

All About the Winter Olympics

Grades 2-3

Written by Ruth Solski

About this Book:

The 2026 Winter Olympics take place in Milan and Cortina d'Ampezzo, Italy. This Olympic resource has been developed to promote and strengthen the following:

- To stimulate interest and awareness of the Olympic Movement and its accomplishments.
- To enlighten students with Olympic History, myths, symbolism and ceremonies.
- To develop an awareness of the accomplishments of Canadian Olympians from the past and present.
- To develop an appreciation for the various sporting events held at the Winter Olympic Games for all types of activities.
- To develop patriotism and acknowledgement of Canada's participation and accomplishments by Canadian Athletes at the Winter Olympic Games.



About the Author:

Ruth Solski was an educator for 30 years. She has written many educational resources and is the founder of S&S Learning Materials, now On The Mark Press. As a writer, her main goal is to provide teachers with a useful tool they can implement in their classrooms to bring the joy of learning to children.

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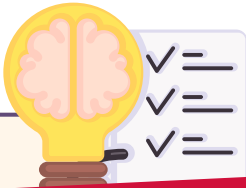
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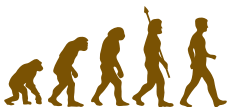
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At Glance

Learning Expectations	Winter Olympic Booklet	Winter Olympic Reading	Winter Olympic Phonics	Winter Olympic Vocabulary	Winter Olympic Creative Writing	Winter Olympic Research
Understanding concepts						
History of the Olympic Games	•					
Olympic Symbols and their usage	•					
Olympic and Paralympic Sports	•					
Sportsmanship, honesty, goals	•					
Olympic ceremonies	•					
Literacy and Communication Skills						
Classifying vocabulary		•				
Locating the main idea		•				
Classifying information		•				
Using context clues		•				
Recalling factual information		•				
Sequencing events in order		•				
Developing Vocabulary Skills						
Recognition of long/short vowel sounds			•			
Recognition of initial blends			•			
Syllabication, compound words, alphabetical order				•		
Verb Usage				•		
Rhyming vocabulary				•		
Classifying visual to vocabulary				•		
Vocabulary word puzzles				•		
Developing Creative Thinking						
Creating a story					•	
Writing complete sentences					•	
Composing interview questions					•	
Research Skills						
Locating information on flags of countries						•
Locating information on an Olympic athlete						•



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Teacher Input Suggestions

1. Brainstorm, with your students, for information that they know about the Winter Olympics. Record the facts on a chart entitled "What I Know About the Winter Olympics." On another chart entitled "What I Would Like to Learn About the Winter Olympics," record items and questions that the students would like to learn about. At the end of the theme, record facts the children have learned about the Olympics on a chart entitled "New Things that I Learned About the Winter Olympics."
2. Post various charts around the room for Olympic vocabulary classification. Here are some suggestions:
 - Kinds of Winter Sports
 - Names for Athletes
 - Sporting Equipment
 - Olympic Symbols
 - Olympic Action Words
 - Olympic Describing Words
 - Names of Countries
3. Post Winter Olympic sporting pictures and flags of different countries around the classroom and label them.
4. Display books on the Winter Olympics and athletes at an interest centre. Sporting magazines and newspapers could be placed there as well.
5. Encourage students to watch an Olympic Event on television at home during the evening. Discuss the event at school the next day.
6. Discuss any of the following topics as a large group or in small groups.
 - The importance of participation over winning at sporting events.
 - Good sportsmanship and honesty while competing or playing a sport.
 - The importance of eating nutritionally.
 - The fairness of sporting events that are judged.
 - How the muscles of the body allow you to do certain things.
 - The usage of performance enhancing drugs by an athlete.
 - The usage of science and technology during sporting events such as friction, air resistance, drag, energy, gravity, and aerodynamics.
 - Types of Winter Olympic Sports.
 - Types of Paralympic Sporting Events.
7. Introduce the various countries that will be competing in the Winter Olympics. Use a large wall map to locate them. If there are students in the classroom whose heritage is from any of the countries discussed, have them relate facts that they know about these countries.
8. On a chart, keep track of the medals that Canadian athletes win and in which sport.





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9. Encourage students to report the names of Canadian athletes and how they did in their events in a news report each day.
10. Use the reproducible medals located on page 79 to make medals for your students and give them out when they have completed an activity well, behaved responsibly, completed an act of kindness or did a good deed. Make it a competition to see who can win the most medals.
11. Locate and discuss the cities of Milan and Cortina d'Ampezzo, on a map of Italy.
12. Invite a former Olympian to your classroom to discuss his/her experiences at the Winter Olympic Games.
13. The reproducible booklet may be used for large group instruction or for independent reading activities. The way the booklet is used depends on the reading ability of the group or class using it. The fill in the blank stories may require assistance. Some of the pages have the missing words in a Word Box while others have the answers in the Answer Key. Use the completed story as a read aloud class activity. Reproduce the pages that you wish to use with your class, collate them, and distribute them to the students. Try to complete a page each day. The worksheets could also be shown on a White Board and completed as a large group activity.
14. Many of the activities could be completed by two person teams. The students could help each other read and complete the activity together.
15. Any of the activities could be mounted on a sturdy backing and laminated and placed at different centres. The student team would select an activity and record the answers in their notebooks. This is one way to save on paper consumption.
16. The "Teacher Information" has been provided to give teachers an overview of the topic and its history. The information could be passed on during the various discussions.





Teacher Information

History of the Olympics

The first Olympic Games were held in ancient Greece in 776 BC. In those days, Greece was divided into small states that were the size of small cities. The states were constantly at war with each other. According to an ancient Greek legend, a priestess at the Oracle of Delphi, an important religious shrine in Greece, told one king in order to bring peace to the land he should hold a great race in honour of Zeus, a Greek god. She told him to open the race to all male athletes in the country and then declare a truce so they could participate. The truce would bring peace to the land for awhile.

No one disobeyed the Oracle of Delphi and the king chose Olympia, which was a religious sanctuary dedicated to Zeus, as the location for the big race. It is from this site that the Olympic Games acquired its name. The first Olympic Games consisted of one race called the stade, which was run barefoot on a dirt track 182 meters (600 feet) in length. The first Olympian winner was a Greek cook, named Koroibos.

The Olympic Games were then held every four years and became very popular and grew in size and length. Different events were added to test agility, strength, and speed. Only male Greek citizens were allowed to compete. Women were not allowed at the games as the athletes competed nude. Slaves and non-Greeks were not allowed to compete. The athletes practised under the supervision of coaches to build their skills and increase their physical abilities before the games. They even travelled to Olympia before the games to train while Olympic judges watched them.

The games were held during the month of August and the area around Olympia was transformed into a colourful sight. On the Opening Day, crowds hurried to Olympia's Stadium to watch the athletes parade in. Before a statue of Zeus, the athletes and judges swore a solemn oath that stated they had been training ten months of the year and would obey the rules of the games. During the afternoon, the spectators watched up and coming athletes, who may be future Olympians, wrestle and box for top honours. On the second day, spectators rushed to the hippodrome, which was a dirt oval track about one kilometer (three quarters of a mile) around, to watch the exciting chariot races. Many drivers and horses were often wounded or killed in these dangerous races. After the chariot races were the horse races. The riders rode bareback over the rough track and the horses often stumbled and fell taking their riders with them.

During the afternoon of the second day, the pentathlon took place. It was a contest that had five different sporting events such as the discus, javelin, jumping, running, and wrestling. The discus which looks very much like a Frisbee, but is larger and heavier, was thrown first. Then the javelin, which was very much like a long spear, was hurled. Both objects were thrown great distances. The third activity was the long jump. If a single athlete won the first three events, he was declared the winner and the pentathlon was finished. If no one was declared a winner, then two more events took place. They were a stade sprint and a wrestling match. The athlete who came first in all five events was declared the champion.

On the third day, three races took place. There was a long distance race that was approximately four kilometers (two and a half to two and three quarter miles) in length, a race that was two lengths of the stadium, and a shorter race that was one length of the stadium called the stade. Nearly every athlete participated in the stade because the entire games were named after its winner and this was considered a very great honour.

On the fourth day of the Games, wrestling and boxing began. No gloves were allowed in the boxing matches, only bare fists. A very violent sport, called the pankration, which means all strength, was also held. These matches combined wrestling, martial arts, and boxing, and the fighter's goal was to force his opponent to admit defeat. The final competition of the day was another foot race called the hoplitodromos. Each runner had to wear a helmet and carry a heavy shield while running two lengths of the stadium.





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On the fifth day, the victories of the athletes were celebrated. The victors stood in the temple of Zeus, in front of cheering spectators, and were crowned with wreaths of olive branches. Their victories and achievements were written about in songs, poetry, and art which have been handed down over the centuries.

The Olympic Games were held every four years from 776 BC to AD 393 without fail. During this time period, Greece lost a war with Rome and most of its culture, traditions, and the Olympics were absorbed by the Roman Empire. The Games continued until Rome had a new Roman Emperor by the name Theodosius, who was a Christian. He cancelled the Olympic Games because they were closely tied to the Greek god Zeus. This ban led to the destruction of Olympia's buildings and much of the history of the Olympic Games.

The Rebirth of the Olympic Games

The Olympic Games had not been held for fifteen hundred years and were finally reborn in 1894. The founder of the modern Olympics was a French aristocrat by the name of Baron Pierre de Coubertin.

Pierre de Coubertin was born on January 1, 1863, in France. When he was eight years old, he watched his country suffer a great defeat during the Franco-Prussian War. De Coubertin believed that his countrymen were not physically fit to fight the war and as a result, France suffered a disastrous loss. In the 1800s, it was only the upper classes that participated in sports. De Coubertin himself participated in sports such as rowing, boxing, and fencing.

Pierre set out to explore physical education in other countries. He visited England and America to study their physical educational systems and hoped to bring back ideas to revitalize the system in France. His study and plans impressed the French government but the concept never was carried out. Although his plans to stimulate the educational system in France did not come to be, De Coubertin's travels inspired an even more grandiose plan. Why not have athletic competitions for different sports similar to the Olympic festivals of ancient Greece, in which different countries from around the world could participate?

He presented his ideas, in 1892, at a jubilee of the French Union of Athletic Sports Societies. Two years later, he organized a meeting which brought 79 delegates from 12 countries together to discuss how to revive the Olympic Games. This was the first International Olympic Committee or IOC. They formed the basic framework of having the games every four years. The first games were to take place in Greece.

The first modern Olympics began in Athens, Greece, on April 5, 1896. The ancient Panathenian Stadium was refurbished by a wealthy Greek businessman, Evangelos Zappas. It was held for ten days and involved sports such as foot races, lawn tennis, swimming, diving, fencing, bicycle races, rowing, and a yacht race. During the closing ceremonies, the king of Greece gave each first prize winner, a wreath made of wild olive leaves taken from the trees of Olympia. Laurel wreaths were given to second prize winners. All of the prize winners also received diplomas and medals. Forty-four athletes received crowns in the first modern Olympics. In the group were eleven Americans, ten Greeks, seven Germans, five French, three English, two Australians, two Austrians, One Dane, and one Swiss who received crowns.

De Coubertin believed that the important thing was not to win, but to take part. He felt the Olympics instilled national pride in each athlete, helped promote cooperation amongst world nations, and brought peace rather than conflict. Each year, at the Olympics, the De Coubertin medal, the True Spirit of Sportsmanship Medal, is awarded by the IOC to those athletes that demonstrate the spirit of sportsmanship in the Olympic Games. This medal is considered to be the highest award that an Olympic athlete can receive. It is even greater than receiving a gold medal. The IOC considers it their highest honour.





Winter Olympic Games

The Winter Olympic Games are a sporting event that is held every four years. The events must take place in an environment that has ice and snow. Fewer countries participate in the Winter Olympics due to the fact many countries have warmer climates and do not have the proper conditions for athletes to train. The Winter Olympics are usually held in mountainous areas where there is plenty of natural snow. In 2026, Milan and Contina, Italy will be the Winter Olympic hosts.

During the early years, the summer and winter Olympic Games were held together. In 1921, the IOC voted to hold an “International Winter Sports Week” in Chamoix, France, in January of 1924. This week was later named the First Winter Olympics and lasted 11 days and proved to be a great success. It attracted more than 200 athletes from 16 nations who competed in 16 different events. The Finnish and Norwegian athletes dominated the events.

Since 1924, the Olympic Games have been held in various host cities of different countries such as:

- **St. Moritz, Switzerland, 1928:** During these games, the event called the “skeleton” was introduced and the 10,000 meter speed skating event was cancelled due to poor ice conditions.
- **Lake Placid, USA, 1932:** The third Winter Olympics was held here and 17 nations participated.
- **Garmisch-Partenkirchen, Germany, 1936:** Twin Bavarian towns hosted the Games. Twenty-eight nations participated and alpine skiing events were introduced for the first time.
- **St. Moritz, Switzerland, 1948:** World War II prevented the games from being carried out for 12 years. Countries such as Chile, Denmark, Lebanon, and Korea participated for the first time.
- **Oslo, Norway, 1952:** Thirty countries participated in these games. New Zealand and Portugal entered athletes for the first time.
- **Cortina d’Ampezzo, Italy, 1956:** The Soviet Union, now known as Russia, sent a team of athletes for the first time. Their participation was spectacular and they won more medals than any other nation.
- **Squaw Valley, USA, 1960:** Women participated in speed skating for the first time.
- **Innsbruck, Austria, 1964:** This was the ninth Winter Olympics and 36 nations participated in 34 events. A lack of snow threatened the games but they were saved by the Austrian army, which carved out 20,000 ice bricks from a mountaintop and transported them to the bobsled runs and luge runs. They also carried 40,000 cubic meters of snow to the Alpine skiing courses and packed it down by hand and foot.
- **Grenoble, France, 1968:** These Olympic Winter Games were the first to be broadcast in colour on television.
- **Sapporo Japan, 1972:** This was the first time that the Olympic Games were held outside of Europe and the USA.
- **Innsbruck, Austria, 1976:** Ice dancing had its debut at these games and two Olympic flames were lit for the first time.
- **Lake Placid, USA, 1980:** Snow machines were used for the first time to ensure that the events would have the best snow conditions.
- **Sarajevo, Yugoslavia, 1984:** It was the first time that the Olympic Games were held in a socialist country. Forty-nine countries participated in the games.
- **Calgary, Canada, 1988:** Canada hosted the Winter Games for the first time.





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- **Albertville, France, 1992:** This was the last time the Summer and Winter Olympics would be held in the same year.
- **Lillehammer, Norway, 1994:** The Olympic Winter Games were held two years apart for the first time.
- **Nagano, Japan, 1998:** Women took part in ice hockey for the first time in Olympic history.
- **Salt Lake City, USA, 2002:** China and Australia won their first gold medals in the Winter Olympics. Instant video replay was used for the first time during the judging of figure skating.
- **Turin, Italy, 2006:** These were the 20th Winter Olympic Games and 80 nations participated.
- **Vancouver, Canada, 2010:** This is the second time that Canada has hosted the Olympic Winter Games.
- **Sochi, Russia, 2014:** This is the first time that the Olympic Winter Games have been held in this country.
- **PyeongChang, South Korea, 2018:** This is the first time that the country of South Korea has been host of the games.
- **Beijing, China, 2022:** It will be the first Winter Games held in China.
- **Milan and Cortina, Italy, 2026:** This is the first Olympic Games co-hosted by two cities.

The Olympic Flame and Cauldron

The origins, of the Olympic Flame or Olympic Torch, began in Ancient Greece when a fire was kept burning throughout the celebration of the Ancient Olympics. Fire to the Ancient Greeks had religious and sacred meanings. The torch relay of today, that transports the flame from Greece to the site of the games, was not an ancient ritual. It was introduced by Carl Diem at the controversial Berlin Olympics before World War II to promote Nazism.

The Olympic Torch is ignited several months before the opening of the Olympic Games at the site of the Ancient Olympics in Greece. Eleven women, dressed to represent priestesses, perform a ceremony in which the torch is lit by the light of the sun. Its rays are concentrated by a parabolic mirror which light a fire on some combustible material. This fire is then transferred to the Olympic Torch. The modern Olympic Flame is ignited at the site where the temple of Hera used to stand.

The torch is usually carried by runners, but has also been transported in many different ways. In 1948, it crossed the English Channel by boat. In 2008, it was carried by rowers in Canberra as well as by a dragon boat in Hong Kong. In 1952, the torch made its first trip in an airplane when the fire was taken to Helsinki. In 1956, all carriers in the torch relay to Stockholm travelled on horseback. In 1976, the flame made a remarkable trip when it was transformed to a radio signal which travelled from Athens to Canada. In 2000, the torch was carried under water by divers near the Barrier Reef. Other unusual ways include a ride on a Native American canoe, a camel, and the Concorde.

In 2004, the first global torch relay took place. Its journey lasted 78 days, covered a distance of 78,000 km, and was carried by 11,300 torch bearers. The torch visited Africa and South America for the first time and went to all previous Olympic cities and finally returned to Athens, Greece, for the 2004 Summer Olympics.

The torch relay ends when the flame is transferred from the torch to the cauldron at the host stadium. This signals the beginning of the Olympic Games. The lighting of the cauldron is a spectacular event. At the Barcelona Olympic Games in Spain during the Opening Ceremonies, a Paralympic archer attempted to light the cauldron with an arrow. In Lillehammer, the flame was brought to the cauldron by a ski jumper. At the 2002 Winter Olympics in Salt Lake City, the cauldron was lit by the members of the winning 1980 U.S. Hockey team. This cauldron was the first to be made of glass and had running water to prevent the glass from heating and to keep it clean. In 2004, at the Athens Olympics, the cauldron was shaped like the end of a giant needle which was tipped to accept the flame from a windsurfer. The 2014 Sochi Olympic torch relay made history by sending the flame into space aboard a Soyuz spacecraft. For the 2022 Beijing Winter Olympics a short relay for the flame due to COVID-19. The lighting of the cauldron and the torch bearer's name is usually kept a secret until the Opening Ceremonies of the Olympic Games.





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Olympic Symbols

The International Olympic Committee uses numerous icons and symbols to promote the Olympic Games, such as the Olympic flag, the flame, and mascots.

The **Olympic flag** was created by Pierre De Coubertin in 1914. It has a white background with five interlocking rings in the centre. The rings are coloured blue, yellow, black, green, and red. These five rings represent passion, faith, victory, work ethic, and sportsmanship. These rings also represent the five inhabited continents in the world, and the six colours on the flag appear in all the national flags of the world at the present time. During the Olympic Closing Ceremony, the flag is traditionally passed on from the mayor of the host city to the mayor of the next host city and put on display at the city hall.

The **Olympic Motto** was also created by Pierre de Coubertin, the founder of the modern Olympic Games. He borrowed a Latin phrase from his friend, Father Henri Didon, a priest. The Olympic Motto came from the Latin words *Citius, Altius, Fortius* which means “Swifter, Higher, Stronger.”

The **Olympic Oath** was also written by Pierre de Coubertin. He wrote it for the athletes to recite at each Olympic Games. The first time it was used was during the 1920 Olympic Games. During the opening ceremonies, one athlete is chosen to recite the oath on behalf of all the athletes. The Olympic Oath states

“In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams.”

The **Olympic Creed** was also introduced by Pierre de Coubertin. The Olympic Creed says:

“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.”

The Olympic Hymn is played while the Olympic flag is raised. It was first played at the 1896 Olympic Games in Athens, but was not made the official hymn until 1957 by the IOC. The Olympic Anthem is played during the opening and closing ceremonies.

Athletes are awarded medals at the Olympics for winning first, second or third place. Gold medals are given to first place winners, silver medals are given to second place winners, and bronze medals are given to third place winners. Each host city’s organizing committee has the medals designed with their logo. Early Olympic medals were made entirely of gold until 1912. Today, each medal must be three millimeters thick and 60 millimeters in diameter. Gold and silver medals must be made out of 92.5 percent silver with the gold medal covered in six grams of gold.

The use of mascots began at the 1968 Winter Olympics in Grenoble France. A mascot is usually an animal that is native to the area of the host city. Sometimes it is a human figure that represents the cultural heritage of the area.

Opening and Closing Ceremonies at the Olympic Games

There is nothing more exciting and spectacular than to watch the opening ceremony that begins the Olympic Games. Many of the rituals performed were established at the 1920 Summer Olympics. The opening ceremony begins with the raising of the host country’s flag while its national anthem is being played. Spectators are then entertained with artistic displays of music, singing, dancing, and theatre that represents the culture of the host country. Each year these presentations have become larger and more grand as each host country tries to provide a more memorable ceremony than the previous host countries have. These ceremonies often cost millions of dollars to organize and costume.





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After the entertainment, the most important part of the ceremony begins. This event is called the “Parade of Nations” and during it most of the participating athletes march into the stadium country by country. Greece enters first due to its historical importance as the ancestors of the Olympics. The other countries enter in alphabetical order according to the host country’s alphabet. The host country enters last. This is a very emotional and patriotic event to witness as each country’s delegation is led by a sign bearing the country’s name followed by its national flag. The flag bearer is usually one of the country’s most notable athletes competing in the Olympic Games. The athletes, who follow the flag bearer, are usually dressed in outfits that represent their country’s colours and style of dress.

Once all of the countries have assembled in the stadium, the president of the organizing committee makes a speech which is then followed by the IOC president’s speech. The IOC president then asks the host country’s official representative to declare the Games open by reciting the following words:

“I declare open the Games of (Host City) celebrating (number of the Olympiad) Olympiad of the modern era (number of Winter Olympics) Olympics Winter Games.”

The Olympic flag is then carried horizontally into the stadium and raised as the Olympic Anthem is played. For the entire duration of the Olympic Games, the Olympic flag flies on a flagpole placed in a prominent position in the main stadium. The flag bearers then circle a platform where one athlete and one judge stand to say the Olympic Oath declaring they will compete and judge according to rule.

At the end of the ceremony, the Olympic Torch is carried into the stadium and passed from athlete to athlete until it reaches the last carrier. The athlete chosen to light the Olympic Flame in the stadium’s cauldron is usually a well-known and successful athlete from the host nation. The flame is lit and the games begin.

The closing ceremony is held after all the sporting competitions have taken place. This ceremony is not as formal as the opening ceremony. The flag bearers from all the competing nations enter the stadium single file and behind them all the athletes flow in, mixing with other countries.

Three national flags are raised on flagpoles while each country’s national anthem is played. The flag of Greece is raised first on the middle pole to honour the birthplace of the Olympic Games. The flag, of the host country, is raised next on the left hand pole and the flag of the country to host the next Summer or Winter Olympics is raised on the right hand pole.

The president of the organizing committee makes his closing speech. The IOC president then follows with the following statement to close the Olympic Games.

“I declare the Games of the (ordinal number) Olympiad (ordinal number) Olympic Winter/Summer Games closed and, in accordance with tradition, I call upon the youth of the world to assemble four years from now in (name of host city) to celebrate the Games of the (ordinal number) Olympiad (ordinal number) Olympic Winter/Summer Games.”

The Olympic Flame is extinguished while the Olympic Anthem is played. The Olympic flag is then lowered on the flagpole and carried horizontally out of the stadium. Then the transfer of the special Olympic flag takes place. The mayor of the city that organized the Games gives the Special Olympic Flag to the president of the IOC. The president then passes the flag to the mayor of the city hosting the next Olympic games. The mayor receiving the flag waves it eight times. After this ceremony, the next host nation has a special artistic display of dance and theatre representative of the country’s culture. At the end of the ceremony, the athletes and spectators leave with wonderful memories of their visit to the Olympic Games.





Paralympic Events

Para Alpine Skiing

Paralympic athletes who compete in alpine skiing may have lost one or two of their limbs. Disabled skiers compete in three different classes: standing, sitting, and visually impaired. Alpine skiing athletes are classified according to their impairment. Visually impaired skiers use the same equipment as an able-bodied skier, but ski with a guide. Skiers who cannot stand at all use a mono-ski, which is a seat attached to a single ski. The mono-ski has two short outriggers or forearm crutches with shortened skis attached at the base, for balance and steering. Paralympic alpine events are Downhill Slalom, Giant Slalom, and Super Combined. It is amazing to watch a skier without legs carving the mono-ski around the gates and terrain at an amazing speed down a difficult course.

Para Biathlon

In the Paralympic biathlon and cross-country skiing events, athletes are classified as standing, sitting or visually impaired and they compete against athletes with similar disabilities. A guide accompanies each visually impaired athlete. Skiers with a locomotive disability are able to use the same equipment as able-bodied skiers and are called standing skiers. Athletes who do not have legs (paraplegic) use a specially built chair attached to a pair of skis and they are called sit-skiers. The biathlon combines cross-country skiing and rifle shooting similar to the Olympic biathlon, but paralympians always shoot from a prone position. Athletes must hit two targets located at a distance of 10 meters. Each miss is penalized by an increase of the athlete's overall time. The visually impaired athlete is assisted by acoustic signals which intensify in sound if the shooter is on target. During the competition, there are five events. Two are for men and three are for women.

Para Cross-Country Skiing

Paralympic cross-country skiing racers use two basic methods. They are the classical method and the free method. During the classical method, a skier moves the skis parallel to each other through previously made tracks in the snow. During the free method, the skier moves through the snow using the edges of the skis similar to the way a speed skater pushes off with the edge of the blade on ice. Sit skiers use their arms and poles to propel themselves along the parallel tracks in which the skis from their sledges sit.

Paralympic cross-country skiers compete in men's and women's individual events over short, middle, and long distances which range from 2.5 km to 20 km in length. Skiers start their event every 30 seconds. During a cross-country relay event, each team member skis one leg of the race. Teams are made up of skiers from different categories. This event is not timed and the first team to cross the finish line wins. In the Paralympic cross-country skiing events, there are two relays, two sprints, and six events with varying distances for men and women to ski.

Para Ice Sledge Hockey

Ice sledge hockey was invented, at a Swedish rehabilitation centre in the 1960s, by a group of disabled athletes who wanted to play hockey. The athletes designed and built a sledge. They took two regular ice hockey skates and attached them to a metal frame, leaving enough room underneath for the puck to slide through. Short poles were used to propel the athletes along the ice. The first ice sledge hockey game was held outdoors on a lake near Stockholm, Sweden. By 1969, Stockholm had a five-team ice sledge hockey league.

Ice sledge hockey made its debut at the 1994 Paralympic Games in Lillehammer. It follows all the International Hockey Federation Rules with a few exceptions. The players sit on aluminum or steel sledges





All About the Winter Olympics



fitted with two blades. In each hand, the players grip two double ended sticks. One end of the stick has a sharp pick that the players use to push themselves quickly over the ice. The other end has a curved blade used to pass and shoot the puck.

During the Paralympics, eight ice sledge hockey teams compete in round robin tournaments. The top teams advance to the play off rounds. Each team must have six players on the ice while play is in progress. During the game, each team tries to get the puck past the other team's goaltender and into the net for a goal. Each game consists of three 15 minute periods. Sledge hockey is a fascinating sport to watch. It is amazing how fast the athletes can travel on their sledges using their sticks to control the puck. These players are great athletes.

Para Wheel Chair Curling

Wheelchair curling is a new sport for Paralympians and it made its debut at the Torino Paralympic Winter Games in 2006. Each curling team is made up of male and female athletes. Two teams play against each other. The players take turns pushing a 19.1 kg stone down a sheet of ice towards a group of rings or circles called the "house."

The object of the game is to get the stones as close to the centre or button as possible. Each game has eight ends. During an end, each team member slides two stones on the ice. The stones must be thrown or slid while the player's wheelchair is held stationary. The stone may be thrown by hand or with an extended cue attached to the handle of the stone to push it along the ice. Since athletes are not able to sweep their stones to control their speed, their ability to throw the stone with the right amount of weight is an important strategy. The team with the most stones closest to the centre or button at the conclusion of eight ends is the winner.

The Milano Cortina 2026 Paralympic Winter Games will introduce mixed doubles wheelchair curling, marking a major step for inclusivity by expanding competitive opportunities for athletes.

Para Snow Boarding

Para snowboard is a winter sport where athletes with physical impairments compete by riding a snowboard down a snowy course, either standing or using adaptive equipment. It's a modified form of traditional snowboarding designed for different disability classifications and is overseen by the International Ski and Snowboard Federation (FIS). The sport features five main disciplines: snowboard cross, team snowboard cross, banked slalom, dual banked slalom, and giant slalom.

Para snowboard first appeared at the Winter Paralympics in 2014 as part of the Para alpine skiing programme, and it became an independent Paralympic sport in 2018. The global competitive structure expanded soon after, with the inaugural World Para Snowboard Championships taking place in 2015.

Editorial Credits

PyeongChang 2018 March 18th Women's Slalom Winter Paralympic games by Marco Ciccolella

Olympic Flag: Rio de Janeiro March 27, 2016 by Ilazllama

Wheelchair Curling: Sochi, Russia Mar 8, 2014 Paralympic Winter Games by Igor Dolgov

Paralympic Cross-Country Skiing: Pyeongchang 2018 March 14th by Marco Ciccolella

Male Figure Skater Alexander Majorov, Moscow Sports Palace Megasport ISU Grand Prix Nov 2018

Ice Sledge Hockey: Turin, Italy Feb 2012 Italy and Czech Republic players

Female Figure Skater: Ashley Wagner of USA, Nov 16, 2013, Trophée Bompard ISU Grand Prix

Olympic Rings: Sochi, Russia, Feb 9, 2014 by Lurii Osadchi

Ski Mountaineering: 71AP Photo Antonio Calanni, File Feb 22, 2025; torchs AA1CUaVY, torch relay EN; tina-and-milo-cropped, verona Arena-XE3F2406a, opening and closing arena Stadio_Meazza_2021_3; olympic medals all three bincbgvlg3kva0kihcf, para medals

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All About the Winter Olympics



XXV Olympic Winter Games Milan and Cortina Winter Olympic Games 2026

The 25th Winter Olympics will happen in Italy from February 6 to February 22, 2026. For the first time, two cities in northern Italy—Milan and Cortina d'Apprezzo—will work together to host the games.

There will be 116 events in 16 Olympic Winter Sports.



Milano San Siro Olympic Stadium
Opening Ceremony Location



Cortina Curling
Olympic Stadium



Giuseppe Dal Ben
Ski Jumping Arena



Verona Olympic Stadium
Closing Ceremony Location



Olympic Winter Games

Mascots: Tina and Milo



Tina and Milo are the mascots for the 2026 Winter Olympics and Paralympics in Italy. They are two cute animals called stoats. Students in Italy, ages 6 to 14, drew pictures for a big contest, and Tina and Milo were the winning designs. Their names come from two Italian cities: Cortina (Tina) and Milan (Milo).

Tina and Milo are brother and sister. Tina is white and loves exploring new places. Milo is brown and was born without one leg, so he uses his tail to help him move. Milo is the mascot for the Paralympics. They also have six snowdrop flower friends called the Flo. The Flo were also designed by students and stand for hope and staying strong.

Credit to: By Milano Cortina 2026 Organizing Committee - Original publication: <https://olympics.com/en/news/milano-cortina-2026-mascots-unveiled-two-years-to-go-celebrations> Immediate source: <https://olympics.com/en/news/milano-cortina-2026-mascots-unveiled-two-years-to-go-celebrations>, Fair use, <https://en.wikipedia.org/w/index.php?curid=77509014>

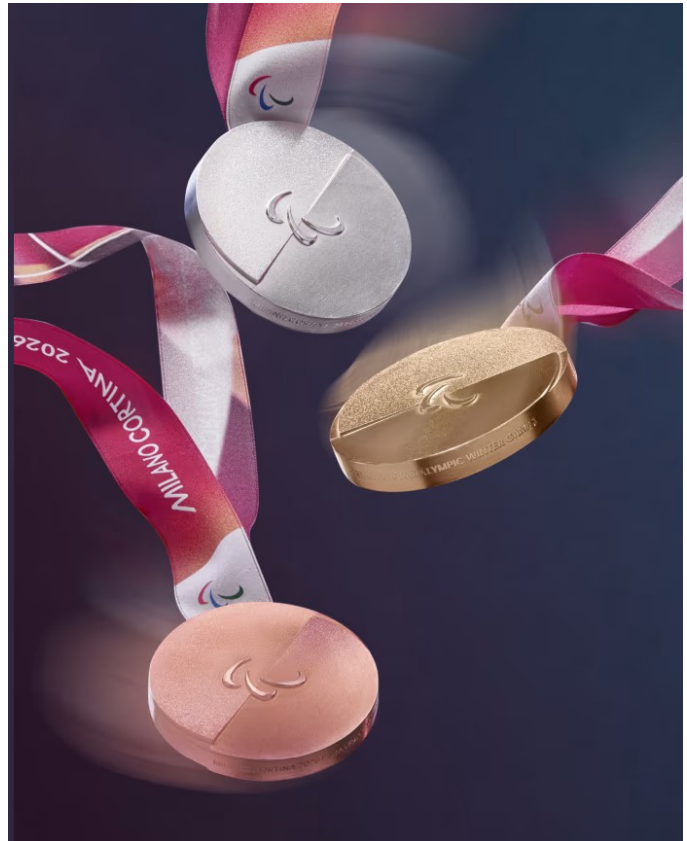


Olympic Winter Games

Milano, Cortina Olympic Medals



Olympic Medals



Paralympic Olympic Medals

The medals were made in Venice. Each medal is designed in two halves to show the journey of athletes and Para athletes, and the people who support them.

The medals have a simple but meaningful design. On one side, they show the famous Olympic rings. On the other side, there are words that tell about the event and the place where it happens. The medals are meant to remind everyone of teamwork, hard work, and the joy of reaching a big goal.

Olympic Winter Games

The Olympic Torches



The Olympic torch is light blue, and the Paralympic torch is bronze. Each is shaped like a flute and weighs 1,060 grams (37 oz). Made from recycled aluminum, it was designed to be refillable and runs on a renewable liquefied petroleum gas primarily made from waste.



The Olympic flame is lit in Athens on December 4th, 2025. The flame will then travel through Italy making 60 stops over 63 days covering 12,000 kilometres (7,500 mi). There will be 10,001 torchbearers.





All About the Winter Olympics



Winter Olympic Vocabulary

Winter Olympic Sporting Events:

cross-country skiing, alpine skiing, biathlon, bobsleigh, long track speed skating, figure skating, curling, freestyle skiing, ice hockey, luge, Nordic combined, short track speed skating, ski jumping, snowboarding, paralympics, paralympic alpine skiing, paralympic biathlon, paralympic cross-country skiing, ice sledge hockey, wheelchair curling, para snowboarding

Winter Olympic Sport Equipment:

skis, skates, helmet, curling broom, stone, rock, snowboard, ski jump, uniform, hockey stick, sledge, ski poles, rifle, luge, bobsleigh, bobsled, track, run, rink, oval, moguls, ramp, costumes, ski boots, goggles, target, mountains, snow, ice

Olympic Traditions:

amateur, amphitheatre, athlete, award, bronze, opening ceremony, closing ceremony, coach, committee, competition, elimination rounds, flag, flame, funding, gold, Greece, international, medals, national anthem, participants, Pierre de Coubertin, silver, stadium, torch, tradition, truce, war, Zeus

Biathlon Event: rifle, freestyle skiing, penalty loop, timed, distance, shooting round, target, individual, sprint, pursuit, mass start, relay

Cross-Country Skiing Event: telemark, endurance, freestyle technique, skating technique, classic technique, wax, herringbone

Bobsleigh Event: timed, runs, iced track, gravity-powered, sled, bobsled, bobsledge, bobsleigh, concrete, artificial ice, fifteen curves, metal, steel runners, pilot, brakeman, crews, pushers, standing, start, grooves, speed, heats, steering, weight, aerodynamics, skill, push bar

Long Track Speed Skating Event: skating suits, oval, clap skates, hinged blade, stroke, crouch, glide, glasses, goggles, coloured bands, pairs, lap, crossover, hood

Freestyle Skiing Event: acrobatic, aerialist, jumps, takeoff, landing, tuck, triple, moguls, carving, twists, somersaults, helicopters, backscratchers, spectacular, dangerous, helmet, artistic, hot-dogging, accidents, ramp

Short Track Speed Skating Event: packs, out skate, speed skate boot, blades, helmet, cut proof skin suit, cut resistant gloves, protective knee and shin pads, crossover marker, touch, push

Ski Jumping Event: normal hill, large hill, inrun, takeoff ramp, wide, long skis, V-technique, ski suit, flight, balance, good body positions, landing, telemark

Snowboarding Event: jumps, rails, half-pipe, freeride, freestyle, freecarve, spins, rotations, tricks, snowboard, grab, jibbing, railing, dangerous, helmet, wrist guards, padded snowboard pants, goggles, padding or armour, boots.

Alpine Skiing Event: downhill, slalom, gates, slopes, carving, racing, powder, Super-G, Giant Slalom, Slalom, Combined, fastest time, skier, speeds, precise, turns, course, turns

Figure Skating Event: ladies, mens, pairs, ice dancing, Axil, camel spin, drape, flip, flying camel, freestyle, program, layback spin, long program, loop, lutz, press lift, pulls, Salchow, short skating program, spiral, sit spin, star lift, tabletop lift, toe loop, toe pick, compulsory dance, free dance, original dance, steps, turns, sequences, twizzles, mohawk

Luge Event: one or two person sled, timed, flat position, iced track, lying down, feet pointed, head, shoulders, steer

Ski Mountaineering: mountain, skis, climb, descend, Skimo, trail, checkpoint, race, gear, poles, backcountry, avalanche, summit, Telemark Skis, Alpine Skis, uphill, downhill, snowpack, route



Olympic Winter Games



Photos: (speed skater) Michele Morrone/Shutterstock.com

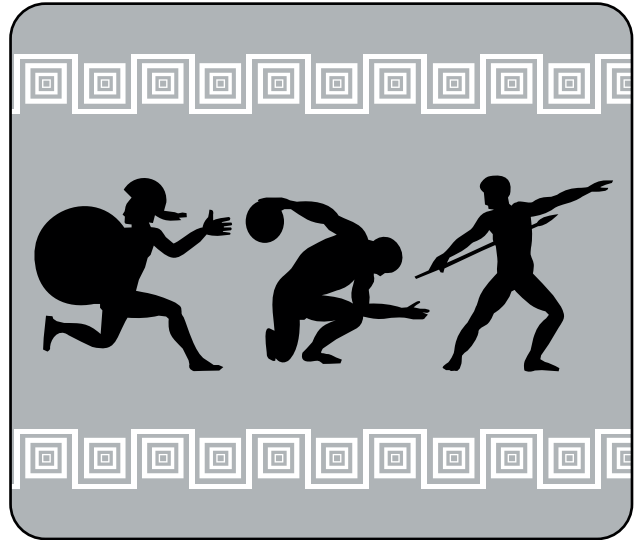
My name is: _____



Olympic Winter Games

The First Olympic Games

Many years ago, the first Olympic Games began in a _____ called _____. The country was made up of small _____ who were always at _____. In a Greek _____, a _____ was told by a priestess to hold a great _____ in honour of Zeus, a Greek god. This would bring _____ to the land so the king declared a _____ and announced the race.



The king knew that no one would _____ the god Zeus. All the male _____ were happy to run in the race and stopped their fighting. The king chose _____ as the place where the race would be held. It was a sacred place where the temple of Zeus and other Greek gods were kept.

The first Olympic Games had only one event. It was a race called the _____ and the athletes ran _____ on a dirt track. A Greek _____ named Koroibos won the race and became the first _____.

Olympian
cook
Olympia
offend

peace
barefoot
stade
athletes

truce
race
Greece
king

legend
states
war
country



Olympic Winter Games

Modern Olympic Games

The Olympic Games grew bigger and were held for many years in Greece. When Greece _____ a war with Rome, their new emperor did not like the gods that the people honoured and he _____ the Olympic Games and _____ all the buildings in Olympia.

Fifteen hundred years later, the Olympic Games were _____ again by a _____ by the name of Pierre de Coubertin from France. He felt everyone should be interested and able to play _____ whether they were rich or poor.



Pierre de Coubertin
1915, Bain News Service.

Pierre de Coubertin met with people from other _____ and they formed the International Olympic Committee or IOC. The first _____ Olympic Games were to be held in Athens, Greece. The games lasted ten days and had such _____ as foot races, lawn tennis, swimming, diving, fencing, bicycle races, rowing, and a yacht race.

First _____ winners were given wreaths of _____ leaves. Second prize winners were given laurel _____. All prize winners were also given diplomas and _____.

destroyed
stopped
lost

sports
countries
started

modern
events
man

prize
wreaths
olive

medals





Olympic Winter Games



The Olympic Torch and Cauldron

The Olympic _____ is lit in _____ during a special ceremony. It is then taken to the _____ that is hosting the Olympic _____.

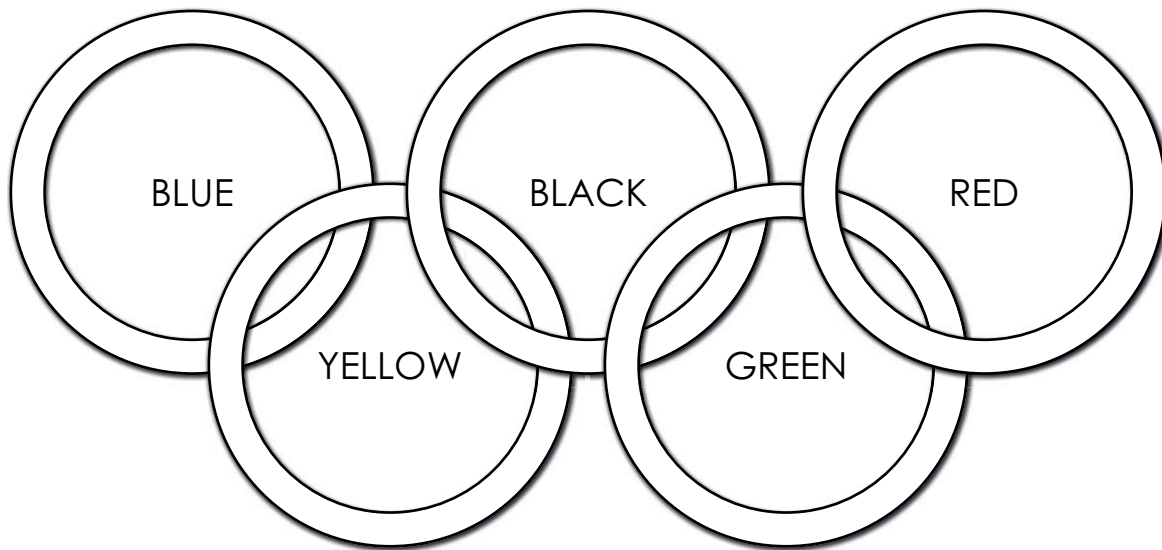
The torch is then _____ all around the host country by _____ of different _____. The torch's _____ lasts for many _____.

The relay _____ when the torch is used to _____ the cauldron at the host _____. This is the beginning of the Olympic Games.



Olympic Winter Games

The Olympic Flag



The Olympic flag flies high on a flagpole in the Olympic _____ during the Winter Olympic Games. It has a _____ background with _____ interlocking rings. The _____ are coloured blue, yellow, black, _____, and red. They stand for passion, faith, _____, work ethics, and sportsmanship. Each ring stands for a _____ where people _____. The five _____ are found in all the national _____ of the world today.

1. Use the words in the Word Box to complete the sentences.

flags
live

colours
continent

victory
green

rings
five

white
stadium

2. Colour the rings on the Olympic flag.



Olympic Winter Games

Olympic Medals

At the Olympic Games, athletes are given medals for winning _____, _____, and _____ place in an event. First place winners are given _____ medals, second place winners are given _____ medals, and third place winners are given _____ ones. The athletes stand on a special _____ to receive their medals. The winner's national _____ is played after the athletes receive their _____.

1. Use the words in the Word Box to complete the sentences.

podium	third	first
anthem	silver	bronze
second	gold	medals

SILVER



GOLD

BRONZE



Winter Olympic Sports

Milan and Cortina Olympic Mascots



Tina and Milo are the _____ for the 2026 Winter Olympics and Paralympics in _____. They are animals called _____. Their names come from two cities: _____ and _____.

Tina and Milo are _____ and _____. Tina is _____ and loves exploring new places. Milo is _____ and was born without one _____, so he uses his _____ to help him move. Milo represents the _____. They also have six snowdrop flower friends called the _____, who stand for _____ and staying _____. Complete the story with these words.

Italy	mascots	stoats	brown	hope
Milan	sister	Flo	leg	brother
tail	Paralympics	white	Cortina	strong



Winter Olympic Sports

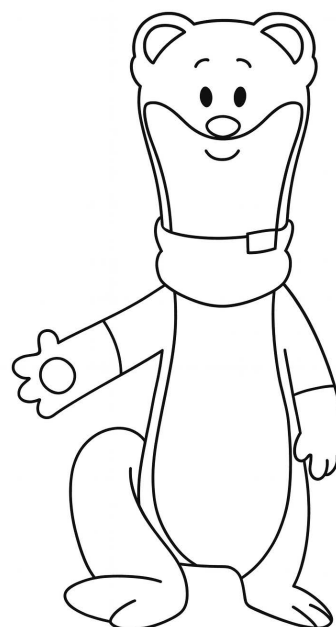
Olympic Mascots

Colour and name each mascot.

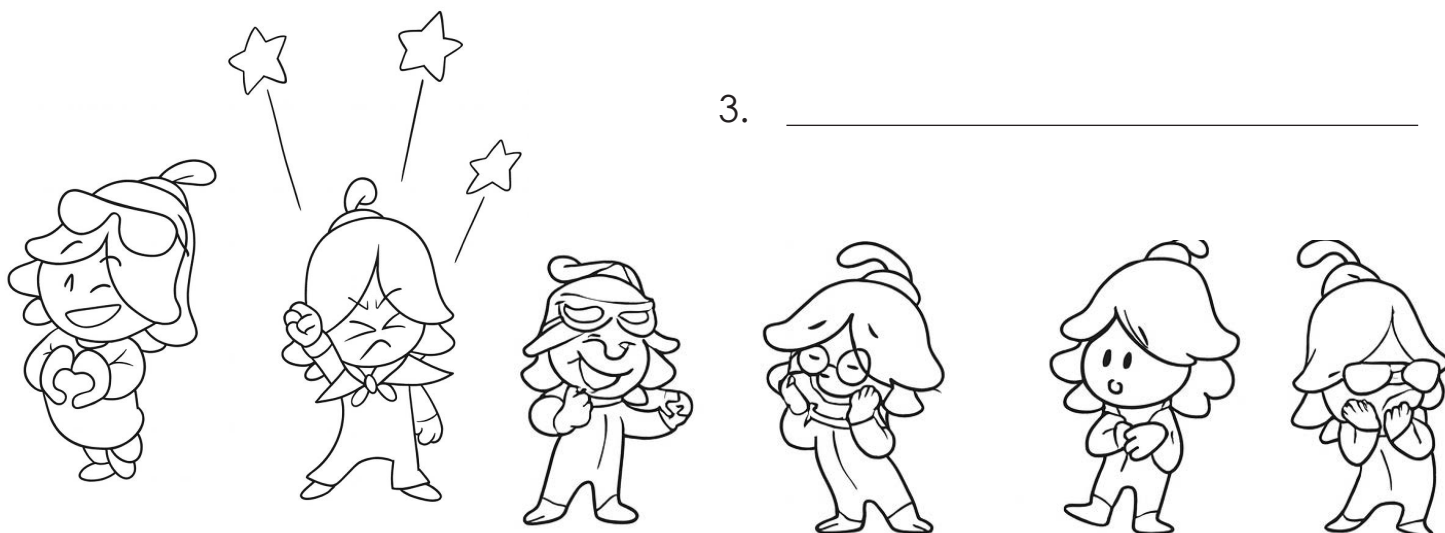
1. _____



2. _____



3. _____





The opening ceremony begins when the host country's _____ is _____ while its national _____ is being played. The people are then entertained with a _____ filled with singing, dancing, and music.

After the show is the most important part, _____. The _____ from each _____ march in behind its name and flag. The athletes are dressed in _____ that represent their country's _____ and the way the people _____. The flag bearer is often one of the country's _____ athletes who is competing in the games. _____ comes in first and all the other nations march in alphabetically. The _____ country comes in last.

The opening of the games is announced, the _____ flag is carried in and _____. An athlete and a judge say the Olympic _____ for all the athletes and judges.

At the end of the ceremony, the Olympic _____ is carried into the stadium and an athlete _____ the Olympic _____ in the _____.

Use the words in the Word Box to complete the sentences.

outfits	host	show	colours	lights
Greece	Olympic	cauldron	famous	torch
flag	dress	raised	flame	oath
anthem	athletes	country	The Parade of Nations	



Olympic Winter Games

Olympic Closing Ceremony

The closing ceremony is held _____.
all the events are _____. Flag bearers
from all the countries _____ in first.
Then all the _____ from different
_____ walk in together.



Three flags _____ are on flag
poles. Greece's flag is raised _____ on the middle pole. The host
country's flag is raised on the _____ pole, and the flag of the country
to host the _____ Olympics is raised on the _____ pole.

The games are declared _____. The Olympic flame in the
cauldron is put _____. The Olympic flag is _____ and is
_____ out of the stadium. The mayor of the host city gives an
_____ flag to the mayor of the next host city. The new host mayor
_____ it eight times. The ceremony ends with a wonderful show and
_____ display.

Use the words in the Word Box to complete the sentences.

closed	out	parade	athletes	after
countries	raised	over	waves	lowered
first	Olympic	carried	left hand	right hand
fireworks	next			



Olympic Winter Games

Olympic and Paralympic Sports

Name each sport.

1.



2.



3.



4.



5.



6.



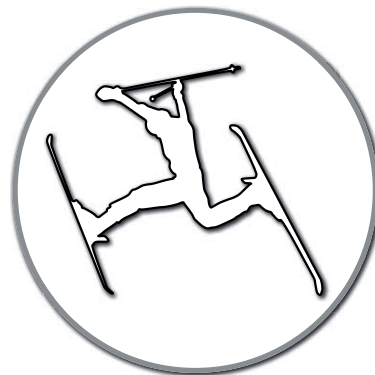
7.



8.



9.





Olympic Winter Games

Olympic and Paralympic Sports

10.



11.



12.



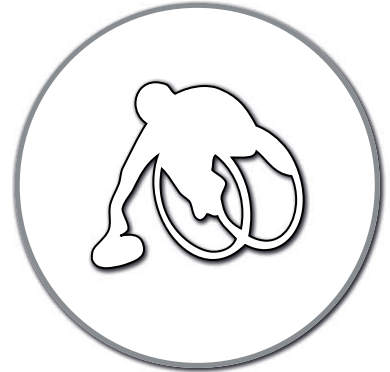
13.



14.



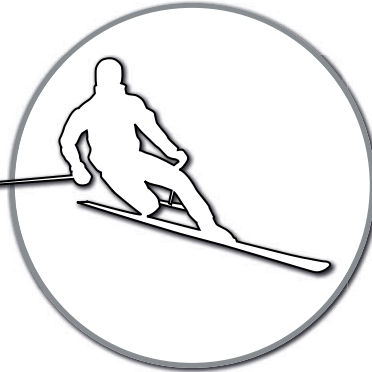
15.



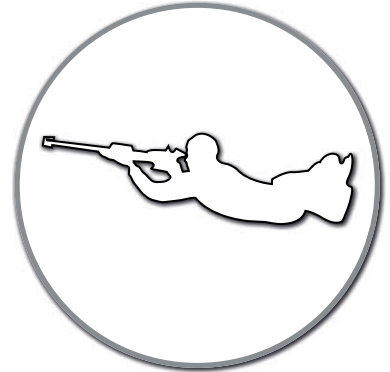
16.



17.



18.





Athletes use different kinds of equipment.

Draw a line from the name of the athlete to the equipment used in events.

1. figure skater

racing suit, skates, ice, oval

2. bobsleigh pilot

net, puck, stick, skates

3. cross-country skier

skis, poles, mountains, goggles

4. speed skater

ramp, skis, suit, helmet

5. snowboarder

costume, skates, ice, rink

6. ski jumper

team, ice, track, brakeman

7. downhill skier

moguls, padded suit, helmet, board

8. ice hockey

course, skis, poles, boots





Read each Olympic riddle carefully. Print the Olympic word that it is talking about on the line.

1. This word begins with the letter "w." It is a cold time of the year when the Olympic Games are held. The Olympic word is _____.
2. This word begins with the blend "fl." It is white and has five colourful rings on it. The Olympic word is _____.
3. This word begins with the blend "st." It is a big place where the athletes meet before and after the Olympic Games. The Olympic word is _____.
4. This word begins with the letter "t." It travels many places in many different ways before the Olympics begin. The Olympic word is _____.
5. This word begins with the letter "a." Many of them come to the Olympic Games to compete. They want to win medals. The Olympic word is _____.
6. This word begins with the letter "m." It is the prize all the athletes are hoping to win. They come in three different colours. The Olympic word is _____.
7. This word begins with the letter "l." In this sport, the athlete lies on his or her back and slides down an icy track. The Olympic word is _____.
8. This word begins with the letter "h." Men and women play this game on skates with a stick. Some athletes use a sledge to play the game. The Olympic word is _____.



Winter Olympic Sports

Long Track Speed Skating



I am a long track speed skater. When I skate, I wear a skin-tight body suit that has a hood and clap skates. The blades of my skates are hinged at the front. This helps me to skate with longer strokes so I can race faster.

While I race, I bend over in a crouch position and swing my arms back and forth. Sometimes I hold my hands behind my back so I can go faster.

During a race, I skate against another skater for the best time. During each lap, we have to do a crossover and change sides on the track. In the Olympics, I will race in four different races such as the 300 meter, 1000 meter, 1500 meter, and the 3000 meter.

Is each sentence below true or false?

1. A long track speed skater wears hockey skates during a race. _____
2. A long track speed skater bends over while racing. _____
3. In a long track speed race, many athletes race together. _____
4. A skin-tight suit is worn by a skater in a long track speed race. _____
5. Long track speed skaters race against the clock. _____
6. In the Olympics, there are only two different kinds of long track speed races. _____



Winter Olympic Sports

Figure Skating



Figure skating has four events. They are the mens' event, ladies' event, pairs' event, and the ice dancing event. I skate in the mens' event. While I do my short and long program, I wear a fancy costume.

My skates are specially made with strong boots and sharp steel blades that have toe picks. I use the toe picks on my skates to dig into the ice to push me up high into the air so I can turn while I jump.

Judges give me points for the spins, jumps, and footwork that I do in each of my programs. They also judge the way I skate to the music. If I fall during a jump or while I am doing a move, I lose points. As a figure skater, I have won many medals, but the one I want the most is an Olympic gold.

Complete each sentence with words from the story.

1. In a figure _____ competition, there are _____ main events.
2. Figure skates have strong _____, sharp _____ with _____.
3. People called _____ give skaters _____ for the way they skated.
4. Figure skaters must have _____, _____, and _____ in their programs.
5. If a figure skater _____, during his/her _____, points are taken away from his/her score.
6. Two skaters compete together in the _____ event and the _____ event.



Winter Olympic Sports

Cross-Country Skiing



Cross-country skiing is my sport. It is a very hard and tiring sport, but it makes your body slim and strong. I use every muscle in my body when I ski. My skis are long and thin. I carry two poles that have spikes at each end. The spikes are used to dig into the snow and help to push me along. When I am skiing, I look like an ice skater or a roller blader gliding over the snow.

I use different ways of skiing when I climb hills and go over flat ground. When I go downhill, I crouch in a tuck like a downhill skier does.

During a competition, women and men travel different distances. I may race alone or on a team or in a big group. Some races are short while others are very long.

A. Find the words in the story to make pairs of antonyms.

- | | |
|--------------------|-----------------|
| 1. soft _____ | 6. pull _____ |
| 2. fat _____ | 7. under _____ |
| 3. weak _____ | 8. same _____ |
| 4. short _____ | 9. uphill _____ |
| 5. beginning _____ | 10. easy _____ |

B. Find words in the story that rhyme with the words below.

- | | |
|----------------|----------------|
| 1. likes _____ | 4. ten _____ |
| 2. blow _____ | 5. space _____ |
| 3. cat _____ | 6. puck _____ |



Winter Olympic Sports

Curling



I am the “skip” or captain of a curling team. I tell the players where I want their stones to go. There are three other players on my team. They are called the “lead,” the “third,” and the “fourth.” My team plays on a special sheet of ice that has lines and rings. The rings are called the “house” and the one in the middle is called the “button.” There are also two lines on the ice called the “hog” line and

the “back” line. Our stones must land somewhere between those lines.

Two teams play against each other for the highest score. Each game has ten ends. during each end, each team member throws two stones. The teams may have to use their brooms to sweep the ice to make the stones go faster or where they want them to stop. during the game, each team tries to knock out each others stones. The stones that are closest to the button at the end of each end get points for the team.

Complete each sentence with words from the story.

1. The leader of a curling _____ is called a _____.
2. Curling is played on ice that has _____ and _____ on it.
3. Each team member throws _____ stones during each _____.
4. Curling teams _____ the ice with their _____ to make the stones go _____.
5. The curling _____ must land between the _____ line and the _____ line.
6. The stones _____ to the _____ score _____.



Winter Olympic Sports

Snowboarding



Snowboarding is my sport. It is a very exciting one to do and to watch. I ride down the sides of mountains and hills on a board that is 150 cm long and 25 cm wide. It may be made of wood or fibreglass. I wear special boots that are attached to the board with special bindings. I like to compete in the “halfpipe” and the “giant slalom.”

In the halfpipe, I compete in a rounded ditch dug deep into a hill. I start on the side of the hill to go fast and come over the rim of the pipe and do tricks in the air. In the giant slalom, I race down the side of a mountain with another snowboarder. The one with the fastest time wins.

Snowboarding is a very dangerous sport and many athletes have been hurt. Today, we must wear a helmet, wrist guards, padded suits, and goggles to prevent snow blindness.

Complete the following activities:

1. Find five compound words in the story.

2. A blend is a sound made by two letters. Find eight words in the story that begin with a blend. Underline each blend.

3. Print the number of syllables that you hear in each word on the line beside it.

a) snowboarding _____

d) sport _____

g) giant _____

b) fibreglass _____

e) helmet _____

h) dangerous _____

c) padded _____

f) tricks _____

i) halfpipe _____



Winter Olympic Sports

Bobsleigh



I am the pilot of a two-person bobsleigh team and a four-person bobsleigh team. We ride in a bobsleigh that is made of light metal and has an aerodynamic body on steel runners.

The team races on an ice covered track that is about 1200 to 1300 meters long and has at least 15 curves to travel around. As the pilot, I must drive the bobsleigh carefully to save on time.

At the beginning of each race, my team stands outside of the sleigh. When the bell rings, the crew pushes the sled for fifty meters as fast as they can, hop into it, and crouch very low. The pilot and the brakeman control the sleigh as it races along the icy track. Each team goes down the track four times trying to improve its time. The team with the fastest time wins the gold medal.

Answer each question with a sentence.

1. What is the driver of a bobsleigh called?

2. How many people are there on a bobsleigh team?

3. Why does the pilot have to be careful while driving the bobsleigh?

4. What does the crew do at the beginning of a race?

5. How many times does each team have to travel down the track?



Winter Olympic Sports

Ice Hockey



In Canada, there are two hockey teams sent to compete at the Olympic Games. There is Canada's Men's Hockey Team and Canada's Women's Hockey Team. Most of the hockey players on the men's team are those who play for the NHL.

I am one of the players on the womens team, and we all play in the PWHL.

There are 23 hockey players on my team. These women come from different provinces and territories all across Canada. On the team are three goal tenders, six defence, and twelve forwards.

The hockey players for both teams were picked because they can skate fast and stick handle well. They can also shoot the puck and score goals. These players are able to make the right plays at the right time.

Canada's national Women's Hockey Team has won several Olympic goldmedals. Hopefully, both teams will win gold at the 2026 Olympics.

Is each sentence true or false?

1. Canada has only one national hockey team that plays at the Olympics.

2. The women on Canada's national Hockey team all come from Ontario.

3. The women on Canada's national Team play in the PWHL. _____
4. The men on Canada's national Team come from NHL hockey teams.

5. There are 30 players on Canada's national Women's Hockey Team.

6. All the women hockey players must be good skaters. _____



Winter Olympic Sports

Alpine Skiing



As an alpine skier, I love to zoom down the side of a mountain travelling as fast as 130 kilometres an hour in a slalom race. Men and women alpine skiers wear tightfitting, colourful body suits with matching helmets so they can ski faster and can be seen.

My skis are strong and have metal edges to help me ski in icy snow when I make my turns around the gates. My boots are strong and help me stay up. If I fall, my skis fall off too so I won't hurt myself. My poles help me keep my balance and push the gates out of my way as I go around them.

I wear goggles to protect my eyes and heavy gloves to keep my hands from getting hurt by the gates. I wear padding on my arms, shins, knees, and back to protect me if I fall.

At the Olympics, I will compete in races such as the slalom, giant slalom, super slalom and the downhill. If I fall or miss going around a gate, I will be out of the race.

A. Match the skiing equipment to the body part that it protects.

- | | |
|----------------|------------------------------|
| 1. body: _____ | 4. feet: _____ |
| 2. head: _____ | 5. hands: _____ |
| 3. eyes: _____ | 6. arms, shins, knees: _____ |

B. Tell why you think alpine skiing is a dangerous sport.



Winter Olympic Sports

Freestyle Skiing



My sport is freestyle skiing. People find it an exciting sport to watch. I compete in the aerials and the moguls. In the aerial event, I begin at a high spot on the mountain and ski straight down to jump off a high jump and throw myself into the air. While I am sailing in the air, I do twists, spins or somersaults and then try to land on two skis safely. Judges give me marks for my jump takeoff, how I look in the air and

how I land my jump. In a competition, I jump twice. The skier with the highest combined score wins the gold medal.

When I compete in the mogul event, I race down a mountain covered with large snow bumps called moguls. I must ski around them very fast and jump from two jumps as well. One jump is near the top of the course and the other one is near the bottom. While I fly through the air, I can do spins, flips, twists, and somersaults. Judges give me points for my turns around the moguls, the tricks that I did in the air, and for how fast I raced. The skier with the highest score wins the gold medal.

Match each word in the Word Box to its meaning.

twice
mogul

aerial
mountain

course
score

spins
somersault

1. _____ moving in the air
2. _____ a snow bump
3. _____ a very high hill
4. _____ a skier's path
5. _____ number of points
6. _____ roll over in the air
7. _____ to turn around
8. _____ two times



Winter Olympic Sports

Luge



A luge is a small sled used by one or two people. I am an athlete who travels on a luge down an icy track as fast as I can. When I race, I lie on my back on the luge with my toes pointing in the direction that I am going. My head is at the opposite end and I cannot see my way but I must know where every twist and turn is on the track.

While I compete, I wear a skin-tight racing suit and a helmet with a clear visor that covers all of my face so I can go faster. My shoes are called “sliders” and have zippers. When they are zipped shut, my feet straighten out and lie flat. The gloves that I wear are spiked at the fingertips to help me start my sled and move it about on the track.

My sled is made of three parts. It has a flat board that I lie on, steel runners, and grips on each side that I hold while I am racing. during the race, I use my head and shoulders to help me steer it. It is a very exciting and frightening way to race. The rider with the fastest time wins the gold medal.

Number the sentences in the order that they would happen.

- ___ I placed my sled at the starting gate and laid down flat on my back.
- ___ Quick as a flash, I was zooming through the twists and curves of the icy track.
- ___ The day of my Olympic race had finally come.
- ___ When the buzzer rang, I pushed as hard as I could on the starting handles and dug my spiked fingertips into the ice to get a good start.
- ___ I put on my racing suit, helmet, gloves, and sliders.
- ___ At the finish line, I found out that I had made the best time and won the gold medal.



Winter Olympic Sports

Short Track Speed Skating



My favourite sport is short track speed skating. I race on an indoor oval track in a rink. There are no lanes on this track. In a race, short track speed skaters race against each other to see who is the best at being first across the finish line. We do not race against the clock.

When I am in a race, everything I wear is to protect me from getting hurt. My racing suit is made of a special material that cannot be cut by the blades of other skaters. My knees and shins are protected by padding. On my head, I wear a special helmet that fastens under my chin. I also wear cut-proof gloves that have special ceramic fingertips as I lean close to the ice going around turns. Goggles protect my eyes from the wind, ice chips, and the glare of the ice. My skates have very strong boots and sharp blades.

In a race, the skaters line up in groups of four or six. When the gun goes off, everyone tries to out race each other. If a skater breaks a rule, the athlete will be disqualified. Sometimes short track skaters race in relay teams and take turns racing.

A. Look, in the story, for the opposite to each word below. Print it on the line.

1. long _____
2. outdoor _____
3. worst _____
4. weak _____
5. fixes _____
6. for _____

B. What vowel sound do you hear in each word? e.g. lean - long e

1. sport _____
2. track _____
3. rink _____
4. clock _____
5. ice _____
6. race _____
7. strong _____
8. team _____



Winter Olympic Sports

Biathlon



During a biathlon competition, there is a crosscountry skiing race and target shooting. I am a biathlete and I love to race around a cross-country skiing course and shoot with my rifle at targets. The only equipment I need in my sport is skis, ski poles, a ski outfit, a rifle, and ammunition.

While I am skiing, I carry my gun and ammunition on my back. I must stop four times on the course to shoot at five targets. Two of the times, I stand and shoot but during the other two times I must lie down and shoot. If I miss a target, I will

have to ski a penalty loop or have a minute added to my time. The biathlete who has the fastest time wins the gold medal.

In the biathlon, there are five different types of races. In each one, the biathlete must ski long distances and shoot. Some of the races are for biathlon teams.

Join the beginning and ending of each sentence with a line.

- | | |
|---------------------------------------|--------------------------------------|
| 1. A biathlete must be able | • the finish line first wins. |
| 2. In a race, the biathlete stops | • and ammunition in a race. |
| 3. The biathlete carries a gun | • stands and shoots. |
| 4. Two times, the biathlete | • lies down to shoot at the targets. |
| 5. The other two times, the biathlete | • to ski and shoot. |
| 6. The biathlete who crosses | • four times to shoot at targets. |



Winter Olympic Sports

Ski Jumping



I am a ski jumper and I love to zoom down a ski ramp, leap into the air and fly like a bird. A ski jumper must have good equipment to help him jump far. My boots must let me lean forward over my skis when I am in the air. My skis must be wide, long, and heavy. The heels of my feet must be able to move away

from my skis when I lean in the air. My suit that I wear is made of stretchy material and must fit me well. I also wear a helmet to protect my head.

On the day of a competition, I sit on a bench at the top of the ski jump. When I am told it is safe to jump, I ski down the long ramp very fast and jump into the air. Quickly I lean forward and cross my skis at the back to make a "v." I fly as fast as I can and then land safely. Judges will give me points for the distance I travelled and how well I landed.

Number the sentences about the ski jumper in the correct order.

- ___ At last, he slowly came down and landed on both skis.
- ___ When he heard the bell, he knew it was his turn to jump.
- ___ Everyone watching the ski jumper cheered and clapped.
- ___ The ski jumper sat on the bench at the top of the ski jump and waited.
- ___ At the end of the ramp, he raised his arms and jumped high into the air.
- ___ The ski jumper flew for a long time.
- ___ Quickly, he skied down the ramp.
- ___ He put his skis in a "v" and leaned over them as fast as he could.



Winter Olympic Sports

Ski Mountaineering



I am a ski mountaineer, and my sport is called skimo. In skimo, I climb up snowy mountains and then ski back down. Sometimes I climb while wearing my skis, but if the hill is too steep, I carry them on my back. It takes a lot of strength to reach the top, but the ride down is always worth it.

There are two kinds of skis I can use. One kind has a loose heel that helps me walk uphill more easily. The other kind also has a loose heel for climbing, but it locks in place when I ski downhill. I choose the skis that work best for the mountain I'm on.

People can do skimo just for fun, but some people race. In a race, I follow a set trail on the mountain and pass checkpoints along the way. I have to climb and ski using only my own power. Skimo is a mix of skiing and mountain climbing, and it will be in the Winter Olympics for the first time in 2026.

Complete each sentence with words from the story.

1. Ski mountaineering is also called _____.
2. Sometimes I climb with my skis on, and sometimes I _____ them.
3. One kind of ski has a _____ heel for going uphill.
4. In a skimo race, I must pass several _____.
5. Skimo will be in the _____ Winter Olympics



Winter Olympic Sports

Paralympic Alpine Skiing



Athletes who have lost an arm or leg because of an illness or an accident can also compete in games called the Paralympics. Many athletes love to compete in alpine skiing as they find it exciting to move quickly down a mountain in the snow. It is amazing how fast they can travel and how well they

can move themselves around the gates. Athletes who ski with one leg use special poles called "outriggers." They have short ski blades on the end that help the skier with balance.

Skiers who have lost both legs or cannot use their legs compete in a special ski called a "mono-ski." A mono-ski is a chair mounted on a ski with seat belts to hold the skier in place. The skier uses short outriggers to help with balance. A skier who uses a mono-ski must have strong arms and shoulders.

Blind alpine skiers and skiers with a little sight compete with a guide. They act as a team. The guide may ski in front of, or behind the athlete, and calls out directions or talks to the skier with a radio. All blind skiers must wear blacked-out goggles.

Paralympic alpine skiers compete in the downhill, slalom, giant slalom, and super giant slalom.

Answer each question with a sentence.

1. Who are paralympic athletes?

2. What does an athlete who skis on one leg use? Why?

3. What do paralympic skiers who cannot use their legs use to ski with?

4. How are blind skiers able to compete?



Winter Olympic Sports

Ice Sledge Hockey



Ice sledge hockey is a game played by male athletes who cannot use their legs or have lost them in an accident. Each team has six players on the ice at the same time. Teams may have up to 15 players and two goal tenders. Each game has three 15 minute periods.

The players are strapped to a metal frame that sits on two ice skate blades. The sledge sits high enough so the puck can pass under it. Each player holds a double ended stick in each hand. One end of the stick, has a pick that the player uses to move his sledge about. The other end has a curved blade, like a hockey stick, used to pass and shoot the puck. The goal tender uses a stick with a blade and a trapper glove with teeth.

Sledge hockey is very exciting to watch and it is amazing how fast the athletes can travel on their sledges using their sticks to move the puck and score goals.

Is it sledge hockey, ice hockey or both?

1. A period in a game lasts for 15 minutes. _____
2. Each team has six players on the ice at the same time. _____
3. Players skate quickly and try to score goals. _____
4. A special frame, with skate blades, is used to move about on the ice.

5. Players use long sticks, with curved blades, to move the puck about.

6. A player uses the picks on his sticks to push himself around.

7. Teams play their games in an ice rink. _____
8. The goal tender uses a glove with teeth. _____



Winter Olympic Sports

Wheelchair Curling



Wheelchair curling is played by people who must use a wheelchair to move about. Men and women can be on the same team. Each team has four players and each one throws two stones. The curlers slide curling stones down a sheet of ice towards a set of rings which is called the “house.” The middle ring is called the “button.” The stones

closest to the button get points for each team. Wheelchair curlers do not sweep their stones.

When a curler slides a stone, someone must hold the wheelchair to keep it steady. The curler may slide the stone by hand or with a stick called an “extender cue.” Each game has six ends. The athletes must be strong, know the game well, and be good thinkers.

Print “yes” or “no” after each sentence.

1. People who cannot use their legs can play on a wheelchair curling team. _____
2. Wheelchair curlers use a special broom to sweep their stones. _____
3. Wheelchair curling and regular curling games have eight ends. _____
4. Someone holds a wheelchair curler’s chair steady. _____
5. Wheelchair curlers and regular curlers always throw their stones by hand. _____
6. An extender cue helps a wheelchair curler push his stone. _____
7. Wheelchair curlers and regular curlers score points the same way. _____
8. Wheelchair curlers each throw three stones during each end. _____



Winter Olympic Sports

Paralympic Cross-Country Skiing



In paralympic cross-country skiing, there are three groups. They are disabled in different ways. Some are blind or have poor sight, some must sit down to ski, while others can stand to ski. These athletes may compete in short, middle or long distance races. They may also be on a relay team.

Athletes in the standing group have lost an arm or leg and can ski alone. Athletes in the sitting group cannot use their legs. They ski in a special chair that is attached to a pair of skis. The sit-skiers use short poles to push themselves along.

Blind or nearly blind athletes compete in all events using a guide. The guide skis ahead and tells the athlete where to go by voice or radio.

In which class is each skier? *blind, standing, sitting*

1. I watch my guide's shadow ahead of me while I ski. _____
2. I can quickly ski about using my one leg. _____
3. I will need help if I tip over. _____
4. I listen to a voice on a radio while I ski. _____
5. My strong arms and shoulders help my poles to push me along the track.

6. I can ski quite well using my poles. _____



Winter Olympic Sports

Paralympic Biathlon



Athletes who have physical and visual disabilities can compete in the biathlon. In this event, the athletes do two things. They must ski a course while stopping to shoot at targets. At each shooting stop, the athletes are given five

shots and must hit targets that are ten meters away. All athletes lie down to shoot. They do not carry their guns or ammunition while they ski. Athletes, who have lost an arm, can use a rifle support while shooting. If a target is missed, the athlete is given a time penalty.

Blind athletes shoot with special glasses that make different sounds. The glasses let them know when their rifle is aimed at a target. The loudness of the sound tells the athlete when to shoot.

Answer each question with a sentence.

1. What two things does an athlete do in a biathlon?

2. At what do athletes shoot?

3. How do athletes shoot?

4. What do the athletes not carry while they ski?

5. What happens if an athlete misses a target?

6. How does a blind athlete know when to shoot?



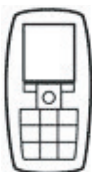
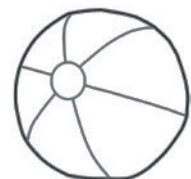
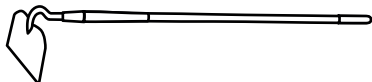
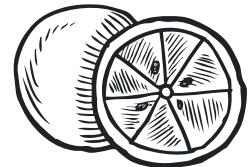
Winter Olympic Sounds

The word "Olympics" begins with the long vowel "o" sound.

Circle all the words in the flag that have the long "o" sound.

open	oval	poles	toe
broom	mogul	bronze	stroke
boots	goggles	gold	ceremony
snowboard	rock	torch	long
bobsled	stone	shoot	closing

Colour only the pictures that have the long "o" sound.



Winter Olympic Sounds

A blend is a sound that has two letters but makes one sound.
e.g. blade

Which blend does each picture begin with.



1.



2.



3.



4.



5.



6.



7.



8.



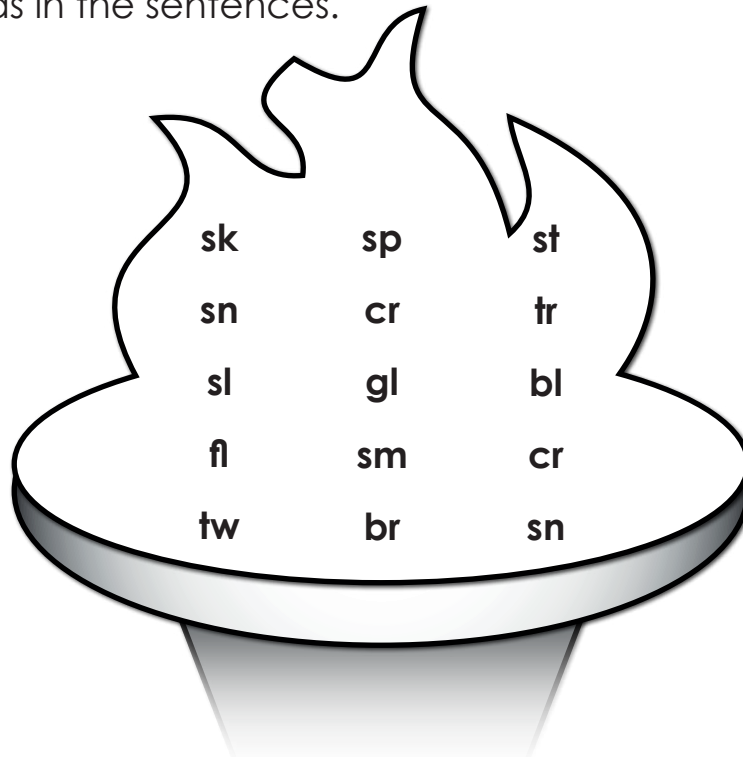
9.





Winter Olympic Sounds

Use the blends found in the Olympic cauldron to complete the words in the sentences.



1. The ____ier zoomed down the ____owy ____ope quickly.
2. The ____owboarder ____ew over the mogul and ____ipped in the air ____ice.
3. The figure ____ater ____irled in a fast ____in on the ice.
4. The ____eed ____ater ____ouched low as he ____ided over the ____ooth ice.
5. The Olympic ____ag ____uttered softly in the ____reeze over the Olympic ____adium.
6. The curler used his ____oom to ____eep the ice ahead of the ____one to make it go faster.
7. A short ____ack ____ater wears a ____in-tight rubber suit and ____oves that cannot be cut by the ____ades of other racers.
8. The ____oss-country ____ier found it hard to race over the ____ippyry ____ow.



Winter Olympic Sounds

Which vowel sound do you hear in each word? Print each word in the correct Olympic cauldron.

skate
luge
flag
rink

speed
helmet
ice
flame

torch
sledge
silver
free

bronze
gold
uniform
goggles

ramp
rifle

1. _____

Long a

2. _____

Short a

3. _____

Long o

4. _____

Short o

5. _____

Long e

6. _____

Short e

7. _____

Long i

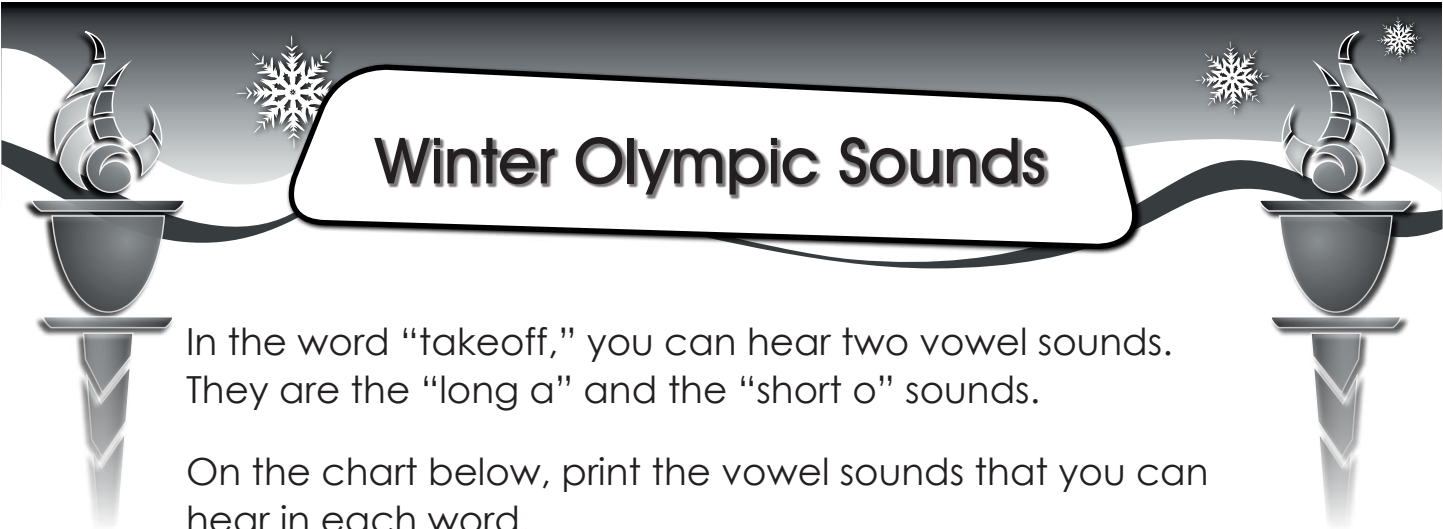
8. _____

Short i

9. _____

Long u





Winter Olympic Sounds

In the word “takeoff,” you can hear two vowel sounds. They are the “long a” and the “short o” sounds.

On the chart below, print the vowel sounds that you can hear in each word.

Olympic Word	Vowel Sound #1	Vowel Sound #2
1. hockey		
2. snowboard		
3. wheelchair		
4. helmet		
5. bobsled		
6. oval		
7. moguls		
8. costumes		
9. athlete		
10. crossover		
11. program		
12. relay		





Winter Olympic Words

How many parts do you hear in each word in the Word Box below?

bobsled

dangerous

hockey

luge

helmet

crossover

snowboarding

skis

torch

flag

Olympics

jumper

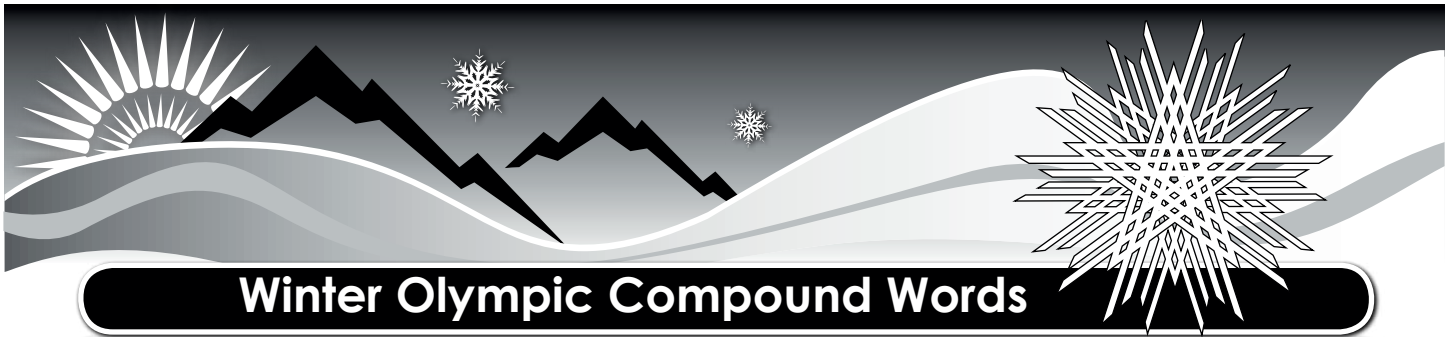
Print each word found in the Word Box on the correct Olympic medal.

One Part

Two Parts

Three Parts





At the Winter Olympics, some athletes use a snowboard to compete with.

The word "snowboard" is a compound word.

Complete each sentence using a compound word from the word box.



snowshoes

snowstorm

snowdrift

snowblower

snowball

snowflakes

snowman

snowplow

snowsuit

1. The _____ fell softly to the ground during the night.
2. Dad's car got stuck in a deep _____.
3. The _____ cleared the roads of all the snow that fell during the night.
4. Billy threw a _____ and it hit the window of the house.
5. During the _____, everyone sat by the fire to keep warm.
6. Dad used the _____ to clear the sidewalk and driveway to our house.
7. We built a big fat _____ on our front yard.
8. The man wore _____ so he wouldn't sink into the deep snow as he walked.
9. On cold days, Michele wears her blue _____ to school.





In the Olympics, athletes must do their events in the correct order.

Copy each group of words below in the correct alphabetical order.



1. team, pairs, singles, dance

2. luge, ice, fast, sled

3. silver, stadium, skiing, spin

4. track, torch, team, tricks

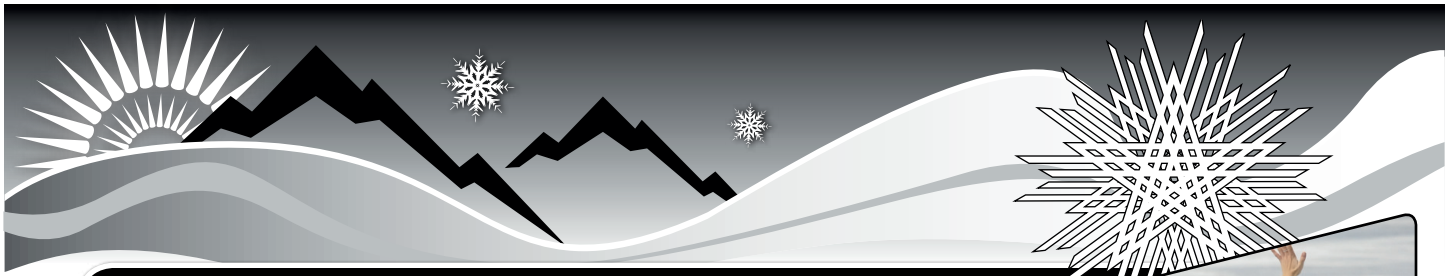
5. snow, sled, sport, skating

6. broom, bobsled, boots, bronze

7. skis, skates, silver, stick

8. flag, flight, freestyle, flame





Winter Olympic Action Words

The girl skated across the ice quickly.

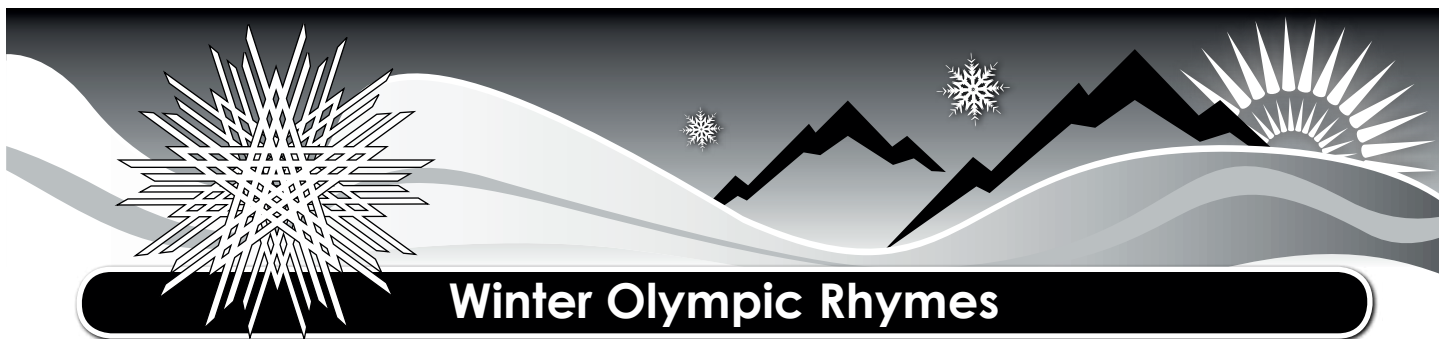
The word "skated" is an action word.



Print the correct action word on the line to complete each sentence.

1. As the athlete _____ down the mountain, he bumped into a gate.
(ski, skis, skied, skiing)
2. The ice dancers were gracefully _____ to the beautiful music.
(skate, skates, skated, skating)
3. The ski jumper flew down the ramp and _____ high into the air.
(jump, jumps, jumped, jumping)
4. The snowboarder _____ in the air three times before he landed.
(twist, twists, twisted, twisting)
5. The cross-country skier was _____ over the course as fast as she could.
(race, races, raced, racing)
6. The paralympic athletes _____ their best game of sledge hockey.
(play, plays, played, playing)
7. The long track speed skater _____ low before the race begins.
(crouch, crouches, crouched, crouching)
8. The figure skater does not always _____ every jump that she tries.
(land, lands, landed, landing)





Winter Olympic Rhymes

Use the words in the word box to complete each Olympic rhyme.

gold	place	hear	cheer
sight	thump	hold	race
back	track	jump	flight
by	sky	go	snow

1. Down the hill and over the _____,
I watched the skier quickly _____.
2. Over the ice, the skaters quickly _____,
They are all trying to get first _____.
3. Above the stadium, high in the _____,
The Olympic flag waved as the athletes walked _____.
4. It was such an amazing and exciting _____,
To watch the ski jumper take off in _____.
5. The freestyle skier took off from the _____,
Twisted in the air and landed with a big _____.
6. Walking behind their country's flag, the athletes could _____,
The spectators in the huge stadium loudly _____.
7. On the luge lying flat on his _____,
The athlete zoomed along the icy _____.
8. At the Olympics, all the athletes want to _____,
Is a bright shiny medal made of _____.





Olympic Matching Activities

A. Olympic Athletes: Cut out the pictures of the Winter Olympic athletes and their name cards. Mount them on a sturdy backing and laminate. Attach the instruction card to the envelope and store the cards inside. The student will match the pictures of the athletes to their name cards.

Olympic Athletes

Match the athlete to each sport.

e.g.



alpine skier

B. Sporting Equipment: Cut out the pictures and the word cards. Mount them on a sturdy backing and laminate them. Attach the instruction card to an envelope and store the cards inside. The student will match the picture to its word card.

Athletes' Equipment

Match each picture card to the correct word card.

e.g.



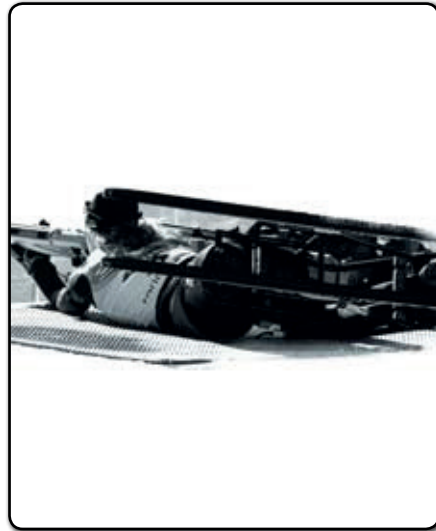
hockey
skates



Matching Activity A



Matching Activity A



Matching Activity A

Biathlon

Bobsleigh

Ski Jumping

Curling

Hockey

Cross-Country Skiing

Snowboarding

Figure Skating

Luge



Matching Activity A

Paralympic Biathlon

Paralympic Curling

Paralympic Alpine Skiing

Paralympic Sledge Hockey

Paralympic Cross-Country Skiing

Long Track Speed Skating

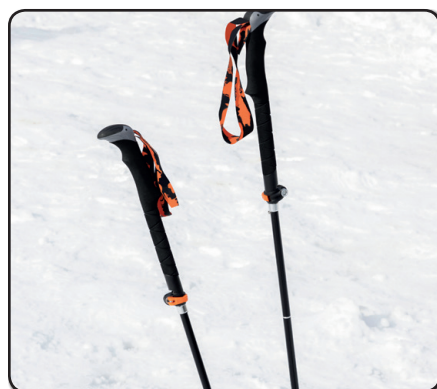
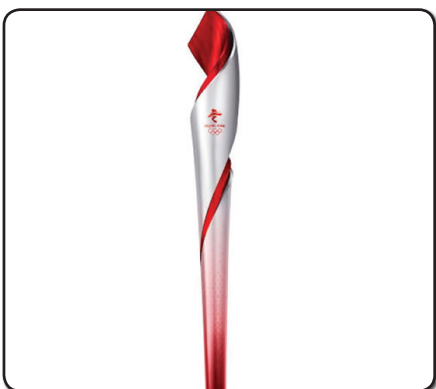
Short Track Speed Skating

Freestyle Skiing

Alpine Skiing



Matching Activity B



Matching Activity B

bobsled

**Olympic
flag**

**Olympic
torch**

**Olympic
cauldron**

**Olympic
rings**

**figure
skate**

clap skate

**Olympic
medal**

ski boot

helmet

ski poles

**hockey
skates**



Matching Activity B



Matching Activity B

skis

**curling
stone**

**curling
broom**

ski jump

snowboard

**hockey
sledge**

goggles

target

rifle

mountain

ice rink

luge sled





Search for all the words that are things an athlete uses during the Winter Olympics. Check off each word that you find in the word box.

___ bobsleigh	___ skis	___ helmet	___ track
___ snowboard	___ skates	___ sledge	___ goggles
___ poles	___ puck	___ boots	___ rifle
___ ice oval	___ mountains	___ stone	___ broom

```

v u d t f s g k f o r j h t o w k v p e n r n s o
m o u n t a i n s h p u n i i j p l h i q o u e t
b e g w t x s f l g i q g v x i o y m c z p p t s
i z c h d y e m o j p i f k w f l g s e n a e a d
s n o w b o a r d n h n x m l j e t s o r q h k q
b k j d l c e z m a r b c d e k s r h v g d i s k
v c a w k x l y z w y z v a u m l n b a i c j e x
q h j r i f l e b x p y p o n o m k j l h f i g e
t z b u y g w h y v i u a c t j s k q i a g m l s
b e e f c v x g c z s l e d g e w y z p v a n m k
r d b h c d b w q a d x w d b x c n r f b e c o i
o n r r p f e f x v q e s a p c o y m q l p u k s
o k e g o s d u f b y c z t z u d x e v r j n k w
m q v r l w t s g t g h i u h e l m e t v s f w g
r g s z r k a j o i x h y u g l t w z m e a t b z
t q p h m t s q g o a p i n y p m f q l n m k a n
x b u y i z n y g b r d l j m x t r a c k o a b s
e w c x p j a o l z c k y c w k w u v l n p u o t
f r k n e a k z e a e d b b j b s x t e i q b c o
v t g m h o i c s y j p e c y o r z y q s h q g n
i z j k q b l l d j m f h f d o i e a z t f j d e
j s k u l v m w n x o g p g q t r x s r p a q u q
t b o b s l e i g h p i n h o s r x t w o v m c l
  
```



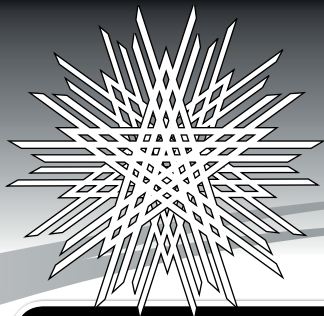


There are different sporting events held at the Winter Olympic Games. Circle each one that you find. Put a check mark beside each word that you find in the word box.

- | | | |
|---|---|--|
| ☐ biathlon | ☐ speed skating | ☐ curling |
| ☐ cross-country skiing | ☐ snowboarding | ☐ luge |
| ☐ ski jumping | ☐ bobsleigh | ☐ sledge hockey |
| ☐ hockey | ☐ freestyle skiing | ☐ alpine skiing |

t v m b w s n o w b o a r d i n g v d u c t b s
 f e g n x c o h l p t w g w s x q a e b f c g d
 r x h i j y f d k e v q d r u c b i a t h l o n
 d g h c u r l i n g e u f e n t s b d p a o z c
 o z i h a i b j l k c m a f b m c l d n e p o n
 p k f d i a e z s m e d l o g b o b s l e i g h
 r u f t a x s y a r n r p q f p v k j q i k m j
 t y v g w b t c f x o d i p r r i s j k u s w n
 u c q b h c d u h b i a n k e s h p q t l l u x
 v e w h o c k e y v b c e z e r o e t m y e n g
 x a d g i x j e k e l j s m s n s e x u s d q l
 y o a l v y x y a z w k k t t t d d r v g g r j
 z h m g l w f e y b s c i b y r e s p u o e n l
 k p b j u r z u z t b a i q l s t k q o v h w r
 r p n q g m k a j d v i n x e d w a f p n o p s
 s q c o e t i u c b c w g y s s e t t g u c z q
 p n z m o q y p r x c w y h k g a i f v h k v a
 b r d q t u s o q n z d m z i f b n c g d e i g
 s k i j u m p i n g p b e l i c k g d j h y e j
 k s e c i r s v i g a f y f n b x d e v u i f h
 h p i q d j s k m w y x w y g u c t c f w t j s
 b z g f e c r o s s c o u n t r y s k i i n g l





Winter Olympic Writing

Write Like a Winter Athlete!



Athletes do all kinds of things at the Winter Olympics.

Use the words in each group to write a good sentence about an athlete in the Winter Olympics.

1. twirl, jump, spin, figure skater

2. raced, mountain, gates, skier

3. bobsled, team, zoomed, track

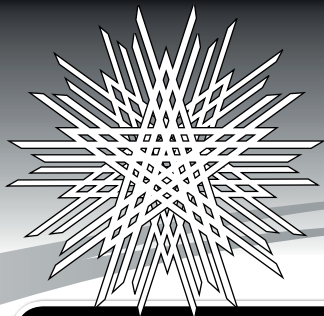
4. hockey, game, puck, goal

5. snowboarder, mogul, spin, sir

6. glide, speed skater, ice, oval

7. biathlon, skier, rifle, skis





Winter Olympic Writing

My Olympic Dream

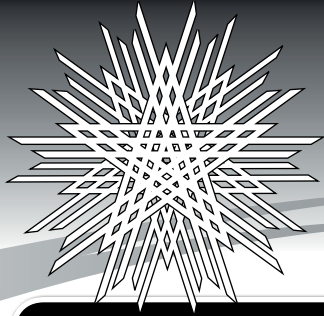
Pretend that you are an Olympic athlete. Write a story about one of the events in which you are competing.

In your story, tell:

- the name of your event.
- how you are dressed.
- how you are feeling.
- how your event ended.



Draw a picture to go with your story.



Winter Olympic Writing

Interviewing an Olympic Athlete

Pretend that you are going to meet an athlete who has been to the Winter Olympics.

Think of an athlete that you would like to meet.

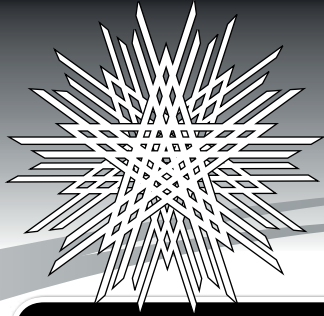
I would like to meet _____.

Now think of six questions that you would like to ask the athlete about competing at the Olympics.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Draw a picture of the athlete that you would like to meet in the box below.





Winter Olympic Writing

My Favourite Olympic Sport

Choose a sport from the Sport Box.

Biathlon

Snowboarding

Alpine Skiing

Short Track Speed Skating

Long Track Speed Skating

Ski Jumping

Cross-Country Skiing

Luge

Figure Skating

Bobsleigh

Freestyle Skiing

Sledge Hockey

Draw a picture of the sport and write five sentences about it.





Flags of Olympic Countries

Many countries send their athletes to the Winter Olympic Games.

During the opening and closing ceremonies, the athletes walk behind their country's flag.

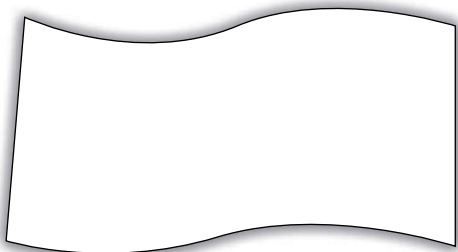
Choose the names of four of the countries from the box below. Put a checkmark beside the ones that you chose.

☐ Italy	☐ France	☐ Denmark	☐ India
☐ Germany	☐ Switzerland	☐ Spain	☐ Sweden
☐ United States	☐ China	☐ Canada	☐ Australia
☐ Finland	☐ Norway	☐ Russia	☐ South Korea
☐ Austria	☐ Japan	☐ Netherlands	☐ Scotland

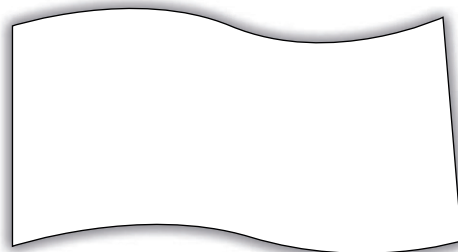
Research in books to find the flags of the countries that you picked.

Draw, colour, and name each flag.

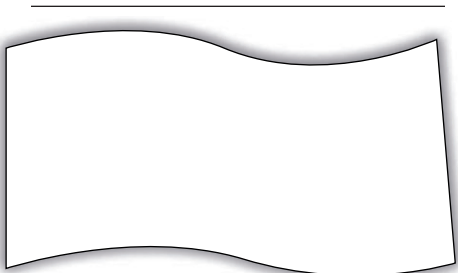
1.



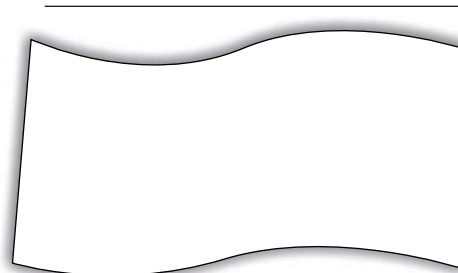
2.



3.



4.





Winter Olympic Research

A Famous Winter Olympian

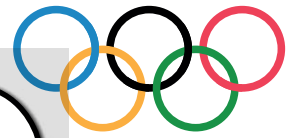
Canada has many famous athletes that have won medals at the Olympics. Choose one of the names in the box below.

Clara Hughes	Alexandre Bilodeau	Beckie Scott
Sidney Crosby	Scott Moir	Tessa Virtue
Rob Armstrong	Brian McKeever	Jasey-Jay Anderson
Charles Hamelin	Hayley Wickenheiser	Ashleigh McIvor
Jon Montgomery	Cindy Klassen	Catriona Le May Doan

Visit the resource centre or use the Internet to research the athlete that you chose.

Find out five interesting facts about the athlete and record them in sentences below.

Athlete's Name: _____



Winter Olympic Research

Medal Awards

Make medal awards for your students for their work or good deeds during the Winter Olympics. duplicate this page on sturdy paper. Cut out the medals. Punch a hole in each one. Thread string or fine ribbon through the punched hole that is long enough for each student to hang around his/her neck. Gold is for perfect work, silver is for one mistake, and bronze is for two mistakes.



Answer Key

Olympic Winter Games Student Booklet

The First Olympic Games (Page 20)

Order of the missing words in the blanks:

Paragraph #1: country, Greece, states, war, legend, king, race, peace, truce

Paragraph #2: offend, athletes, Olympia

Paragraph #3: stade, barefoot, cook, Olympian

Modern Olympic Games (Page 21)

Order of the missing words in the blanks:

Paragraph #1: lost, stopped, destroyed

Paragraph #2: started, man, sports

Paragraph #3: countries, modern, events

Paragraph #4: prize, olive, wreaths, medals

The Olympic Torch and Cauldron (Page 22)

Order of the missing words in the blanks:

Paragraph #1: torch, Greece, city, Games

Paragraph #2: carried, runners, ages, trip, days

Paragraph #3: ends, light, stadium

The Olympic Flag (Page 23)

Order of the missing words in the blanks:

Paragraph #1: stadium, white, five, rings, green, victory, continent, live, colours, flags

Olympic Medals (Page 24)

Order of the missing words in the blanks:

Paragraph #1: first, second, third, gold, silver, bronze, podium, anthem, medals

Olympic Mascots (Page 25)

Order of the missing words in the blanks:

Paragraph #1: mascots, Italy, stoats, Milan and Cortina

Paragraph #2: brother, sister, white, brown, leg, tail, Paralympics Flo, hope, strong

Olympic Mascots (Page 26)

1. Tina 2. Milo 3. The Flo



Olympic Opening Ceremony (Page 27)

Order of the missing words in the blanks:

Paragraph #1: flag, anthem, show

Paragraph #2: The Parade of Nations, athletes, country, outfits, colours, dress, famous, Greece, host

Paragraph #3: Olympic, raised, oath

Paragraph #4: Torch, lights, flame, cauldron

Olympic Closing Ceremony (Page 28)

Order of missing words in the blanks:

Paragraph #1: after, over, parade, athletes, countries

Paragraph #2: raised, first, left hand, next, right hand

Paragraph #3: closed, out, lowered, carried, Olympic, waves, fireworks

Olympic and Paralympic Winter Sports (Page 29-30)

1. Cross-Country Skiing 2. Figure Skating 3. Long Track Speed Skating 4. Curling
5. Snowboarding 6. Bobsleigh 7. Hockey 8. Alpine Skiing 9. Freestyle Skiing
10. Luge 11. Short Track Speed Skating 12. Biathlon 13. Ski Jumping
14. Paralympic Sledge Hockey 15. Paralympic Curling 16. Paralympic Cross-Country Skiing 17. Paralympic Alpine Skiing 18. Paralympic Biathlon

Winter Olympic Sports Vocabulary (Page 31)

1. figure skater: costumes, skates, ice, rink
2. bobsleigh pilot: team, ice, track, brakeman
3. cross-country skier: course, skis, poles, boots
4. racing suit, skates, ice, oval
5. snowboarder: moguls, padded suit, helmet, board
6. ski jumper: ramp, skis, suit, helmet
7. downhill skier: skis, poles, mountains, goggles
8. ice hockey: net, puck, stick, skates

Winter Olympic Riddles (Page 32)

1. winter 2. flag 3. stadium 4. torch 5. athletes 6. medal 7. luge 8. hockey

Long Track Speed Skating (Page 33)

1. False 2. True 3. False 4. True 5. True 6. False

Figure Skating (Page 34)

1. skating, four 2. boots, blades, picks 3. judges, points 4. spins, jumps, footwork
5. falls, program 6. pairs, ice dancing



Cross-Country Skiing (Page 35)

Part A:

1. hard
2. thin
3. strong
4. long
5. end
6. push
7. over
8. different
9. downhill
10. hard

Part B:

1. spikes
2. snow
3. flat
4. men
5. race
6. tuck

Curling (Page 36)

1. team, skip
2. rings, lines
3. two, end
4. sweep, brooms, faster
5. stones, hog, back
6. closest, button, points

Snowboarding (Page 37)

1. snowboarding, fibreglass, halfpipe, snowboarder, today
2. snowboarding, sport, special, slalom, wrist, snow, blindness, prevent, tricks
3. a) 3 b) 3 c) 2 d) 1 e) 2 f) 1 g) 2 h) 3 i) 2

Bobsleigh (Page 38)

1. The driver is called a pilot.
2. There may be two or four people on a team.
3. He has to save time and there are many curves.
4. They have to push the bobsleigh, jump in it, and crouch low.
5. They must travel down it four times.

Ice Hockey (Page 39)

1. False
2. False
3. True
4. True
5. False
6. True

Alpine Skiing (Page 40)

1. skin-tight body suit
 2. helmet
 3. goggles
 4. boots
 5. gloves
 6. padding
- Answers will vary.

Freestyle Skiing (Page 41)

1. aerial
2. mogul
3. mountain
4. course
5. score
6. somersault
7. spins
8. twice

Luge (Page 42)

Sequential Order of the sentences: 3,5,1,4,2,6

Short Track Speed Skating (Page 43)

- A. 1. short 2. indoor 3. best 4. strong 5. breaks 6. against
- B. 1. long o 2. short a 3. short i 4. short o 5. long i 6. long a 7. short o 8. long e



Biathlon (Page 44)

1. to ski and shoot
2. four times to shoot at targets
3. and ammunition in a race
4. lies down to shoot at the targets
5. stands and shoots
6. the finish line first wins

Ski Jumping (Page 45)

Sequential order of the sentences: 7,2,8,1,4,6,3,5

Ski Mountaineering (Page 46) 1. Skimo, 2. carry, 3. loose, 4. checkpoints, 5. 2026

Paralympic Alpine Skiing (Page 47)

1. They are athletes with a disability.
2. The athlete uses outriggers to help with balance.
3. They use a mono-ski with short outriggers and a seat.
4. They use a guide who skis with them and tells them where to go.

Ice Sledge Hockey (Page 48)

1. sledge hockey
2. both
3. ice hockey
4. sledge hockey
5. ice hockey
6. sledge hockey
7. both
8. sledge hockey

Wheelchair Curling (Page 49)

1. Yes
2. No
3. No
4. Yes
5. No
6. Yes
7. Yes
8. No

Paralympic Cross-Country Skiing (Page 50)

1. blind
2. standing
3. sitting
4. blind
5. sitting
6. standing

Paralympic Biathlon (Page 51)

1. They must ski and stop to shoot.
2. They shoot at targets
3. They shoot lying down.
4. They do not carry their guns or ammunition.
5. The athlete gets a time penalty.
6. Special glasses make a loud sound.

Winter Olympic Sounds (Page 52)

The words to be circled are : open, snowboard, oval, mogul, stone, poles, gold, torch, toe, stroke, ceremony, closing

The pictures to be coloured are: crow, hoe, phone, opossum, bone, stone, orange

Winter Olympic Sounds (Page 53)

1. sk
2. bl
3. fl
4. tr
5. sk
6. sl
7. fl
8. st
9. br



Winter Olympic Sounds (Page 54)

1. skier, snowy, slope 2. snowboarder, flew flipped, twice 3. skater, twirled, spin
4. speed, skater, crouched, glided, smooth 5. flag, fluttered, breeze, stadium
6. broom, sweep, stone 7. track, skater, skin-tight, gloves, blades 8. cross-country,
skier, slippery, snow

Winter Olympic Vowels (Page 55)

1. skate, flame 2. flag, ramp 3. torch, gold 4. bronze, goggles 5. speed, free
6. sledge, helmet 7. rifle, ice 8. rink, silver 9. luge, uniform

Winter Olympic Vowel Sounds (Page 56)

1. Short o, Long e 2. Long o, Long o 3. Long e, Long a 4. Short e, Short e
5. Short o, Short e 6. Long o, Short a 7. Long o, Short u 8. Short o, Long u
9. Short a, Long e 10. Short o, Long o 11. Long o, Short a 12. Long e, Long a

Winter Olympic Words (Page 57)

One Part: skis, flag, torch, luge

Two Parts: bobsled, helmet, hockey, jumper

Three Parts: Olympics, snowboarding, dangerous, crossover

Winter Olympic Compound Words (Page 58)

1. snowflakes 2. snowdrift 3. snowplow 4. snowball 5. snowstorm 6. snowblower
7. snowman 8. snowshoes 9. snowsuit

Winter Olympic Word Order (Page 59)

1. dance, pairs, singles, team 2. fast, ice, luge, sled 3. silver, skiing, spin, stadium
4. team, torch track, tricks 5. skating, sled, snow, sport 6. bobsled, boots, bronze,
broom 7. silver, skates, skis, stick 8. flag, flame, flight, freestyle

Winter Olympic Action Words (Page 60)

1. skied 2. skating 3. jumped 4. twisted 5. racing 6. played 7. crouches 8. land

Winter Olympic Rhymes (Page 61)

1. snow, go 2. race, place 3. sky, by 4. sight, flight 5. jump, thump 6. hear, cheer
7. back, track 8. hold, gold



Winter Olympic Word Search (Page 71)

v	u	d	t	f	s	g	k	f	o	r	j	h	t	o	w	k	v	p	e	n	r	n	s	o
m	o	u	n	t	a	i	n	s	h	p	u	n	i	i	j	p	l	h	i	q	o	u	e	t
b	e	g	w	t	x	s	f	l	g	i	q	g	v	x	i	o	y	m	c	z	p	p	t	s
i	z	c	h	d	y	e	m	o	j	p	i	f	k	w	f	l	g	s	e	n	a	e	a	d
s	n	o	w	b	o	a	r	d	n	h	n	x	m	l	j	e	t	s	o	r	q	h	k	q
b	k	j	d	l	c	e	z	m	a	r	b	c	d	e	k	s	r	h	v	g	d	i	s	k
v	c	a	w	k	x	l	y	z	w	y	z	v	a	u	m	l	n	b	a	i	c	j	e	x
q	h	j	r	i	f	l	e	b	x	p	y	p	o	n	o	m	k	j	l	h	f	i	g	e
t	z	b	u	y	g	w	h	y	v	i	u	a	c	t	j	s	k	q	i	a	g	m	l	s
b	e	e	f	c	v	x	g	c	z	s	l	e	d	g	e	w	y	z	p	v	a	n	m	k
r	d	b	h	c	d	b	w	q	a	d	x	w	d	b	x	c	n	r	f	b	e	c	o	i
o	n	r	r	p	f	e	f	x	v	q	e	s	a	p	c	o	y	m	q	l	p	u	k	s
o	k	e	g	o	s	d	u	f	b	y	c	z	t	z	u	d	x	e	v	r	j	n	k	w
m	q	v	r	l	w	t	s	g	t	g	h	i	u	h	e	l	m	e	t	v	s	f	w	g
r	g	s	z	r	k	a	j	o	i	x	h	y	u	g	l	t	w	z	m	e	a	t	b	z
t	q	p	h	m	t	s	q	g	o	a	p	i	n	y	p	m	f	q	l	n	m	k	a	n
x	b	u	y	i	z	n	y	g	b	r	d	l	j	m	x	t	r	a	c	k	o	a	b	s
e	w	b	x	p	j	a	o	l	z	c	k	y	c	w	k	w	u	v	l	n	p	u	o	t
f	r	k	n	e	a	k	z	e	a	e	d	b	b	j	b	s	x	t	e	i	q	b	c	o
v	t	g	m	h	o	i	c	s	y	j	p	e	c	y	o	r	z	y	q	s	h	q	g	n
i	z	j	k	q	b	l	l	d	j	m	f	h	f	d	o	i	e	a	z	t	f	j	d	e
j	s	k	u	l	v	m	w	n	x	o	g	p	g	q	t	r	x	s	r	p	a	q	u	q
t	b	o	b	s	l	e	i	g	h	p	i	n	h	o	s	r	x	t	w	o	v	m	c	l

Winter Olympic Sports Search (Page 72)

t	v	m	b	w	s	n	o	w	b	o	a	r	d	i	n	g	v	d	u	c	t	b	s
f	e	g	n	x	c	o	h	l	p	t	w	g	w	s	x	q	a	e	b	f	c	g	d
r	x	h	i	j	y	f	d	k	e	v	q	d	r	u	c	b	i	a	t	h	l	o	n
d	g	h	c	u	r	l	i	n	g	e	u	f	e	n	t	s	b	d	p	a	o	z	c
o	z	i	h	a	i	b	j	l	k	c	m	a	f	b	m	c	l	d	n	e	p	o	n
p	k	f	d	i	a	e	z	s	m	e	d	l	o	g	b	o	b	s	l	e	i	g	h
r	u	f	t	a	x	s	y	a	r	n	r	p	q	f	p	v	k	j	q	i	k	m	j
t	y	v	g	w	b	t	c	f	x	o	d	i	p	r	r	i	s	j	k	u	s	w	n
u	c	q	b	h	c	d	u	h	b	i	a	n	k	e	s	h	p	q	t	l	l	u	x
v	e	w	h	o	c	k	e	y	v	b	c	e	z	e	r	o	e	t	m	y	e	n	g
x	a	d	g	i	x	j	e	k	e	l	j	s	m	s	n	s	e	x	u	s	d	q	l
y	o	a	l	v	y	x	y	a	z	w	k	k	t	t	d	e	d	r	v	g	g	r	j
z	h	m	g	l	w	f	e	y	b	s	c	i	b	y	r	e	s	p	u	o	e	n	l
k	p	b	j	u	r	z	u	z	t	b	a	i	q	l	s	t	k	q	o	v	h	w	r
r	p	n	q	g	m	k	a	j	d	v	i	n	x	e	s	d	w	a	f	p	n	o	p
s	q	c	o	e	t	i	u	c	b	c	w	g	y	s	s	e	a	t	t	g	u	c	z
p	n	z	m	o	q	y	p	r	x	c	w	y	h	k	g	a	i	f	v	h	k	v	a
b	r	d	q	t	u	s	o	q	n	z	d	m	z	i	f	b	n	c	g	d	e	i	g
s	k	i	j	u	m	p	i	n	g	p	b	e	l	i	c	k	g	d	j	h	y	e	j
k	s	e	c	i	r	s	v	i	g	a	f	y	f	n	b	x	d	e	v	u	i	f	h
h	p	i	q	d	j	s	k	m	w	y	x	w	y	g	u	c	t	c	f	w	t	j	s
b	z	g	f	e	c	r	o	s	s	c	o	u	n	t	r	y	s	k	i	i	n	g	l

