GRADES 3–5 (UPPER ELEMENTARY)

Critical Reading



Normal
Red Blood Cell



Sickled
Red Blood Cell

Passage 2: What Is Sickle Cell Disease?

Sickle cell disease is a condition passed down from parents that changes the shape of red blood cells. Healthy red blood cells are round and can move easily through blood vessels to carry oxygen around the body. In sickle cell disease, red blood cells become curved, like a farm tool called a sickle. These curved cells can get stuck and block blood flow, which can cause pain and tiredness.

1. What shape do healthy red blood cells normally have?

2. What job do red blood cells do in the body?

3. Why can curved, sickle-shaped cells cause problems in the body?

4. Name one symptom that sickle cell disease can cause.



GOAL GETTERS CHALLENGE

ACADEMIC FOCI

GRADES 3–5 (UPPER ELEMENTARY)

Science & Math

Biology

1. What organ pumps blood through your body?

2. Name two parts of the circulatory system.

3. Why does your body need blood to travel to your muscles when you exercise?

Chemistry

1. When you dissolve salt in water, is that a mixture or a chemical reaction? Explain.

2. Name one example of a solid, one liquid, and one gas.



GOAL GETTERS CHALLENGE

ACADEMIC FOCI
GRADES 3–5 (UPPER ELEMENTARY)

Reading a Graph: One Week of Blood Pressure Checks

Day	Systolic (top number)
Mon	118
Tue	122
Wed	120
Thu	125
Fri	119

1. On which day was the systolic number highest?

2. What is the difference between the highest and lowest systolic readings?

3. Was the systolic reading higher on Tuesday or Friday? By how much?



GOAL GETTERS CHALLENGE

ACADEMIC FOCI
GRADES 3–5 (UPPER ELEMENTARY)

Goal Getter Challenge

Record a short video explaining one fact from the Critical Reading passages and one answer from your Science & Math page. Use your own words and explain your thinking step by step.

The first two students with **the best submissions will earn Sugarfire x Jordan Walker swag.**

Submission deadline: August 28th.