



An innovative project that provides themed activities and allows classrooms around the globe to connect and share learning.

Training for the Olympics

Background

Olympic athletes train hours every day to hone their skills and stay in shape for their event. An average Olympic athlete will spend eight hours a day seven days a week training their body and mind. Katie Uhlaender, a Skeleton Slider from Colorado pays attention to what she eats, spends three hours running sprints, two and a half hours in the weight room, stretching and spending time in the cold tubs. She ends her day by studying the tracks and looking at past races.

Olympic athletes also know how to eat and drink for best sports performance. Many athletes work with a nutritionist and coach to get the right balance of hydration, nutrients and calories.

Guiding Question

How do athletes prepare for the Olympics? What does it mean for me?

Lesson Sequence

- Get your students in the training mode with Discovery Education's [Daily Deskercise: First Winter Olympics Workouts by Slim Goodbody](#)
- View the video segment, "[Meet an Olympian](#)"
- After watching the video segment, conduct the following activity:
 - Visual Lists
 - Divide students into small groups
 - Give each group a piece of drawing paper and markers
 - Each student should have a different colored marker
 - Have students come up with a list of things they can do in school to help them become healthy like Olympians.
 - Exercise
 - Nutrition
 - Hydration
 - Have students share their lists to create a "master list" of activities that can be done during the school day to improve learning.
 - Hang the list in the classroom.
 - Throughout the Olympics take a break and do some of the activities on the list.

Activites

Option 1 – Speed Skating Mat Math & Spelling – Have students answer questions by using the speed skating technique to move to the correct number or letters. Students can work the problem at their desk then move to the mat for the answer.

Option 2 - Show two or more of the following training sites:

Speedskating – <http://usspeedskating.org/athletes/training-tips>

- Bobsleding - <http://live.wsj.com/video/winter-olympics-training-without-snow-bobsled/E2106740-C238-420D-8A3A-CA607C258530.html#!E2106740-C238-420D-8A3A-CA607C258530>



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Activities Continued

- Luge - <http://live.wsj.com/video/winter-olympics-training-luge/4D9018C5-1D5C-4BE2-83DE-28B03BCED453.html#!4D9018C5-1D5C-4BE2-83DE-28B03BCED453>
- Swimming - http://www.dailymotion.com/video/xophhb_keri-anne-payne-on-training-for-the-olympics_sport

Have students create a venn diagram comparing training practices for different Olympic sports. Share the answers as a class.

Option 3 – Students create a board in Discovery Ed's Board Builder describing different Olympians' training methods and how they can stay active at home and school.

Want More?

*[Reading Rainbow: Sports Pages](#) Liz Candall US Olympics Gymnastics Team talks about training

*[The Heart of Health](#) Look at ways to keep your heart healthy through the eyes of an Olympic athlete

*http://www.dailytelegraph.com.au/news/nsw/channel-tens-winter-olympics-promotional-video-highlights-our-athletes-unique-training-methods/story-fni0cx12-1226765516334#oid=tldXBpaDq_kvujoolv_e_ov9mFbCW3IB