



# Helen Sharman

Isabel Thomas





Helen Sharman was born in the UK in 1963.



Helen got a good job planning and testing things.





In 1989, Helen took part in a contest to go into orbit.



Helen was smart and fit. She was the winner!





Helen was going to go up in a big rocket.



She had to train hard for a year.





No British person had ever been in orbit ...  
until Helen went!



The rocket took off. It went higher  
and higher.



Helen helped to repair things when she was in orbit.



Helen tested seeds to see what might happen to them.





Helen said the best part of her trip was looking down on the planet.

The land was green and brown.  
The lights were sparkling bright.



Helen had such fun. She floated, and twisted and turned. She slept standing up!



The trip lasted for a week.  
When Helen got back she was a star!





## Talk about the book

Ask your child these questions:

- 1 What did Helen do in her job?
- 2 How long did Helen have to train for?
- 3 Why do you think Helen helped to repair things when she was in orbit?
- 4 Why was Helen famous when she got back?
- 5 What would you like about going into space?
- 6 What, or who, would you like to take into space with you?





**YELLOW**

Reading Planet Level 3

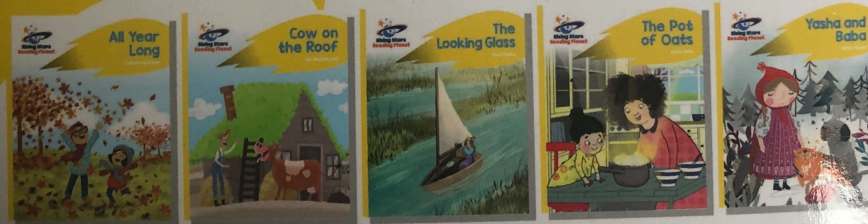
Phonics Phase 3/4



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in a contest. She was picked  
to go up in a rocket!

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Biography/History

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