



# OLYMPIC WINTER SPORTS DAY





## Experience Olympic Winter Games **OLYMPIC WINTER SPORTS DAY**

# **ALPINE SKIING**



*To have students move through the course in pairs as many times as possible over the activity time..*



### **SET-UP AND MATERIALS REQUIRED:**

Set up 3-5 pylons in a zigzagging pattern for students to weave through. Ski goggles (2 or 4 pair) are optional.



### **INSTRUCTIONS :**

Line up your students in pairs. On “go” the first pair goes through the course and tags the next team. With their hands on the backs of the partner’s shoulders, students move through a zig-zagging course. Teams must stay connected. If they come apart, have them return to the spot in which they came apart, reconnect and continue. If ski goggles are available, have the students put them on prior to “skiing” the course. Give a fixed time for the relay and count the number of pairs to complete the course.

### **Adaptations :**

- Consider allowing those students with diverse abilities to run the loop without the zig-zagging pattern. Alternatively, set up two courses with varying degrees of difficulty and length.



### **SCORING:**

Teams will work to move through this course in pairs. Award two points for every time a pair completes the course.



**JAMES (JACK) CRAWFORD**  
*Alpine Skiing*

## Fun Facts

The sport of alpine skiing began in Norway in 1850. It wasn’t until 1936 that alpine or downhill skiing was first seen at the Olympic Winter Games. The athlete races down a snow-covered hill on skis reaching record speeds of 156 kilometres per hour. If your parents drove this fast, they would get one hefty speeding ticket!



**SCHOOL PROGRAM**





## Experience Olympic Winter Games **OLYMPIC WINTER SPORTS DAY**

# **BIATHLON**



*To cumulatively get as many beanbags in the targets as possible in the activity time.*



### **SET-UP AND MATERIALS REQUIRED:**

Place 10 pylons in an oval shape. On one side of the oval set up two piles of 3-5 bean bags and two hula hoops as targets. An extra leader will be required to pick up all the bean bags and return them to the “shooting range” after the students finish taking their shots.



### **INSTRUCTIONS :**

Divide each team into two groups. The event works like a relay, where one student from each group runs around the oval to the shooting range. After the first loop each student should throw to the target from a standing position, second loop from a sitting position, and third loop (if time permits) from a lying position. The students get to throw three bean bags at the hula hoop each lap. Once their shots are taken, they then run back to the line and the next runner goes.

### **Adaptations :**

- Consider having a primary hoop (closer) and an intermediate hoop (further away). Allow the younger students throw from a standing or sitting position.



### **SCORING:**

Every bean bag that is in the hula hoop scores two points. Total the number of points for the two groups and this becomes the team score.



**EMMA LUNDER**  
*Biathlon*

## Fun Facts

Biathletes shoot a small-bore rifle (.22LR). It weighs at least 3.5 kg, excluding the weight of the bullets. The shooting range is 50m long, and when shooting in a prone position (lying down), the targets are only 45mm wide. That’s like shooting at a tennis ball from one end of an NHL hockey rink to the other.



**SCHOOL PROGRAM**





## Experience Olympic Winter Games **OLYMPIC WINTER SPORTS DAY**

# **BOBSLEIGH**



To have students move through the course in groups of 2-4 as many times as possible over the activity time.



### **SET-UP AND MATERIALS REQUIRED:**

Mark the starting point and the turn around point with pylons. The course should be approximately 5 meters out and back. You will need a stopwatch.



### **INSTRUCTIONS :**

Make groups of 2-4 students. Participants sit on their bums and hook their legs around the person's waist in front of them. The group shuffles out to the turn-around point and back, tagging the next group. Teams continue to rotate through for a fixed amount of time.

### **Adaptations :**

- Allow students with mobility assistance devices to follow the group.

### **Indoor Adaptation:**

- Have the students propel themselves through the course linked together in the same fashion but sitting on scooter boards.



### **SCORING:**

Award one point for every time a group completes the course in a fixed amount of time.



## Fun Facts

Bobsleigh depends on a fast explosive start to get down the course as quickly as possible. There is a pilot to steer and a brakeman to control the speed. There are rules that limit the weight of the crew and sled. This makes it fair, because the heavier the object the faster it slides down the hill.

**CHRIS SPRING AND  
MIKE EVELYN**  
*Bobsleigh*



**SCHOOL PROGRAM**





## Experience Olympic Winter Games **OLYMPIC WINTER SPORTS DAY**

### **CURLING**

 *To accumulate as many points as possible by landing balls or Frisbees in the target.*

#### **SET-UP AND MATERIALS REQUIRED:**

Using paint or food colouring, mark off curling rings (The House) in the snow. You will need 3 gym balls or Frisbees.

#### **INSTRUCTIONS :**

Students take turns either rolling the gym balls or throwing the Frisbee towards the house. Each student gets 3 tries. The goal is to have the ball or Frisbee land as close to the center of the rings as possible.

#### **Adaptations :**

- You may consider having the primary students throw from a line closer to the rings.

#### **Indoor Adaptation:**

- Create the rings using masking tape. Have the students slide the Frisbees across the gym floor.

#### **SCORING:**

Assign different points per ring (i.e., 1 point if in or touching the outer ring, 2 points if in or touching the inner ring, and 3 points if inside the centre of the house). The team's points are totaled for a final event score.



**BRAD GUSHUE**  
*Curling*

## Fun Facts

When curling first began in the 1500s, it was played with flat river stones of various sizes and weights on the frozen lakes of Scotland. Now all stones are made of granite from Ailsa Craig, an island off the Scottish coast or a quarry in Wales. The curling stone weighs between 17 and 20 kilograms.





## Experience Olympic Winter Games **OLYMPIC WINTER SPORTS DAY**

# **FREESTYLE SKIING**



*To complete the course as many times as possible as a team.*



### **SET-UP AND MATERIALS REQUIRED:**

Set up a course using soft objects to jump over, under, or around like pylons, skipping ropes, bean bags, flags, etc. For example, have your students do two-foot hops over a series of pylons, hop back and forth over the length of a skipping rope, and then do their own freestyle jumps in the air at each pylon. You will need a stopwatch.



### **INSTRUCTIONS :**

Line students up at the start. Explain that in freestyle skiing there are many flips, turns, jumps, and acrobatics involved. One student at a time completes the course, including twisting, somersaulting, jumping, spinning, and jumping over, under, and around items. Once completed, the student tags the next student in line and the team attempts to complete the course as many times as possible in a fixed amount of time.

### **Adaptations :**

- Modify the course and requirements to focus on what students can do. Focus on the can, and not the can't.



### **SCORING:**

Award five points for every time the whole team completes the course.



**EVAN MCEACHRAN**  
*Freestyle Skiing*

## **Fun Facts**

Doing tricks on skis dates back to the early 1900s in Europe. However, the sport really took off when it came to the USA in the 1960s. Freestyle skiing, nicknamed “hotdogging”, was popular for its wild tricks and jumps.



**SCHOOL PROGRAM**





## Experience Olympic Winter Games **OLYMPIC WINTER SPORTS DAY**

### **LUGE**

 *To complete the course as many times as possible as a team.*

#### **SET-UP AND MATERIALS REQUIRED:**

Use pylons to mark two courses on a snowy field or on grass. Design the courses to include a start, finish, and a series of sharp turns and corners. You will need two old sheets and small gym mats. You will need a stopwatch.

#### **INSTRUCTIONS :**

Divide the students into two equal-sized groups. For each group, lay out an old sheet with a gym mat on top. One student rides the “luge” (the gym mat) by laying belly up in a stiff body position. Have the student hang onto either side of their “luge” with their chin tucked in. The other group members grab the corners of the sheet and pull it around the course. Rotate luge athletes after each trip around the course. Please note that the students are not lifting the luge athlete off the ground. Continue for a fixed amount of time.

#### **Adaptations :**

- If there are students who suffer from anxiety, provide the option of being pulled sitting up on a toboggan.

#### **Indoor Adaptation:**

- If available, students could also use scooters to propel themselves through a course. Watch out for fingers!

#### **SCORING:**

Award five points for every time a group completes the course. Both groups' points are totaled for the team's score.



**REID WATTS**

*Luge*

## Fun Facts

Imagine sledding down a banked track of ice feet-first on a small sled at up to 154km/hour and you'd get the idea of what it's like to do the luge. The racing is so fast, that they have to time it to the 1/1000ths of a second!





## Experience Olympic Winter Games **OLYMPIC WINTER SPORTS DAY**

# **SPEED SKATING**



*To complete the course as many times as possible as a team.*



### **SET-UP AND MATERIALS REQUIRED:**

Make a speed skating oval using staggered hula hoops on the straights (10m long) and pylons on the corners (approximate 10m radius). The hula hoops should be about 30 cm apart.



### **INSTRUCTIONS :**

Line up your students at the start. Each takes a turn hopping on alternating feet on the straights and running around the corner to complete a lap.

### **Adaptations :**

- Students with mobility assistance devices can navigate a smaller loop or avoid the hopping.

### **Indoor Adaptation:**

- Have the students wear a pair of woolen socks or stand on jay cloths to help them slide through this activity. Demonstrate how to slide safely.



### **SCORING:**

Award one point for every time a group member completes the course.



**KIM BOUTIN**  
*Speed Skating*

## **Fun Facts**

Speed skaters work very hard on their technique, learning to crouch over to reduce air resistance. They wear full body suits with hoods, and klap skates. These special skates have long blades with hinges on the front. This means the heel of the boot can lift off the blade, allowing the skater to make a longer stroke.



**SCHOOL PROGRAM**





## Experience Olympic Winter Games **OLYMPIC WINTER SPORTS DAY**

# **SKELETON**



*To have students move through the course as many times as possible over the activity time.*



### **SET-UP AND MATERIALS REQUIRED:**

Use pylons to mark the course on snow or grass, including start/finish lines and the turnaround points. You will need a few beach towels or sheets and a stopwatch.



### **INSTRUCTIONS :**

Students pair up with someone of about the same weight. While one person lies headfirst on the towel/sheet, their teammate has to pull them around the course. Change the role of puller and rider each time the pair gets to race the course.

### **Adaptations :**

- If there are students who suffer from anxiety, provide the option of being pulled sitting up on a toboggan. Students who use a mobility assistance device can navigate the course with their device.

### **Indoor Adaptation:**

- Use scooters and have the students use their feet to propel themselves through a course. Watch out for fingers!



### **SCORING:**

Award one point for every time the team completes the course.



**MIRELA RAHNEVA**  
*Skeleton*

## **Fun Facts**

There are no handles or brakes on a skeleton sled. Racers steer by shifting their body weight, using slight movements of their shoulders, knees, and head.



**SCHOOL PROGRAM**





## Experience Olympic Winter Games **OLYMPIC WINTER SPORTS DAY**

# **SKI JUMPING**

 *Accumulate the longest ski jump using the jumps of a pre-determined number of students.*

### **SET-UP AND MATERIALS REQUIRED:**

Set out a long line of pylons approximately 3 meters apart from each other.

### **INSTRUCTIONS :**

Have the students line up at the start line. The first person in line does a standing long jump as far as they can. Have the next person in line jump from where the previous person ended their jump. Mark the total distance that all the students jumped. Have the line of students start again and see if they can beat their record from their last attempt.

Note that you should determine a maximum number of jumps that count for all teams. For example, you might decide that the first 20 jumps count for all of the teams.

### **Adaptations :**

- For students with mobility devices, add the length of their device to the team score after the final jump has been made. Consider this a bonus “jump” for their team.

### **SCORING:**

Record the longest jump by team. Award a point for each pylon passed in their longest jump.



**ALEXANDRIA LOUTITT**  
*Ski Jumping*

## Fun Facts

Ski Jumpers ski down a long ramp, referred to as the in-run, and launch themselves into the air at speeds of up to 95 kilometers per hour.



## Experience Olympic Winter Games **OLYMPIC WINTER SPORTS DAY**



# CROSS COUNTRY SKIING



To complete the course as many times as possible as a team.



### SET-UP AND MATERIALS REQUIRED:

Mark a winding loop course using 5-10 pylons. Make four skis using 60cm long pieces of 2"x4" wood. Use a construction staple gun to fasten canvas foot holds. Make sure that the foot hold fabric is long enough for students to slip into while wearing snow boots, but not too long that it won't hold the foot in place. It is recommended to make a spare set and to keep spare foot straps and the staple gun close by during the day. You will need a stopwatch.



### INSTRUCTIONS :

The students line up at the start line. Walking in their "skis", have students "cross country ski" around the outside of the oval loop of pylons. Each student races around the course one at a time and then tags the next person in line until all the students complete the course.

### Adaptations :

- Consider a shorter course for those with mobility assistance devices.

### Indoor Adaptation:

- Have the students wear a pair of woolen socks or stand on jay cloths to help them slide through this activity. Demonstrate how to slide safely.



### SCORING:

Award five points for every time the team completes the course within a fixed amount of time.

Add additional points for students with diverse abilities (e.g., 2 extra points for students with mobility assistance devices).



**DAHRIA BEATTY**  
*Cross Country Skiing*

## Fun Facts

Cross country skiing has been used for hunting and transportation for over 6,000 years, but it became a popular recreational activity starting in the mid 1800s.



**SCHOOL PROGRAM**





Experience Olympic Winter Games  
**OLYMPIC WINTER  
SPORTS DAY**

## OTHER STATION IDEAS

*If you need more than 10 stations, consider the following ideas:*

- Rest station where teams can warm up inside, have a snack, or get a drink.
- Layout the stations in the shape of a figure 8, creating a cross-over point where two countries are at the same station. This station would be for team games like snow hockey or tug-of-war.
- Check out the Canadian Olympic School Program Challenge Cards at <https://olympic.ca/education/resources>. There are activities for all the sports in the Olympic Winter Games. Choose activities that you can modify into station games.

