

Valentina Tereshkova

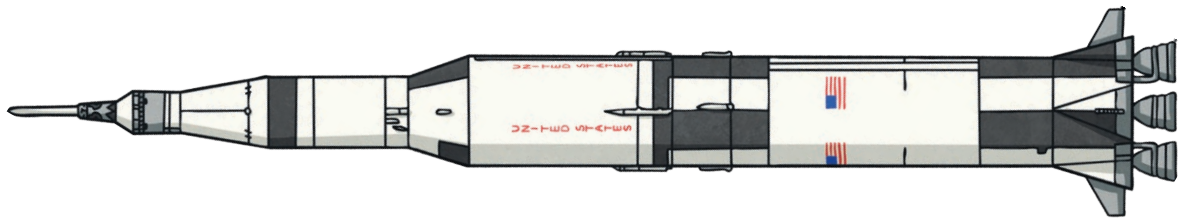
Who Is Valentina?

Valentina is a famous Russian cosmonaut. Cosmonaut is the Russian word for astronaut. She is best known for being the first woman to fly in space.

Valentina's Early Life

Valentina was born on 6th March 1937 in the country that is now called Russia but was then called the USSR. Her family were so poor they couldn't even afford bread! Valentina left school at just 16 and worked in a factory but she dreamed of doing something more exciting.

Valentina joined a skydiving club as a hobby and soon learnt that she had a knack for it!



The Space Race

The USSR wanted to be the first country to send a woman into space. They were in a race against the United States. Valentina applied to be in a space programme and was chosen because she was good at skydiving.

Five women were picked to train to be cosmonauts but only one of them would be sent into space. Valentina worked hard to win a place and training was tough. They had to do many tests in zero-gravity and spend lots of time on their own. The women had to keep their training a secret – even from their families! Of the five women, Valentina was chosen as the best and was the only one to go into space.



Valentina's Flight

On 16th June 1963, Valentina flew alone in space on a shuttle called Vostok VI. She went around the Earth 48 times setting a new world record. She took important photographs in space that helped scientists back on Earth. She had a tough journey back to Earth that nearly ended in disaster! The ship's programming went wrong and the ship nearly crashed. Luckily, clever Valentina was able to fix the problem and survived with just bruises on her face.

After her flight, Valentina became an engineer and then a doctor. She now works for world peace.



Did You Know...?

- Valentina has a crater on the moon named after her!
- Valentina's first husband was a cosmonaut too, making them the first married couple to have both been to space.

Questions

1. What is Valentina's nationality? Tick one

- ☐ British
 ☐ Russian
☐ American
 ☐ German

2. When was the date of Valentina's first flight into space? Tick one

- ☐ 16th June 1936
 ☐ 16th June 1963
☐ 13th July 1693
 ☐ 19th July 1996

3. Draw lines to complete the sentences about Valentina

Valentina was chosen for
the space programme

Valentina worked

Valentina had to keep

in a factory before
becoming a cosmonaut.

her training a secret.

because she was good at
skydiving.

4. Number the events below to show the order in which they happened in Valentina's life. The first one has been done for you.

- ☐ Valentina trained in the space programme.
☒ 1 Valentina was born on 6th March 1937.
☐ Valentina joined a skydiving club.
☐ Valentina became a doctor.
☐ Valentina became the first woman to go to space.

5. Fill in the missing word in this sentence.

On her first flight, Valentina took _____ that helped science.

6. Find and copy one word that describes the kind of life Valentina dreamed of.

7. What happened to Valentina on her way back to Earth? Why do you think she reacted the way that she did?

Answers

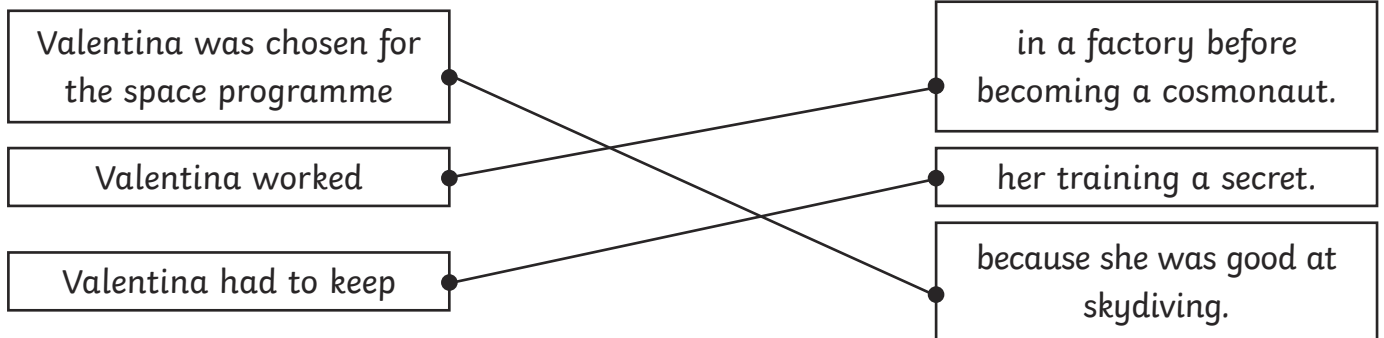
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 ☒ **Russian**
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4. Number the events below to show the order in which they happened in Valentina's life. The first one has been done for you.

- Valentina trained in the space programme.
 Valentina was born on 6th March 1937.
 Valentina joined a skydiving club.
 Valentina became a doctor.
 Valentina became the first woman to go to space.

5. Fill in the missing word in this sentence.

On her first flight, Valentina took **photographs** that helped science.

6. Find and copy one word that describes the kind of life Valentina dreamed of. **exciting**

7. What happened to Valentina on her way back to Earth? Why do you think she reacted the way that she did?

Pupils' own responses, such as: On the way back to Earth, Valentina's ship nearly crashed and she had to fix it. I think she reacted the way that she did because she had a lot of training and worked well under pressure.

Valentina Tereshkova

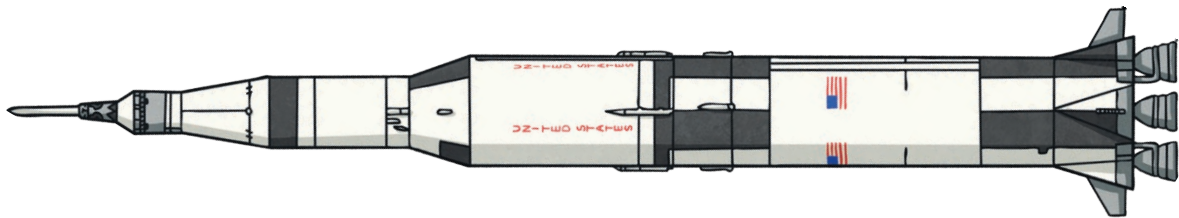
Valentina Tereshkova is a famous Russian engineer and **cosmonaut**. She is best known for being the first woman to fly in space.

Valentina's Early Life

Valentina was born on 6th March 1937 in the country that is now called Russia but was then called the USSR. She grew up in a poor family but she dreamt of a life of adventure. Valentina left school at just 16 and worked in a factory but she never gave up on her dreams.



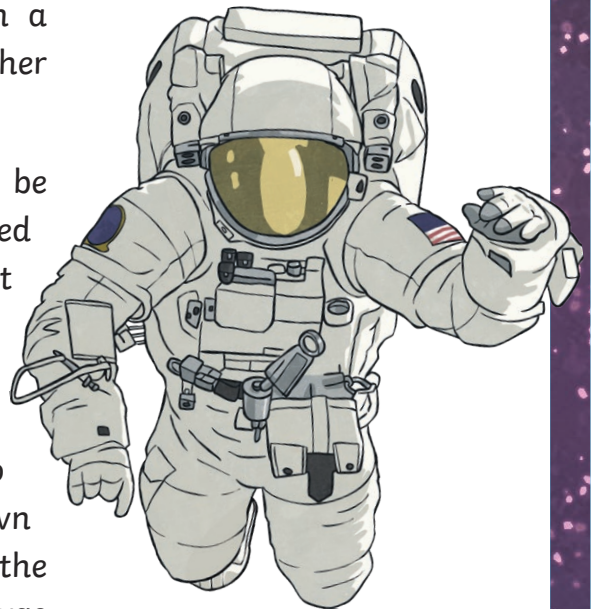
Valentina joined a skydiving club in her spare time and soon learnt that she was a natural. In 1959, Valentina made her first skydiving jump.



The Space Race

At this time, the USSR were in a race against the United States to be the first country to send a woman into space. Valentina applied to be in a space programme and was chosen because of her skydiving skills.

Five women were picked to be trained to be cosmonauts but only one of them would be selected to go to space. Valentina was determined that it would be her and worked extremely hard to secure a place. The training was very difficult, involving weightless tests in zero-gravity and long periods of time alone. The women had to keep their training a secret – even from their own families. After many difficult exams, only two of the women passed the programme and one of them was Valentina. Finally, Valentina achieved her goal and was chosen to go into space alone.

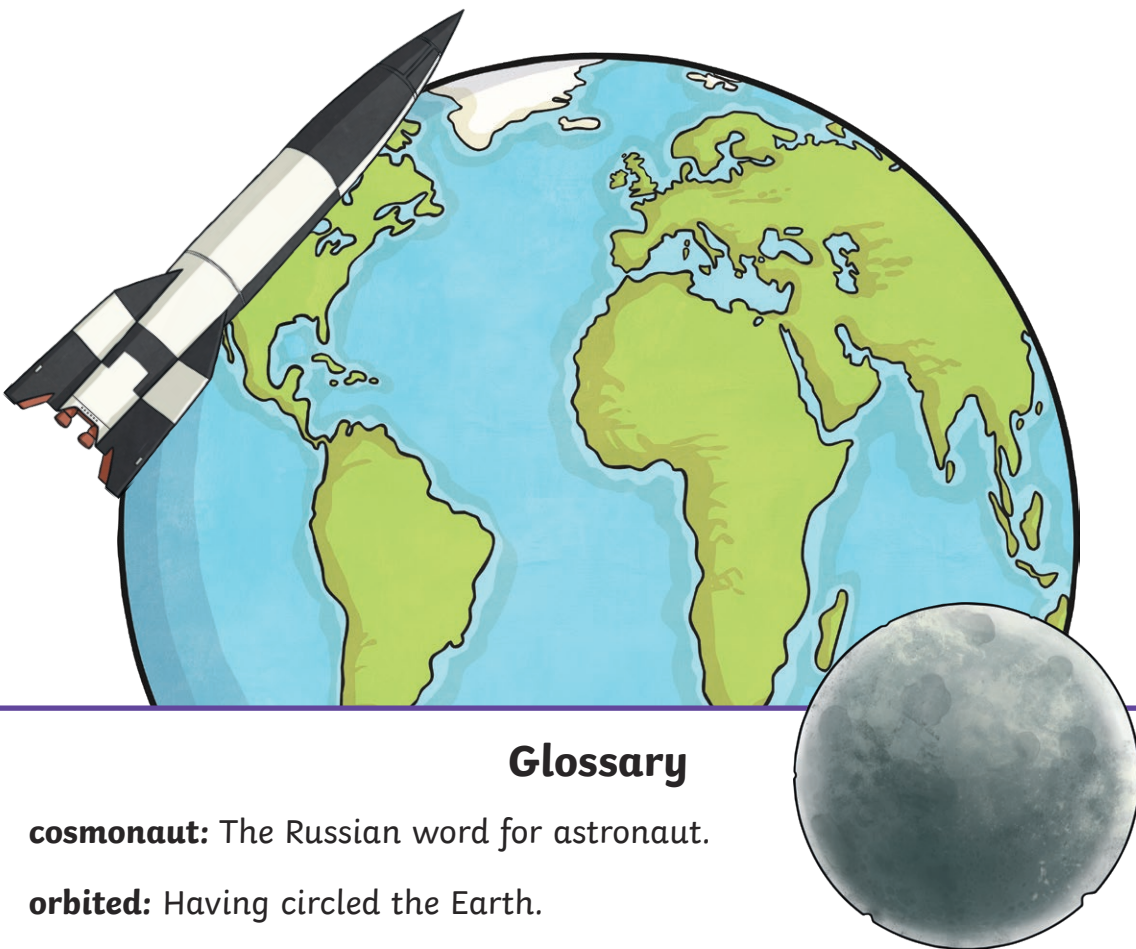


Adventures in Space

One month later, on 16th June 1963, Valentina was launched into space on a shuttle called Vostok VI. This made her the first woman ever in space. She **orbited** the Earth 48 times setting a new world record. She also took incredible photographs in space that helped scientists understand Earth much better.

After three days in space, she returned to Earth but her journey home nearly ended in disaster! There were problems with the ship's programming meaning it nearly crashed. Feeling sick and dizzy, Valentina managed to correct the problem before passing out. Her training had come in handy and she survived with only a few bruises on her face. She proved that women could react every bit as well as men to the challenges of **spaceflight**.

After her flight, Valentina became an engineer and then a doctor. She has worked with the cosmonaut programme to help to train many more cosmonauts. She now works for world peace and her new goal is to go to Mars.



Glossary

cosmonaut: The Russian word for astronaut.

orbited: Having circled the Earth.

spaceflight: A journey through space.

Questions

1. What did Valentina do **before** she became a cosmonaut? **Tick one.**

- ☐ worked in a shop
- ☐ engineer
- ☐ worked in a factory
- ☐ doctor

2. What did Valentina's training involve? **Tick two.**

- ☐ weightless tests in zero-gravity
- ☐ watching television
- ☐ long periods of time alone
- ☐ writing a book about space

3. Draw lines to show different things that Valentina did at different stages in her life.

young adult

She had to keep things secret from her family.

cosmonaut

She joined a skydiving club.

during her training

She corrected a problem to stop her ship from crashing.

4. Number the events below to show the order in which they happened in Valentina's life. The first one has been done for you.

- ☐ Valentina passed the space programme.
- 1** Valentina was born on 6th March 1937.
- ☐ Valentina left school at just 16.
- ☐ Valentina wants to go to Mars.
- ☐ Valentina became the first woman to go to space.

5. Find and copy **one** phrase that describes the competition between the USSR and the United States.

Questions

6. Fill in the missing word in this sentence.

On her first flight, Valentina set a new _____ and took _____ that helped scientists.

7. Why was Valentina chosen to be in the space programme? Give **two** reasons for your answer.

8. What do you think has been the most important achievement of Valentina's life so far? Give reasons for your answer.

Answers

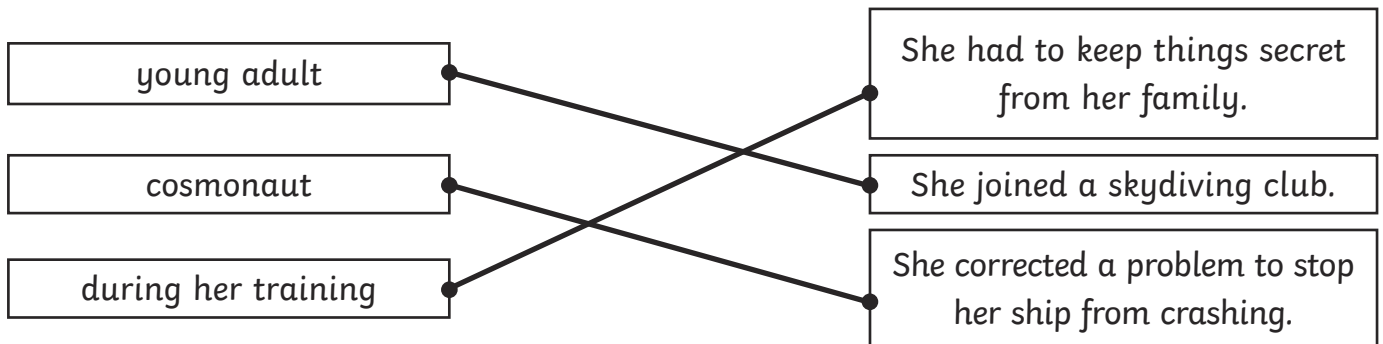
1. What did Valentina do **before** she became a cosmonaut? Tick one.

- ☐ worked in a shop
- ☐ engineer
- ☒ **worked in a factory**
- ☐ doctor

2. What did Valentina's training involve? Tick two.

- ☒ **weightless tests in zero-gravity**
- ☐ watching television
- ☒ **long periods of time alone**
- ☐ writing a book about space

3. Draw lines to show different things that Valentina did at different stages in her life.



4. Number the events below to show the order in which they happened in Valentina's life. The first one has been done for you.

- 3** Valentina passed the space programme.
- 1** Valentina was born on 6th March 1937.
- 2** Valentina left school at just 16.
- 5** Valentina wants to go to Mars.
- 4** Valentina became the first woman to go to space.

5. Find and copy **one** phrase that describes the competition between the USSR and the United States.

The Space Race

Answers

6. Fill in the missing word in this sentence.

On her first flight, Valentina set a new **world record** and took **photographs** that helped scientists.

7. Why was Valentina chosen to be in the space programme? Give **two** reasons for your answer.

Pupils' own responses, such as: Valentina was chosen to be in the space programme because she was a woman and because of her skydiving skills.

8. What do you think has been the most important achievement of Valentina's life so far? Give reasons for your answer.

Pupils' own responses, such as: I think the most important thing that Valentina has achieved in her life so far is being the first woman to go into space. I think this is important because it proved that women could react every bit as well as men to the challenges of spaceflight, something people might not have believed before. She also worked very hard to achieve this dream.

Valentina Tereshkova

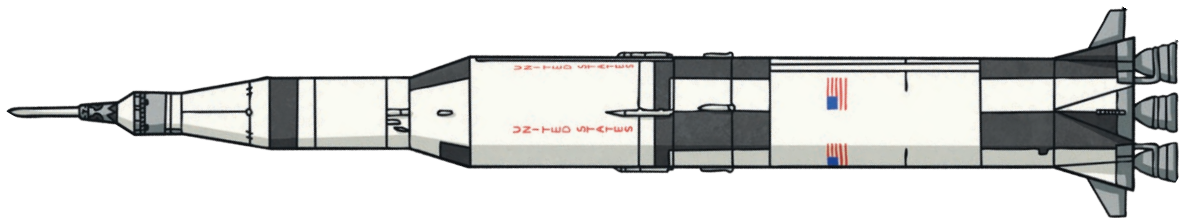
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Valentina's Early Life

Valentina was born on 6th March in 1937 in the country that is now called Russia but was then called the USSR. She grew up in a poor family but she dreamt of a more exciting life. Valentina left school at just 16 and worked in a factory but she never gave up on her dreams.



In her spare time, Valentina joined a skydiving club and soon learnt that she was a natural, making her first skydiving jump in 1959.



Spaceflight Training

At this time, a woman had never travelled in space and people wanted to know if women would react differently to **spaceflight**. The USSR wanted to be the first country to send a woman into space and they were in a race against the United States. Valentina applied to be in a space programme and was chosen because of her skydiving skills.



Five women were picked to train to be cosmonauts but only one of them would be selected to go to space. Valentina was determined that it would be her and worked extremely hard to secure a place. The training was very challenging – they had to perform weightless tests in zero-gravity and spend long periods of time alone. The women had to keep their training a secret – even from their own families. After many difficult exams, only two of the women passed the programme and one of them was Valentina. Finally, Valentina achieved her dream and was chosen as the only one to go into space.

The Vostok VI Mission

One month later, on 16th June 1963, Valentina was launched alone into space on a shuttle called Vostok VI, which made her the first woman ever in space. She **orbited** the Earth 48 times, setting a new world record. She also took incredible photographs in space that helped scientists understand the Earth's **atmosphere** much better.

After three days in space, she returned to Earth but her journey home nearly ended in disaster! There were problems with the ship's programming, which meant that it nearly crashed. **Nauseous** and **disorientated** from the change in pressure, Valentina managed to correct the problem before passing out. She had remembered her training and survived with only a few bruises on her face. She proved that women were more than capable of reacting every bit as well as men to the challenges of **spaceflight**.

Following her flight, Valentina became an engineer and later a doctor. She has worked closely with the cosmonaut programme to help to train many more cosmonauts. She now works for world peace and has a moon crater named after her. Now retired, she remains an inspiration to men and women throughout the world and dreams of going to Mars one day.



Glossary

atmosphere: The gasses that surround the Earth or other planets.

cosmonaut: A Russian astronaut.

disorientated: To lose your sense of direction.

nauseous: Feeling as if you might be sick.

orbited: Having circled the Earth.

spaceflight: A journey through space.



Questions

1. What did Valentina become **after** she was a cosmonaut? Tick two

- ☐ doctor
- ☐ scientist
- ☐ engineer
- ☐ teacher

2. Number the events below to show the order in which they happened in Valentina's life.

- ☐ Valentina passed the space programme.
- ☒ 1 Valentina was born on 6th March 1937.
- ☐ Valentina left school at just 16.
- ☐ Valentina wants to go to Mars.
- ☐ Valentina became the first woman to go to space.

3. What does the word **atmosphere** mean? Use the glossary to help you.

4. Find and copy **one** phrase that tells you that Valentina did not feel well when correcting the problem on Vostok VI.

5. What did Valentina prove in her first flight?

6. Why do you think Valentina applied to be in the space programme? Explain your answer.

Questions

7. Why do you think the USSR wanted to be the first country to send a woman into space? Give **two** reasons.

8. Would you like to go to Space like Valentina? What parts of her experiences would you find most difficult and most enjoyable?

Answers

1. What did Valentina become **after** she was a cosmonaut? Tick two

- ☒ doctor
- ☐ scientist
- ☒ engineer
- ☐ teacher

2. Number the events below to show the order in which they happened in Valentina's life.

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3. What does the word **atmosphere** mean? Use the glossary to help you.

The word atmosphere means the gasses that surround the Earth or other planets.

4. Find and copy **one** phrase that tells you that Valentina did not feel well when correcting the problem on Vostok VI.

Nauseous and disorientated from the change in pressure

5. What did Valentina prove in her first flight?

In her first flight, Valentina proved that women were more than capable of reacting every bit as well as men to the challenges of spaceflight.

6. Why do you think Valentina applied to be in the space programme? Explain your answer.

Pupils' own responses, such as: I think Valentina applied to be in the space programme because she had always dreamt of a more exciting life and she saw a life in space as the most exciting life imaginable. She also loved flying as a skydiver and thought that her skydiving skills would make her good at flying a space shuttle.

Answers

7. Why do you think the USSR wanted to be the first country to send a woman into space? Give two reasons.

Pupils' own responses, such as: I think the USSR wanted to be the first country to send a woman into space because the United States were trying to do the same thing and they wanted to win the race. Also because they wanted to find out if women would react differently to spaceflight.

8. Would you like to go to Space like Valentina? What parts of her experiences would you find most difficult and most enjoyable?

Pupils' own responses, such as: I would like to go to space like Valentina. I would find the training the most difficult part of the experience because I wouldn't like being on my own for long periods of time and having to keep secrets from my family. I would find orbiting the Earth 48 times the most enjoyable part of the experience because it would be amazingly exciting to see the Earth from space.