

# 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



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## 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.



**Ski Jumping (Page 13)**

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

**Ski Mountaineering (Page 14)** 1.Skimo, 2. carry, 3. loose, 4. checkpoints, 5. 2026

