



# CANADIAN OLYMPIC ACTIVITY CHALLENGE



## SKI JUMPING/NORDIC COMBINED

Ski Jumping can be traced back to a Norwegian military officer named Ole Rye who was recorded ski jumping as far back as 1808. The sport grew as new techniques were discovered, spreading through Europe and North America. It was contested at the first Olympic Games in 1924.

In Ski Jumping, the skier goes down a snow-covered ramp on two skis, launching themselves in the air. Judges score the points on how far they can jump, and their technique while in the air and in the landing.

It takes practice to land safely and perfect the graceful technique. There are two jump sizes, Hill Sizes (HS). The Normal hill is on an HS 100, and the Large hill is on an HS 140 jump heights. The world record for the distance jumped is a staggering 253 meters. This was done on an HS 225, this size of hill is used in the Olympic Winter Games.

The Nordic Combined event, which also started in Norway, combines cross-country skiing and ski jumping. The competition day begins with ski jumping, and ends with a cross-country skiing race. The winner of the ski jumping event gets to start the race first. Each athlete then follows according to how they did in the ski jumping. The first athlete across the finish line is the winner.

It took until the Sochi 2014 Olympic Winter Games for women to be allowed to compete in ski jumping. Nordic Combined is the last sport on the Olympic program that is only for men. Canada has yet to win an Olympic medal in either of these sports.



# SKI JUMPING/NORDIC COMBINED TRIVIA

## HIGHLIGHTS



Nels Nelson

- Scandinavian miners brought ski jumping to Revelstoke, BC in 1891. Over the next 30 years ski jumping was one of Canada's most popular spectator sports.
- Just before the Vancouver 2010 Games, female ski jumpers launched a legal challenge to have their event added to the program. Although their case was unsuccessful, the event was added in time for the Sochi 2014 Games.
- The Revelstoke Ski Club is internationally famous due to one of its founders, Nels Nelson. Nelson was the five-time Canadian champion from 1917-1922. In 1925, he set a world record on the big hill but never competed in the Olympics because of a lack of funding.

## FEATURED ATHLETES

### TAYLOR HENRICH

OLYMPIAN, SOTCHI 2014

Until only a few years ago, female ski jumpers were not allowed to compete at the Olympic Winter Games. After much effort, the rules were changed in time for the 2012 Winter Youth Olympic Games. A young Canadian named Taylor Henrich was up first. She jumped into history, becoming the first ever woman to compete at Olympic level ski jumping. Two years later she placed 13th at the Sochi Olympic Winter Games.

Learn more about Taylor Henrich at [www.olympique.ca](http://www.olympique.ca)



### NATHANIEL MAH

ATHLETES IN NORDIC COMBINED

Nathaniel Mah grew up in Calgary close to the Olympic Ski Jumping facilities. At three years old, he began to tell his mom that he wanted to be a ski jumper. In a few short years, he joined the local ski jumping club and started to learn how to cross country ski. His heart was set on becoming a national team Nordic Combined athlete. Hard work and perseverance paid off, as Nathaniel now represents Canada on the World Cup circuit and is hoping to qualify for the PyeongChang 2018 Winter Olympic Games.

Learn more about Nathaniel Mah at [nathanielmah.weebly.com](http://nathanielmah.weebly.com)

# SKI JUMPING/NORDIC COMBINED


# ACTIVITIES


Described below are ski jumping/nordic combined daily physical activities that can be used in the classroom and gym. Have fun!

## JUMP SCHOOL

There are four stages of a ski jump: the inrun, take off, flight and telemark landing. This activity lets the students experience each of these stages.

 **Participants:** student

 **Space:** gym

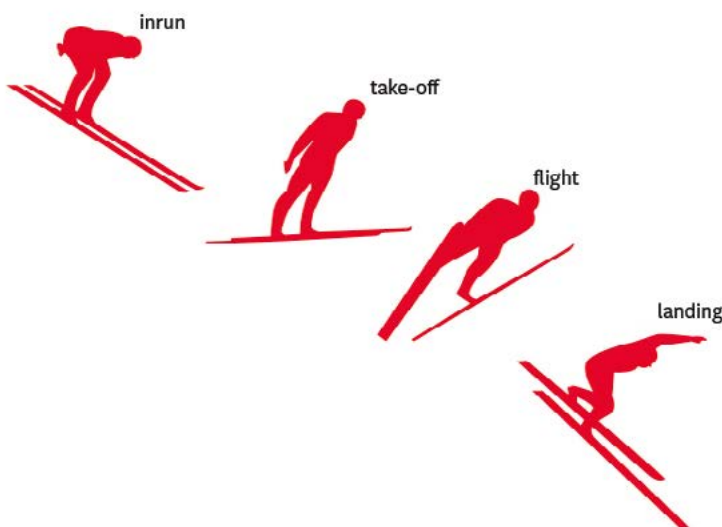
 **Equipment:** box (foam or wood) that is approximately 1 meter high, thick gym matt

### SET UP:

Set gym mats about 1 meter away from the box.

### ACTIVITY DESCRIPTION:

- Students start in the inrun position and spring up to jump onto the box.
- When on the top of the box, students form a V with their feet and stretch their arms to the side and back.
- Students jump down and land in the telemark landing position with knees bent and one foot ahead of the other.



### ACTIVITY EXTENSION:

Move the mat further away from the box, and have the students jump for distance. They still must land with the telemark landing. Don't forget to measure their jumps.

# THE NORDIC COMBINED CHALLENGE

Nordic Combined includes two very different sports: ski jumping and cross-country skiing. Each of these sports favors two different body types. Ski jumpers are usually tall and light athletes, that are built to soar through the air. Cross-country skiers have strong and powerful legs and shoulders that help them glide through the snow at high speeds. This activity lets the students experience the different demands of both sports.

 **Participants:** student

 **Space:** gym, hallway or school yard

 **Equipment:** none

## SET UP:

Determine a starting line. Each student stands behind the line.

## ACTIVITY DESCRIPTION:

- Each student does a standing long jump.
- Starting at where they landed, they take another.
- Starting at the second land place, they take consecutive 16 lunge steps, covering as much ground as possible.
- Measure the combined distance of these two activities.
- Try this challenge multiple times and on multiple days to see if they can break their personal record.




## ACTIVITY EXTENSIONS:


- Increase the number of lunge steps or set a time limit on the lunges.
- Combine the three activities to make a team challenge. Divide the students in teams of 4. Set up the gym with the box and mat as in the first activity (**Jump School**).
  1. The first student does a single standing long jump. Their distance is measured.
  2. The second student does the **Jump School activity**. Their distance is measured and added to that of the first member of the team for a total.
  3. The third student does 8 lunges and their distance is measured and added to the team total.
  4. The fourth student does 3 standing long jumps in a row. Their distance is measured and added to the team total for a final distance covered. The team that has covered the most distance wins

# THE TEAM JUMP CHALLENGE

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The ski jumper takes off from the top of the hill and races down the jump trying to gain as much speed as possible. When they reach the “table” or take-off area, they use their strong legs to push up and away from the edge. This launches them into the air. In this challenge activity, we practice our jumping skills.

 **Participants:** divide the class into two equal teams

 **Space:** anywhere

 **Equipment:** 12 pylons

## SET UP:

Set out a long line of pylons approximately 1 meter apart. Designate a starting line.

## ACTIVITY DESCRIPTION:

- Each team lines up behind the starting line.
- Have the first student in line do a standing long jump.
- The next student in their team jumps from where they landed.
- This continues until the entire team has had a chance to jump or until 15 jumps have been made by each team.
- Mark the total distance that the line of students achieved.
- Have the line of students start again, and see if they can beat their record from their last attempt.

## ACTIVITY EXTENSION:

The world record for ski jumping is 253.5 meters for men (Stefan Kraft) and 200 meters for women (Daniela Iraschko-Stolz). How many jumps does your class need to make to beat the two world records?

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# BRINGING IT TO THE CLASSROOM

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Use the Internet to discover the world record for men’s and women’s ski jumping. Measure these out in your school yard using a meter stick or ruler.

It was Scandinavian miners who first brought ski jumping to Canada. Use the Internet to learn more about the history of the sport in Canada. Write a paragraph describing how the sport got started here.

## INSTANT ACTIVITY:

Only have a minute of classroom time to get up and be active? This activity will get the heart pumping. The Take Off and Landing Drill develops the balance, control, and strength that ski jumpers need to succeed.

Stand with both feet together. Jump up with both feet together, and land with your right foot forward and your left foot back. Alternate between a right foot forward landing and a left foot forward landing. Can you work up to 10 per leg?