

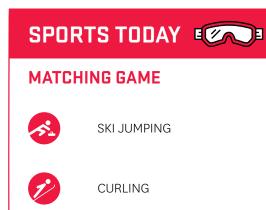


MY OLYMPIC JOURNAL PYEONGCHANG 2018 OLYMPIC WINTER GAMES

Intermediate Grades (4-7)

S DAY 1 THURSDAY, FEBRUARY 8TH





The PyeongChang 2018 Olympic Winter Games officially start tomorrow. These are the 23rd Olympic Winter Games. Athletes from 90 countries will compete in 15 sports and 102 events. A few athletes will start to compete today. Most of the athletes will spend today training, trying out the venues, resting, and getting ready. It's an exciting time. For some athletes it can be a time of feeling nervous.

PERFORMANCE TIP:

PyeongChang 2018

You might get nervous before a big game, a recital, or a test. This is normal. Even Olympians can feel this way. It's because the outcome is important, and you care about doing your best.Olympians focus on the things that they can control. They can't control their competitors or the weather. They can control their technique and effort. They can make sure that they stay positive.

JOURNAL ACTIVITY – Imagine that you are an Olympic coach and yo

Imagine that you are an Olympic coach and your athlete is really nervous. What advice would you give them to help them perform at their best?



SPORTS TODAY

MATCHING GAME



CURLING

FIGURE SKATING

FREESTYLE SKIING

FUN FACT:

FLAG BEARER

In 2010, Clara Hughes led Team Canada into the Opening Ceremonies. She has won six Olympic medals, but considers being the flag bearer to be her career highlight. "This is without a doubt the greatest honour of my sporting life," said Clara. Hailey Wickenheiser carried the flag at Sochi 2014. "You don't really think about carrying the flag in the Olympic Games when you are a kid growing up," says Hailey. The name of the flag bearer is a big surprise. It is only announced the week before the games.



OPENING CEREMONY

This is an exciting day! Athletes from 90 nations will parade into the stadium as part of the Opening Ceremony. The final Olympic Torchbearer will light the Olympic cauldron. The Olympic Flame stays lit for the entire Games. The athletes will swear an oath to play fair. The officials will swear an oath to judge without bias.

Athletes and officials swear an oath that they w

Athletes and officials swear an oath that they will play fair. Why is that important? Write your own athletes' oath. What things define fair play?

SATURDAY, FEBRUARY 10TH



SPORTS TODAY

MATCHING GAME



CROSS COUNTRY SKIING

CURLING

BIATHLON

ICE HOCKEY

LUGE



SKI JUMPING

SNOWBOARD

SPEED SKATING

FUN FACT:



SCORING THE OLYMPIC GAMES

There are two ways that countries are compared at the Olympic Games. The total medals won is tracked to show which country has earned the most gold, silver, and bronze medals. The official way to compare countries is to only count the total number of gold medals. In Vancouver 2010, Canada won the most gold medals.



SAMUEL GIRARD

Born: 06/26/1996 (Chicoutimi, QC) Sport: Short

CANADA'S MEDAL COUNT: GOLD SILVER BRONZE

Sport: Short Track Speed Skating

Samuel Girard grew up in a small town in northern Quebec. His parents wanted him to learn to skate so registered him in a local skating club. They didn't know it was a speed skating club, but before long he was a great speed skater. Within 10 years he won a silver medal at the World Junior Championships. But to be his best, he had to move away from home to train with the national team. This was a big sacrifice. He left behind his hobbies of hunting and trapping to live in the big city of Montreal. The move paid off. He is now one of the best speed skaters in the world. Can he win Olympic Gold?

Verv few Canadians become Olympians! What do y

Very few Canadians become Olympians! What do you think it takes to reach to make Team Canada?



なう DAY 4 SUNDAY, FEBRUARY 11TH



SPORTS TODAY

ALPINE SKIING

MATCHING GAME



BIATHLON

CROSS COUNTRY SKIING

FIGURE SKATING

FREESTYLE SKIING

ICE HOCKEY

LUGE

SNOWBOARD

SPEED SKATING

FUN FACT:



PIERRE HARVEY

Pierre Harvey is Alex's dad. It's hard to make the Olympic Team in one sport, but Pierre did it in two. In the summer, he was a cyclist. It was at that sport that he represented Canada in the Montreal 1976 and Los Angeles 1984 Games. In the winter, he cross country skied. He made the Winter Olympic team in 1984 and 1988.



📥 ALEX HARVEY

Born: 09/07/1988 (Quebec, QC)

Sport: Cross Country Skiing

Alex Harvey was three years old when he started cross-country skiing. His dad (Pierre) was a very famous Olympic skier and cyclist. Having a famous parent can be hard for some kids. But Alex would not let this pressure steal the fun. He has become the best Canadian male cross-country skier ever. He and Devon Kershaw placed 4th at Vancouver 2010 in the team sprint. The pair later won the World Championships. Alex skied into history as the first Canadian to win a solo World Championships medal. PyeongChang is his third Games. Can he ski to a medal finish?

Doing an activity you love is fun. Draw a pi

Doing an activity you love is fun. Draw a picture of you doing an activity that you enjoy, and write a paragraph about why you find it fun.

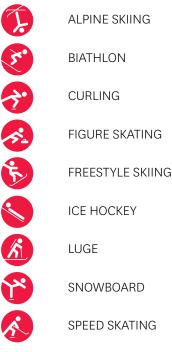


▷ DAY 5 MONDAY, FEBRUARY 12TH



SPORTS TODAY

MATCHING GAME



FUN FACT:



ABORIGINAL SNOWBOARD TEAM

The First Nations Snowboard Team helps young aboriginal snowboarders. It gives them coaching, equipment, and passes for ski hills. The members must keep good grades at school to stay on the Team. Athletes like Spencer O'Brien help mentor the members.



SPENCER O'BRIEN

Born: 02/02/1988 (Alert Bay, BC)

Sport: Snowboarding (slopestyle)

Spencer O'Brien grew up snowboarding the halfpipe near Alert, BC. She started doing the slopestyle event when her local ski hill closed the halfpipe course. Slopestyle riders do tricks over jumps, rails, and boxes. Their runs are judged and scored. Disaster struck just as she was about to win a medal in Sochi 2014! She missed a landing in the final, weakened by arthritis. She was so discouraged. But Spencer didn't stay sad. She bounced back, and went on to win the World Championships and the Winter X Games. She is one of Canada's top indigenous athletes (Haida). She is a big supporter of the First Nations Snowboard Team.

JOURNAL ACTIVITY – Just like when Spencer missed her final land

Just like when Spencer missed her final landing, sometimes life can be discouraging. It's good to have friends and adults to talk to when you are feeling sad. Write a note to a friend encouraging them when they are sad.



なう DAY 6 TUESDAY, FEBRUARY 13TH



SPORTS TODAY

MATCHING GAME



ALPINE SKIING



CROSS COUNTRY SKIING



CURLING



ICE HOCKEY



LUGE



SHORT TRACK SPEED SKATING

SNOWBOARD



SPEED SKATING



PyeongChang 2018



🚵 KAITLYN LAWES ET JOHN MORRIS

Born: Kaitlyn, 12/16/1988 (Winnipeg, MB)

John, 12/16/1978 (Winnipeg, MB)

Sport: Curling—Mixed Doubles

Mixed doubles curling is new to the Olympic Winter Games. It's one of the few events where men and women compete on the same team. Canada is off to a good start. The duo of Kaitlyn Lawes and John Morris combines two Olympic gold medallist. Kaitlyn played for the win with the Jennifer Jones' team at the Sochi 2014 Games. John was a key part of the Kevin Martin team's gold medal at Vancouver 2010. Can these two champion curlers combine for gold?

Kaitlyn and John must work well as a team if they wa

Kaitlyn and John must work well as a team if they want to win. Write a paragraph about what makes a good team. What do you have to do to be a good team player.



ン DAY 7 WEDNESDAY, FEBRUARY 14TH



SPORTS TODAY

ALPINE SKIING

MATCHING GAME



CURLING

BIATHLON



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FIGURE SKATING

ісе носкеу



- -

NORDIC COMBINED

SNOWBOARD

SPEED SKATING



PyeongChang 2018



🚢 ERIN MIELZYNSKI

Born: 05/25/1990 (Brampton, ON)

Sport: Alpine Skiing-Slalom

As a young kid, Erin Mielzynski used to beg the chair lift operators to allow her one more run at closing time. She loved skiing...all skiing. In the winter she skied on snow, and in the summer, she was a competitive water skier. Despite international success in water skiing, her love of the winter sport led her to focus on alpine skiing. She is one of the best slalom skiers in the world. PyeongChang will be Erin's third Olympic Games. This could be her time to ski to an Olympic podium finish.

Loving what you do keeps you motivated to do your bes

Loving what you do keeps you motivated to do your best. Write about one of your passions. Draw and colour a picture of your passion.

CANADA'S MEDAL COUNT: _____ GOLD _____ SILVER _____ BRONZE



なう DAY 8 THURSDAY, FEBRUARY 15TH



SPORTS TODAY

MATCHING GAME



ALPINE SKIING

BIATHLON

CROSS COUNTRY SKIING

CURLING

FIGURE SKATING

FREESTYLE SKIING

ICE HOCKEY

LUGE

SKELETON

SNOWBOARD

SPEED SKATING



ALEX GOUGH

Born: 05/12/1987 (Calgary, AB)

Sport: Luge

The Germans used to dominate the women's luge. That is, before Alex Gough came along. She broke the long standing German winning streak when she won Canada's first ever World Cup gold medal. Since then she has won six World Championships medals. In Sochi she placed fourth in both the women's singles and mixed team relay. The goal for PyeongChang is to win two medals.

JOURNAL ACTIVITY _____

Write down a goal statement. Make sure it is a SMART goal. Draw and colour a picture of your goal.

CANADA'S MEDAL COUNT: GOLD SILVER BRONZE

FUN 🗊 FACT:

SETTING GOALS

Alex Gough has the goal of winning two medals in PyeongChang. Make your goals SMART! Goals should be SPECIFIC or precise. They should MEASURABLE so that you know if you have reached them. They should be ACHIEVABLE or possible. Goals should be RELEVANT to you. They should be something you really want. Good goals should have a TIME limit. A great goal would be to "finish my grade 3 piano by the end of the school year." It is precise, measurable, achievable, and time bound. A bad goal would be to "be a nicer person." Being nice is important, but the goal is tough to measure, isn't specific, and has no time limits.

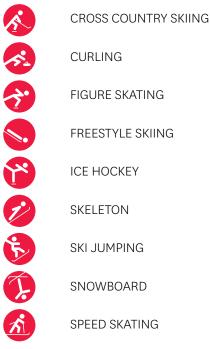


Solution Solution



SPORTS TODAY

MATCHING GAME



CURLING

FIGURE SKATING

FREESTYLE SKIING

ICE HOCKEY

SKELETON

SKI JUMPING

SNOWBOARD

SPEED SKATING



A concussion is a brain injury. It can happen when a fall or a hit jars your brain against your skull. Sometimes you can't think right or remember things afterwards. Often you get bad headaches. Repeated concussions can be very dangerous. If you have a concussion, you must rest until your doctor says you can return to play.



🚢 IVANIE BLONDIN

Born: 04/02/1990 (Ottawa, ON)

Sport: Speed Skating

Ivanie Blondin started skating at the age of two in her backyard. She loved going fast! By the time she was 14, she was competing in short track speed skating. Racing around the tight corners in short track oval can be dangerous. Ivanie had five concussions in only three years. It was very discouraging. Each time she had to sit out and recover. If she rushed back to training, she could have had serious brain damage. Her coach encouraged her to try long track speed skating instead. She moved to Calgary to train with the team, and success followed. She won gold, silver, and bronze medals at the World Championships. Will Olympic gold be next?

120 JOURNAL ACTIVITY ---

Trying something new can sometimes be scary. Write about a time when you overcame a fear or tried something new that made you scared.



SATURDAY, FEBRUARY 17TH



SPORTS TODAY

CANADA'S MEDAL COUNT:

UNT: _____ GOLD _____ SILVER _

BRO

BRONZE

MATCHING GAME



ALPINE SKIING



BIATHLON



CROSS COUNTRY SKIING



CURLING



FIGURE SKATING



FREESTYLE SKIING



ICE HOCKEY



SHORT TRACK SPEED SKATING



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SKELETON

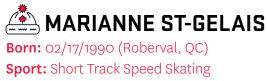


SKI JUMPING



SPEED SKATING





Sometimes opportunity knocks. For Marianne St-Gelais it was her neighbor's knock on her front door when she was only 10. He was recruiting kids for his speed skating club. The club was losing members and needed more kids. She was talked into trying speed skating. Little did she know that she would later become the fastest short track speed skater in the world. She put in years of hard practice. Marianne won silver medals at the Vancouver 2010 and Sochi 2014 Olympics. As defending World Champion, she is going for gold in PyeongChang.





Born: 12/31/1990 (Ottawa, ON) **Sport:** Figure Skating

When Patrick Chan learned to skate, it was because he wanted to play hockey. Little did he know that his skating would take a very different turn. Soon he was noticed by Osborne Colson, a successful coach and former champion skater. Patrick practiced the simple basics of skating every day. He developed a smooth, flowing style. This technique helped him win two Olympic figure skating silver medals, and gold at three World Championships. Will he add Olympic gold to his collection?

FIND OUT ABOUT JOURNAL ACTIVITY OF THE DAY >







JOURNAL ACTIVITY -Just like Marianne and Patrick, reaching your

Just like Marianne and Patrick, reaching your dreams takes hard work. Write a letter to yourself about a goal or dream that you have. Encourage yourself to work hard for the dream and not give up. Draw and colour a picture of your dream coming true.



SUNDAY, FEBRUARY 18TH



SPORTS TODAY

MATCHING GAME



ALPINE SKIING

BIATHLON





BOBSLEIGH



<u>7</u>

CROSS COUNTRY SKIING



1

CURLING

FREESTYLE SKIING

ICE HOCKEY

SPEED SKATING



PyeongChang 2018



🚵 ALEX BEAULIEU-MARCHAND

Born: 03/03/1994 (Quebec, QC)

Sport: Freestyle Skiing—Slopestyle

When Alex Beaulieu-Marchand was a kid, he dreamt of playing NHL hockey. But his parents loved to ski, and didn't want to spend their weekends in an arena. They started taking him to the local ski hill. His friend encouraged him to do some tricks, and that led to him doing slopestyle skiing. Slopestyle skiers do tricks over rails, boxes, and jumps. Alex competed for the Canadian team in slopestyle at the 2014 Sochi Olympic Winter Games. Look for him on the podium in PyeongChang.

Do you think it's more important to win or to do your k

Do you think it's more important to win or to do your best? Why? Draw and colour a picture to go along with your answer.





S DAY 12 MONDAY, FEBRUARY 19TH



SPORTS TODAY

MATCHING GAME



BOBSLEIGH



CURLING



FIGURE SKATING



FREESTYLE SKIING



SKI JUMPING

ICE HOCKEY

SNOWBOARD

SPEED SKATING







JUSTIN KRIPPS AND JESSE LUMSDEN

CANADA'S MEDAL COUNT: GOLD SILVER BRONZE

Born: Justin, 01/06/1987 (Hawaii, USA)

Jesse, 08/03/1982 (Edmonton, AB)

Sport: Bobsleigh—Two Man Justin Kripps and Jesse Lumsden are Canada's medal hopes for the men's two-man bobsleigh. The sport requires speed and strength, as the athletes must push the sled, hop on, and steer down an icy course. They are a powerful pair. Justin was a sprinter, and Jesse played professional football with the CFL. They both competed on different teams in Vancouver 2010 and Sochi 2014, but neither made the podium. Since then they have been aiming for excellence. They won silver at the 2017 world championships. Can this be a winning duo in PyeongChang?

The core Olympic values are excellence, respectively

The core Olympic values are excellence, respect, and friendship. Draw and colour a picture that expresses one of these values. Write a sentence to say why that is an important value to you.



ン DAY 13 TUESDAY, FEBRUARY 20TH



SPORTS TODAY

MATCHING GAME





BOBSLEIGH

BIATHLON



FIGURE SKATING



FREESTYLE SKIING



ICE HOCKEY



NORDIC COMBINED

X

SHORT TRACK SPEED SKATING



PyeongChang 2018



📥 TESSA VIRTUE & SCOTT MOIR

CANADA'S MEDAL COUNT: GOLD SILVER BRONZE

Born: Tessa, 05/17/1989 (London, ON) Sport: Figure Skating—Ice Dance Scott, 09/02/1987 (London, ON)

Tessa Virtue and Scott Moir are the reigning World Champions at the ice dance. Scott's family was very involved with figure skating, and he was brought to the rink from a young age. He just wanted to learn how to skate faster for hockey. But he found the figure skating girls pretty, and decided to stay in the sport. Tessa started skating so that she'd be ready for the school skating field trip. He and Tessa started skating together when he was nine and she was seven. They were both so shy that they hardly spoke to each other. Now they are good friends and Olympic gold medallist. They became the first North Americans to ever win gold in the ice dance at the Vancouver 2010 Olympics. The crowds went crazy when they finished their final routine and won gold. Can they do it again in 2018?

A lot of athletes have confidence. Believing in yo

A lot of athletes have confidence. Believing in yourself is a must if you are going to reach your goals. Write a note to a younger student telling them how to be confident. Explain why confidence is important.



ン DAY 14 WEDNESDAY, FEBRUARY 21st



SPORTS TODAY

MATCHING GAME



CROSS COUNTRY SKIING

BOBSLEIGH

ALPINE SKIING



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3

A

<u>7</u>



CURLING



ICE HOCKEY

SNOWBOARD

SPEED SKATING



PyeongChang 2018



KAILLIE HUMPHRIES

Born: Kaillie, 09/04/1985 (Calgary, AB)

Sport: Bobsleigh

Kaillie Humphries started bobsleigh when she was 16 years old. Who knew she would make history in the sport? At the Vancouver 2010 Olympics, she won Canada's first gold in women's bobsleigh with her teammate Heather Moyse. They won again in Sochi. They are the only double Olympic champions in women's bobsleigh. Can Kaillie win a third gold in Korea?

JOURNAL ACTIVITY

If you could meet any of the Canadian Team athletes, who would it be? What would you talk about? What questions would you ask them?

CANADA'S MEDAL COUNT: _____ GOLD _____ SILVER _____ BRONZE





▷ DAY 15 | THURSDAY, FEBRUARY 22ND



BRONZE

GOLD _____ SILVER _____

SPORTS TODAY

MATCHING GAME



ALPINE SKIING

BIATHLON



CURLING



FREESTYLE SKIING



ICE HOCKEY



NORDIC COMBINED



2

SHORT TRACK SPEED SKATING

SNOWBOARD

FUN FACT:

*

OLYMPIC WOMEN'S HOCKEY

PyeongChang will be the sixth Olympic Winter Games to host women's hockey. Canada has won the last four gold medal matches, and all but one has been against the USA. This is an intense rivalry, and the USA is the only other country to win gold.



📥 BAILEY BRAM

CANADA'S MEDAL COUNT:

Born: 09/05/1990 (St. Anne, Man.) Sport: Ice Hockey

Bailey Bram first got interested in women's hockey while watching the team win gold at the Salt Lake City 2002 Olympics. It became her dream to play at the Olympics. She trained hard, and played great. Within ten years she was playing forward on the national women's team. Things were looking good for the Sochi 2014, and it looked like she'd be competing for Olympic gold. But only weeks before the team left, she was told that she was only an alternate. She would not travel to the Games. Bailey was devastated! But instead of quitting, she just worked harder. Four years later, Bailey will do everything she can to play for Team Canada in PyeongChang. Go Bailey!

JOURNAL ACTIVITY -Imagine that you are at the Olympics. Draw a

Imagine that you are at the Olympics. Draw a postcard that you would send home. Write a message to your friends or family telling them all about your trip.



S DAY 16 FRIDAY, FEBRUARY 23RD



SPORTS TODAY

MATCHING GAME



ALPINE SKIING

BIATHLON



CURLING



1

FIGURE SKATING



E

FREESTYLE SKIING

ICE HOCKEY

SNOWBOARD

SPEED SKATING





ARIELLE THOMPSON

Born: 06/15/1992 (North Vancouver, BC)

Sport: Freestyle Skiing—Ski Cross

Marielle Thompson's competitors call her Big Air Mar. That's because she gets some serious air as she races over the jumps in the ski cross. In this Freestyle Skiing event, the skiers face off in a series of races. The winner proceeds to the next round. Thriving on this high-pressured racing, she won gold at the Sochi 2014 Olympics. She is known for having the courage to do crazy tricks in the air. Big Air Mar heads to PyeongChang as the reigning World Cup champion. Can she ski to another gold?

JOURNAL ACTIVITY The core Olympic values are excellence, respect, and

The core Olympic values are excellence, respect, and friendship. Draw and colour a picture that expresses one of these values. Write a sentence to say why that is an important value to you.





SATURDAY, FEBRUARY 24TH



SPORTS TODAY

MATCHING GAME



ALPINE SKIING



BOBSLEIGH





CROSS COUNTRY SKIING



CURLING



ICE HOCKEY

SNOWBOARD

SPEED SKATING



PyeongChang 2018



ARK McMORRIS

Born: 12/09/1993 (Regina, SK)

Sport: Snowboard--Slopestyle

Mark McMorris is one of the world's best slopestyle and Big Air snowboarders. He is known for doing tricks that others thought were impossible. His trophy room includes an Olympic bronze from Sochi and 14 medals from the Winter X Games. However, this is a risky sport. He broke his leg in 2016. It meant months of recovery and hard work to battle back to the podium. Late in the 2017 season, he had another bad accident. He broke his jaw, left arm, pelvis, and ribs. Can he make another comeback to medal in PyeongChang?

Soming back from sickness or injury is hard. It takes a l

Coming back from sickness or injury is hard. It takes a lot of perseverance. Write about having to come back from a sickness, injury, or disappointment. What did you do to get past this difficult time?



SUNDAY, FEBRUARY 25TH



SPORTS TODAY

BOBSLEIGH

CURLING

MATCHING GAME



FIGURE SKATING

CROSS COUNTRY SKIING

ICE HOCKEY

CLOSING CEREMONIES



FUN FACT:



OLYMPIC MOMENT

Olympians are encouraged to savour their Olympic moment. This is an memorable event that captures what it means to be an Olympian. It is inspiring. It impacts their lives in a positive way. What has happened during the Games that made a big impact on you?



📥 CHRIS LEE

Born: 10/3/1980 (Georgian Bay, ON) Sport: Hockey

Chris Lee always dreamed of playing hockey for Team Canada. He didn't get drafted to the NHL, but he kept working toward his dream. He played college hockey, and then for professional teams in North America and Europe. Chris did so well that Team Canada gave him a chance at the 2017 World Championships on a team with many NHL stars. He got two assists. This helped the team win a silver medal. Chris never gave up on his dream!

What is your favourite PyeongChang 2018 Olympic Mon

What is your favourite PyeongChang 2018 Olympic Moment? Is it a big win for a Canadian athlete? Is it an inspiring

CANADA'S MEDAL COUNT: GOLD SILVER BRONZE

story? Write about your Olympic Moment. Draw and colour a picture of this moment.

