

WINTER OLYMPICS

THEMED PROGRAMME



AIM

The Winter Olympics take place every four years. Run a themed programme exploring the 15 sports featured in the games and even give one or two of them a try in your meeting space. The 2022 Winter Olympics take place in Beijing, China, during February 2022.

ACTIVITIES

-  Winter Olympic Sports
-  Ice Hockey
-  Curling
-  Spot the Action Shot
-  I Get Knocked Down, But I Get Up Again
-  Ice Rink

WINTER OLYMPICS

» INTRODUCTION

The Winter Olympics take place every four years and are usually two years after / before a Summer Olympics.

Just like the Summer Olympics, athletes from around the world come together to compete in a range of winter sports, aiming to win that coveted gold medal.


The Winter Olympics first took place in 1924 and have grown over the last 100 years. In 1924 six sports were competed in, for 2022 it will be 15.

? DID YOU KNOW?

- Roughly 2,800 athletes compete in 102 events across 15 sports.
- 90+ countries attend the Winter Olympics.
- The Winter Olympics used to take place in the same year as the Summer Olympics, however this was changed after 1992.
- Norway is the most successful country at the Winter Olympics, having won 368 medals since 1924.
- Team GB have won 32 medals since 1924.



GET LEARNING: ME AND MY WORLD WINTER OLYMPIC SPORTS

Meet the Sports:  Print a copy of the 15 Winter Olympic sports and their descriptions / facts sheets. You'll need a copy for each small group you split into. Cut the boxes into individual cards and give these to the groups. Challenge the groups to match the title of the sport with its description. How many can they get correct? (The cards are in the same order on each page)

3 Facts: Ask young people to work in pairs. Get them to take on one of the 15 sports and do some research on that sport using their mobile phones. Challenge them to find out 3 interesting facts about the sport. After a few minutes, bring the group together and let each pair share with the rest of the group what they have found out.

Charades Race: Split into two or more teams. One person from each team should be nominated as the actor. They should stand in front of their team with their 15 Winter Olympic sports cards folded in half in front of them. On go, all the actors should pick up one of their sport cards and immediately act out that sport to their team. Once their team have guessed the sport correctly, they can move on to the next card/sport. This is a head-to-head race, with the first team to get through all 15 sports, declared the winner.



GET ACTIVE: PLAYING SPORT ICE HOCKEY

Learn the basics of ice hockey and then try out some of these rules in a game of hockey in your meeting space.

- 1 Learning The Rules:** The rules of ice hockey can take some learning. Check out the basics of the rules in the YouTube video 'Rules of Ice Hockey: How to Play Ice Hockey' (https://youtu.be/H_70vAiyyXM). Alternately check out some simple written rules on the Cardiff Fire's website - <https://www.cardiff-fire.com/tickets/game-rules>
- 2 Playing The Game:** Use cones or markers to set your meeting space into an ice hockey rink. Use uni-hoc equipment as your ice hockey kit. Try to incorporate as many of the ice hockey rules into your game as you can. However, you may want to start with just a few basic rules, before adding more as you play.



GET ACTIVE: PLAYING SPORT CURLING

LEADER PREPARATION

- 1 Fill a chocolate tub (i.e. round tin) with roughly 4-5cm of water and freeze until solid (24 hours)
- 2 Cut off the handle from a milk bottle (as well as some extra plastic from around it). Add the plastic handle to the frozen tub and add another 3-4cm of water on top. Freeze for a further 12 hours.
- 3 Once frozen remove the 'stone' from the tub. You may need to run some hot water on the tub to loosen it.
- 4 Should you wish to have multiple stones, you'll need to repeat steps 1-4.

What you'll need:

- Empty Round Container
- Water
- Freezer
- Milk Bottle
- Plastic Sheet
- Permanent Markers
- Tape


PLAYING CURLING

- 1 Lay a large piece of plastic on the floor (i.e. builder's plastic). At one end draw the target rings you'd find on the curling floor. Give different points for each ring, with the centre being the highest.
- 2 Tape the plastic down to the floor, to make sure it is smooth. Add 2 cups of cold water to the plastic to help the stones glide.
- 3 Let young people take turns sliding the stones along the plastic, trying to score as many points as they can. Only use one stone at a time (unlike traditional curling), otherwise the ice may break on impact. The stones may need a few runs before they slide as desired, so be patient.
- 4 Play individually or in small teams, trying to score as many points as possible.
- 5 When finished, carefully remove the plastic from the floor in a way that keeps any melted water on the sheet and drain away.

Alternative Curling Game: Play football curling. This uses the same concept of curling, but instead of stones, young people should kick / roll footballs towards the target area, trying to knock other balls out of the way.



GET LEARNING: PROBLEM SOLVING SPOT THE ACTION SHOT

- 1  Download the 'Spot the Action Shot' PowerPoint. Show this using a projector or large TV.
- 2 Each slide carries an action shot from the Winter Olympics, however each picture has three possible images as the action shot (i.e. three snowboarders in mid-air). Only one of the images is real, the other two images have been edited onto the photo. The challenge for the group is to try and identify which of the action shots is the real one.
- 3 The action shots are labelled 'A', 'B' and 'C'. Label different parts of the room as A, B and C. Young people should vote with their feet and stand in the part of the room they think is correct. Anyone voting correctly gets a point.
- 4 There are 10 Winter Olympic images overall. Keep a tally of scores throughout the 10 rounds. The person with the most points at the end of the activity wins.



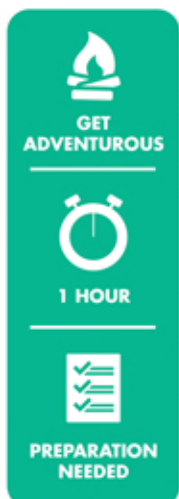
GET INTO THE BIBLE: UNDERSTANDING CHRISTIAN VALUES

I GET KNOCKED DOWN, BUT I GET UP AGAIN

- 1 Ask the group for example of funny times they have failed. Encourage them to share stories of times they might have tripped up whilst carrying a drink, worn their t-shirt inside out all day, fallen off a chair at school, slipped in the snow etc.
- 2 We all experience times when we fail or get 'knocked down'. Sometimes we can laugh about them afterwards and sometimes they aren't quite as funny. But either way, failing is part of our human life. None of us are perfect.
- 3 Check out the story of Austrian skier Hermann Maier who survives a massive crash at the 1998 Olympic Winter Games and then goes on to win a gold medal three days later. A great example of someone who suffered a major setback but didn't let that keep him down. (https://youtu.be/s_IA1TYpVKU)
- 4 What often defines us when we get knocked down, is not how we fall, but how we get back up again. When we fail it can be really easy to throw in the towel and give up. But God doesn't want us to do that, he wants us to try and try again. It is this process that keeps us growing stronger and strengthens our character. When we go through struggles and hard times, God is there with us cheering us on. God doesn't want us to give up, he wants us to jump back up on our feet and keep fighting for whatever it is you believe in.
- 5 Are you currently feeling knocked down? Are you ready to lean on God as you brush yourself down and get back on your feet? Finish in prayer.



'God gives a hand to those down on their luck, gives a fresh start to those ready to quit.' Psalm 145:14



GET ADVENTUROUS: VISITS AND TRIPS

ICE RINK

Wrap up warm and head to a local ice rink to get a real experience of ice-skating, one of the main components for some of the sports featured in the Winter Olympics.

For this activity you'll need to research where your nearest ice rink is and plan the visit a few weeks before. This could be a great activity to do either the week before or the week after holding the 'Winter Olympic' themed programme.



WINTER OLYMPIC SPORTS



ALPINE SKIING



BIATHLON



BOBSLEIGH



CROSS COUNTRY SKIING



CURLING



FIGURE SKATING



FREESTYLE SKIING



ICE HOCKEY



LUGE



NORDIC COMBINED



SHORT TRACK SPEED SKATING



SKELETON



SKI JUMPING



SNOWBOARDING



SPEED SKATING



WINTER OLYMPIC SPORTS

<ul style="list-style-type: none"> • An individual's goal is to ski down a mountain in the quickest amount of time • First appeared in 1936 • Events include a slalom, giant slalom, downhill, Super-G and combined team event • Austria hold the most medals for this sport 	<ul style="list-style-type: none"> • Combines cross-country skiing with shooting at targets • First appeared in 1960 • There are a number of different events in this sport, covering different distances • Germany hold the most medals for this sport 	<ul style="list-style-type: none"> • A team sport involving timed runs down a narrow and twisting track in a gravity powered sleigh • First appeared in 1924 • There are four events in this sport including 2 man, 4 man, 2 woman and monobob • Switzerland hold the most medals for this sport
<ul style="list-style-type: none"> • A sport where skiers rely on their own motion to move across snow covered terrain • First appeared in 1924 • 12 events in total, 6 for men and 6 for women, covering different distances • Norway hold the most medals for this sport 	<ul style="list-style-type: none"> • A team sport where players push 'stones' onto a target at the end of a 42 metre long surface • First appeared in 1924 • There is a men's tournament, women's tournament and mixed doubles • Canada hold the most medals for this sport 	<ul style="list-style-type: none"> • Where individuals, pairs or groups perform routines on ice • First appeared in 1924 (the first winter Olympics), but has been in the summer Olympics since 1908 • 5 events are competed in • USA hold the most medals for this sport
<ul style="list-style-type: none"> • A sport where skiers perform 'tricks' in the air • First appeared in 1988 • Events include aerials, ski halfpipe, slopestyle and big air. (big air is set to feature for the first time in 2022) • Canada hold the most medals for this sport 	<ul style="list-style-type: none"> • A sport where two teams battle against each other to score the most goals • First appeared in 1924 • Two events - one for the men's teams and one for the women's • Canada hold the most medals for this sport 	<ul style="list-style-type: none"> • A sport where individuals lay on their backs, on a sled without breaks, and slide down an icy track at speeds of 90mph • First appeared in 1964 • 4 events - men / women's single, mixed double and team relay • Germany hold the most medals for this sport
<ul style="list-style-type: none"> • Combines the sports of cross-country skiing and ski jumping • First appeared in 1924 • Events include individual races on a normal and large hill, as well as a team event • Norway hold the most medals for this sport 	<ul style="list-style-type: none"> • A sport which sees competitors going at fast speeds around a short track • First appeared in 1992 • Distances include 500m, 1000m, 3000m and 5000m • South Korea hold the most medals for this sport 	<ul style="list-style-type: none"> • A sport that sees competitors riding on a small sled, lying face down and head first, at fast speeds • First appeared in 1928 • Two events - one for men and one for women • Great Britain hold the most medals for this sport
<ul style="list-style-type: none"> • A sport where competitors aim to achieve the longest jump after descending a large ramp • First appeared in 1924 • The size of the ramp varies each Olympics, but on average it is roughly 70m long • Norway hold the most medals for this sport 	<ul style="list-style-type: none"> • Involves descending a snow covered slope while standing on a board • First appeared in 1998 • Events include parallel giant slalom, halfpipe, slopestyle and big air • USA hold the most medals for this sport 	<ul style="list-style-type: none"> • A sport which sees competitors going at fast speeds around a long track (400m) • First appeared in 1924 • Distances include 500m, 1000m, 3000m and 5000m & 10,000m • Netherlands hold the most medals for this sport