



CHALLENGE: FIGURE SKATING



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Task 1

Define the word "dream" in your own words.



Task 2

The teenager Charang trains six days a week to follow her dream of becoming a good figure skater. Read the following interview with her and answer the questions below.

Interview with young figure skating talent Charang Jun



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- **Age:** 14
- **Country:** Germany
- **Sport:** Figure skating
- **Sport Career:**
1st place at Arge Alp competition, three times competing at National Championships
- **Life motto:**
No matter how bad your situation is, don't worry ... there is always a way out!

1. Hello Charang. It is really impressive that you are a figure skater! Why did you start to do this sport?

This was a funny coincidence. My family and I lived in Austria at the time and my mother discovered a flyer for a figure skating course on the door of my kindergarten. My mother is from South Korea and couldn't speak German well back then, so she thought it was something else. When we went there it was a surprise, but I really liked to skate on the ice! However, when we started jumps a few weeks later I got scared and so I stopped. But after we moved to Germany when I was six years old, I wanted to start to do figure skating again.

2. If you could start over, would you pick to do figure skating again?

On one hand yes, because I love to perform with music and I also enjoy the feeling of flying and being free. But on the other hand also no, because you have to sacrifice a lot.



3. *Which obstacles do you mean?*

There are a few. For example, you can't go out with friends whenever you want because you have to train hard every day. And if you want to be a skater, you sometimes have to leave your home to go to a better place to train. My family, for example, moved to Oberstdorf so that my sister and I can train at the ice sport centre and go to school here.

4. *Which advice can you give to people who might be in a similar situation and do not know if they want to give up or follow their dreams?*

Don't give up! Everybody has bad times, but especially in those situations you have to fight. It will be worth it.

5. *This is great advice, thank you. What's your dream when it comes to sport?*

I want to be a good skater and role model athlete. My dream is that everybody knows me because I am good skater and performer and not because I am an Olympic champion.

6. *Sounds awesome! Do you know someone from ice skating who also followed his/her dream and where it came true?*

Actually yes. The pair skater Aljona Savchenko is training and coaching at the same place where I train and she, together with her partner Bruno Massot, won gold at the Winter Olympic Games in 2018! It was Aljona Savchenko's fourth try to win gold at the Winter Olympics, but at previous competitions with other partners little mistakes happened. In 2006 she placed sixth, in 2010 and in 2014 she ranked third place. In 2018, Bruno Massot's and her short program also didn't go as planned, but despite the odds they didn't stop believing and performed a phenomenal long program and won gold! It is really great that I get to see her on the ice sometimes.

7. *Wow, these two really made their Olympic dream come true! Would you also like to participate at the Olympics some time?*

Yes, of course! I want to participate at the Winter Olympic Games. It's so special for every athlete because this is the highest competition in every sport. I think it's an amazing feeling when you do figure skating perfectly at the Olympics and the spectators are screaming because of your great performance.

8. *Agreed, the Olympic Games are really special! Who is your favorite figure skater who participated at the Olympics before and what makes her so special?*

My idol is Yuna Kim. She is the gold medalist of 2010 and silver medalist of 2014 at the Olympics. She is from South Korea and she is the first one from her country who won the Olympics. I like her because her jumps are so incredible and her performance is always beautiful.

9. *You have been a figure skater for quite some time already. What's your favourite and what's your least favourite memory so far?*

My least favourite memory is that once my shoelace was untied when I wanted to start my performance. I still had time to tie my shoelace, but it was too tight and so my program wasn't really good. This was a shame because I was ranked at the second place after the short program and started with positive vibes and hopes and then this happened. My favourite memory is when I unexpectedly won first place. This was a great feeling.

10. *Who and what helps you the most when it comes to following your ice skating dreams and why?*

Especially my parents help me a lot and I am really thankful about how much they support my sister and I to have the possibility to fulfill our dreams. The move to Oberstdorf was an important step as well in order to improve in this sport because in the city where I lived I didn't have as much training time and my school time table didn't work well with my training sessions, so it was really stressful. Overall I am really thankful for my family.

We wish you good luck for your future and hope that all your dreams come true!

**Task 2.1**

True or false? Correct the false statements.

Statements	true	false	Correction
a) Charang loves the sport figure skating.			
b) She only started with this sport because her mother didn't understand the meaning of the term correctly.			
c) Charang would really like to compete at the Winter Olympic Games someday.			
d) Pair skater Aljona Savchenko competed at the Winter Olympic Games five times and won gold in 2018.			
e) Charang's biggest support is her best friend.			

**Task 2.2**

Which dream does Charang have?

**Task 2.3**

Which advice would you give her to reach her dream?

**Task 3: Group Challenge**

Which kind of sport would you like to do at the Winter Olympic Games?

Act out a **dialogue** between you and your group and talk about **the dream of competing at the Winter Olympic Games in a sport you prefer**. Think about **challenges and benefits** of the Olympic dream. Also include **advice** on how to reach this goal.

In this group challenge language, content and interaction are evaluated. The top three group performances win gold, silver and bronze.

CHALLENGE: BOBSLEIGH



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Task 1

Athletes can be role models for many.

Find five characteristics how a good athlete should be like.



Task 2

The Italian Eugenio Monti was not only a good bobsledder, but also a role model. Find out why he is such a role model by reading the text and answer the questions below.

True sportsmanship

Among many others, there are three main Olympic values: Excellence, friendship and respect. Whoever really exceeds in sportsmanship is honored with the Pierre de Coubertin medal. This medal is named after the person known as the father of the modern Olympic Games and the founder of the International Olympic Committee: Pierre de Coubertin. So far this medal was only given to 17 people and the first one ever to receive it was the Italian bobsledder Eugenio Monti. But what did he do to deserve this honor?

During the Winter Olympic Games in 1964 Monti proved his fairness and sportsmanship not only once, but twice! During the four-man bob race Monti asked his mechanics to repair the sled of the Canadian team so that they can continue competing. While Monti won the bronze medal in this event, the Canadians Vic and John Emery, Doug Anakin and Peter Kirby went on to win gold. Additionally, Monti also helped his rivals from Britain during the two-man bob race. After the first heat Tony Nash and Robin Dixon had broken bolts of the front axle of their bob. After finishing the second heat Monti gave the bolts of his own sled to the British team so that they could also finish the second race. Again, after competing all four heats, Monti won the bronze medal while Nash and Dixon became Olympic champions and won gold.

Monti did not only prove excellence, friendship and respect, he showed true sportsmanship and therefore was awarded the honor of the Pierre de Coubertin medal. And even though he did not win the gold medal at the Winter Olympic Games in 1964, only four years later, in 1968, Monti became Olympic champion in the two-man and also in the four-man sled race.

**Task 2.1**

Do you remember all the different people? Match the following parts.

1. Robin Dixon	a) won gold in the four-man sled race in 1964.
2. Vic Emery	b) founded the International Olympic Committee.
3. Monti	c) won gold in the two- and four-man sled race in 1968.
4. Pierre de Coubertin	d) won gold in the two-man sled race in 1964.

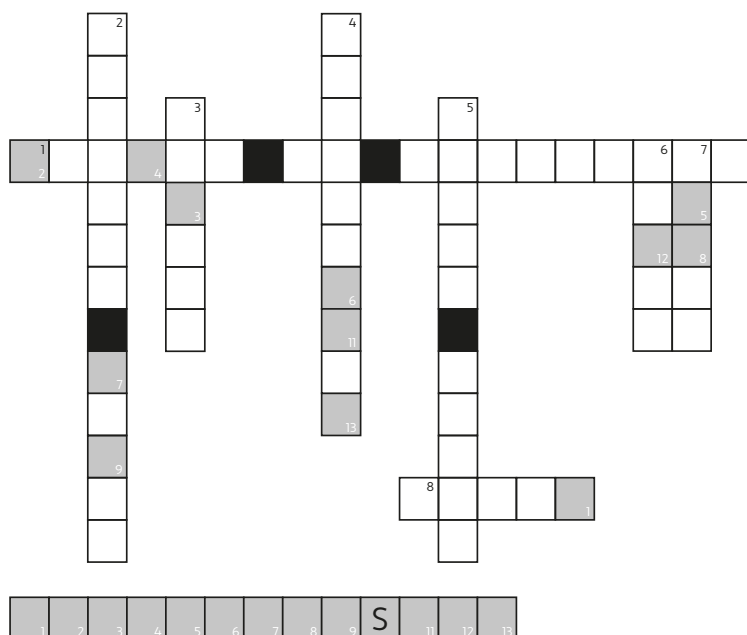
**Task 2.2**

Would you have done the same as Monti and would have helped the Canadian and the British teams? Give reasons for your answer.

**Task 3: Group Challenge**

As a bobsledder you have to be **mentally skilled** to be able to control the sled and you have to **be fast**. Now it's your turn. **Solve this crossword together with your group as fast as you can.**

In this group challenge the right solutions and the time to finish are evaluated. The top three groups win gold, silver and bronze.



- Who is known to be the father of the Modern Olympic Games?
- Who received the first Pierre de Coubertin medal?
- Which medal did Monti win in the four-man bob race in 1964?
- The three main Olympic Values are excellence, respect and ...?
- With whom did Tony Nash compete in the two-man bob sled?
- How often did Monti help his rivals in 1964?
- Which country was the Olympic champion in the two-man bob race in 1968?
- Which part of his own sled did Monti lend to the British team?

CHALLENGE: FREESTYLE SKIING



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Task 1

Do you like to ski? Why or why not?



Task 2

Some people do not only ski, but are able to do tricks! Find out more by reading the following text and answer the questions below.

Rising Star Despite all Odds

You think spinning more than once on the floor is hard? Doing it with skis is even harder! But that's exactly what 19 year old Kelly Sildaru is able to do. She is the queen of freestyle skiing and in 2017 she was the first woman ever to land a 1440° in competition, which is a jump with four full rotations in the air.

And she got even better since then! In 2020 she won freeski slopestyle gold at the Winter Youth Olympic Games in Lausanne. Due to an injury she was not able to compete at the last Winter Olympic Games, but she is definitely one to watch out for in the Winter Olympic Games in Beijing in 2022!

It's really interesting that Kelly Sildaru is from Estonia, a country which is rather flat with not very high mountains and only a short winter season. Therefore, Estonia is not known for being a skiing nation and so far has only won medals in the event cross-country skiing at the Winter Olympic Games. Due to the climate and the geography of her country, Kelly is not able to train at home as well as other freestyle skiers from other countries can. She tries to perfect many skills on the trampoline and practices basic skills at home. However, she is also travelling a lot and doing training camps in other countries, for example in the French Alps, when there is no snow at home.

Not every country has the climate and the environment like snow and mountains to do winter sports. For that reason athletes from these countries cannot participate and those that do, such as Kelly Sildaru, pay a lot for the ability to train and to compete. Also, when looking at participating countries at the Winter Olympic Games, universalism is still far from reached. Competing countries are mainly from North America and from Europe. Africa, for example, is not participating because they do not have the climate or the environment to do winter sports and it would cost too much to train with different solutions like building skiing arenas. →

Despite the odds Kelly Sildaru is really good at freestyle skiing and therefore she is very famous in her own country. In 2020, she was awarded with the Estonian Youth Athlete of the Year Award for the fifth year in a row already! She seems to really enjoy her sport and to represent Estonia. In 2022 at the Winter Olympic Games in Beijing she has the chance of winning the first Olympic medal in this event for her country.


Task 2.1

Where does Kelly Sildaru come from?

- a) France
- b) Germany
- c) Estonia
- d) Africa


Task 2.2

In which event did Kelly Salidaru win the gold medal at the Youth Olympic Games in 2020?

- a) Halfpipe
- b) Slopestyle
- c) Ski Cross
- d) Aerials


Task 2.3

Which trick did Kelly Sildaru do as the first woman in a competition in 2017?

- a) Four rotations in the air
- b) Spinning
- c) Lazy Boy
- d) Full Loop


Task 2.4

Did Kelly Salidaru get injured before?

- a) Yes
- b) No


Task 2.5

What is criticized about the Winter Olympic Games in the text?

- a) They only happen every four years.
- b) They are not universal.
- c) They are damaging the environment.
- d) They are only including sports on ice and snow.


Task 2.6

How many times did Kelly Sildaru already get the award Youth Athlete of the Year from her country?

- a) Two times
- b) Four times
- c) One time
- d) Five times


Task 3: Group Challenge

Write a Winter Olympic Magazine including the following articles:

- One page: **a fictional interview** with Kelly Sildaru
- One page: **a letter to the editor** concerning universalism of the Winter Olympic Games
- One page: **a fictional diary entry** from yourself describing the competition day at the Winter Olympics in Beijing

It is up to you to decide if you want to write all three of them together or if you divide them among yourselves. However, you have to hand in the complete Winter Olympic Magazine as a group.

In this group challenge creativity, language and content of the Winter Olympic Magazine are evaluated. The top three groups win gold, silver and bronze.

CHALLENGE: (PARA) BIATHLON



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Biathlon and Para Biathlon

Biathlon is a very popular winter sport and will be held during the Winter Olympics and the Winter Paralympics in Beijing in 2022. It combines cross-country skiing with rifle shooting.

The basic rules are the following: At first the athletes have to race on ski and after each round they have to shoot at targets. For each target the athlete misses, he or she has to do a penalty loop before continuing with the race. The biathlete with the shortest racing time wins.

In 2018 Germany won three gold and two bronze medals in the Para Biathlon events and also won three gold, one silver and three bronze medals in Biathlon events. Compared to other countries, Germany placed third in the medal table in Para Biathlon and first in Biathlon.



Task: Group Challenge

Find the differences between Biathlon and Para Biathlon. Additionally find out more about one athlete each, one from Biathlon and one from Para-Biathlon. Then try to create a game for your classroom that really everyone, including disabled and non-disabled people, can play.

Be ready to present the differences between Biathlon and Para Biathlon, the athletes as well as your game to the class. In this group challenge the knowledge and the creativity are evaluated. The top three group presentations win gold, silver and bronze.

CHALLENGE: ICE HOCKEY



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Task 1

One of the most popular sports of the Winter Olympic Games is ice hockey! One of the reasons is that it is a team sport. Name one challenge and one benefit of being in a team. Afterwards collect all of the answers on the board.



Task 2

Let's find out what Tim Stützle has to say about why team spirit is so important when playing ice hockey! He is 19 years old, is born in Viersen, Germany, and is seen as one of the most promising young German talents in ice hockey. Being drafted in 2020 he is now playing for the professional ice hockey team called Ottawa Senators, which are competing in the National Hockey League (NHL) and are based in Ottawa, Canada. Read the following interview and answer the questions below.

Interview with NHL-player Tim Stützle (Ottawa Senators)

1. Hello Tim. You are one of the most promising German ice hockey talents. How did you get into ice hockey?

My father played Ice Hockey when I grew up, plus the city of Krefeld has a big tradition with ice hockey.

2. You spent a large part of your junior career in the youth teams of Krefeld and then went to Mannheim to join the team called Jungadler. Through all this time, how did you manage to balance school and competitive sports?

Balancing everything was not easy, having to get up every morning at 6 am, training two times per day plus school. My teammates were a big help as we all had to get through it together, so we all leaned on each other a lot.



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Tim Stützle spielt bei den Ottawa Senators in der NHL



3. *In Germany, ice hockey isn't exactly a national sport, although its popularity is steadily increasing. What particularly fascinates you about this sport?*

The speed and intensity. Ice hockey players need to be very focused and aware when they are on the ice as things can happen in a blink of an eye.

4. *Do you think that such an incredible team success, like the silver medal at the 2018 Olympics in Pyeongchang, can boost the sport's popularity in Germany?*

For sure, having success against the world's best players will bring more popularity of the sport to Germany. I think we are on a good path, but we will need to continue to grow the sport in order to compete against the top nations.

5. *Sticking with the 2018 Winter Olympics, the German team was more of an underdog next to the big ice hockey nations. Which role do you think the unity and atmosphere within the team had on the successful performance?*

Unity and atmosphere always play a big role in team sports. In hockey this is for sure because of all the emotions involved. Germany showed great team chemistry at the 2018 Winter Olympics, which helped them have the success which they had.

6. *Last year, you were picked by the Ottawa Senators in the draft as third overall. To experience the NHL Entry Draft is something very special for every rookie. Due to the Covid-19 pandemic, it had to be held as a video conference and your club organized a public viewing in Mannheim in a close circle. What did it mean to you to share this special moment with your teammates from Mannheim?*

It was a very special evening for me because I was able to share the moment with my teammates and family.

7. *Just one year after the draft, at the IIHF U20 World Championship in Edmonton, you captained the German national team. Which leadership qualities were particularly important for the team's cohesion at such a big tournament?*

We were all very happy just to be playing again after Covid interrupted our seasons. I think our team performed very well and we had a number of leaders. I was just focusing on helping the team as much as I could.

8. *Through such leadership roles in sports, you also develop personally. Which is one important lesson you learned as a professional athlete that can also be helpful for students and future athletes?*

You have to take the good days with the bad. Focus on what you can do today and don't look too far into the future.

9. *Friendship is one of the Olympic values, along with excellence and respect. How important is friendship with other players, such as David Wolf, to you within a team?*

Very important. It's impossible to have success in ice hockey without the support of your teammates on and off the ice.

10. *One final question. Do you think we will see you at the Winter Olympics in the future?*

I hope to be at the next Olympics in Beijing. It's a great honor to be able to play for your country at the Olympic Games.

Thank you Tim Stützle for taking the time to tell us more about the teamsport ice hockey and your impressive career. We wish you all the best for the future! Thank you as well to Jan Steinmüller for conducting the interview.

**Task 2.1**

Match the endings of the following sentences to the correct beginnings.

1. Tim Stützle	a) Tim Stützle would love to be able to play for the German team.
2. Experiencing the NHL Entry Draft	b) has an ice hockey team called <i>Jungadler</i> .
3. At the next Olympics	c) was very special for Tim Stützle despite the ongoing pandemic.
4. Mannheim	d) believes that it is important to have good team spirit in order to be successful in ice hockey.

**Task 2.2**

Complete the following sentences with the complete information from the text. If possible use your own words and don't simply copy from the text.

a) At the 2018 Winter Olympics...

b) Good ice hockey players need to...

**Task 2.3**

Which are the three Olympic values and why are they important?



Task 3: Group Challenge

Let's play an adapted version of ice hockey as well! Divide into teams. Normally a game consists of three periods which are 20 minutes each. Therefore this game is also three periods long. The top three teams with the most overall points win gold, silver and bronze.

1. First period: Guess the word

A good team does not only consist of ice hockey players. Find out who is also crucial for a successful ice hockey team and also for a great ice hockey match. Students from all teams are taking turns and are explaining different roles given to them by the teacher. All teams have to guess and the team with the fastest right answer gets a point.

2. Second period: TEAM SPIRIT Run

Let's move and test our knowledge by doing a word-relay referring to the topic ice hockey. Every team has to write words on the board that are relating to ice hockey: The words have to start with the letter T, then letter E, A, M ... and finally with the letter T. There is only one person per team allowed to write on the board at the same time and every team member has to be included. The fastest team wins three points, the second fastest two and the third team gets one point.

3. Third period: Bingo









Let's get to know your class better! Every team has one BINGO board. Talk to your classmates and fill in one name per gap. As soon as you are able to fill out all the gaps, your team has to scream "Bingo". A person's name can only be on the worksheet once. The fastest team wins three points, the second fastest two and the third team gets one point.

Bingo

... played ice hockey before. _____	... likes winter. _____	... owns his or her own ice skates. _____
... did something really cool on ice. _____	... knows the basic rules of ice hockey. _____	... is doing a team sport. _____
... follows an Olympic athlete on Instagram. _____	... can ice skate. _____	... can name two ice hockey teams. _____
... has watched an ice hockey game before. _____	... can name an ice hockey player. _____	... likes the sport ice hockey. _____



MEDAL TABLE

ERWARTUNGS- HORIZONTE

Challenges M_1–M_3 und M_5

Figure Skating



Task 1

Define the word "dream" in your own words.

Individual solutions (for example: a strong wish for the future, images that occur during our sleep)



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Task 2.1

True or false? Correct the false statements.

Statements	true	false	Correction
a) Charang loves the sport figure skating.	✗		
b) She only started with this sport because her mother didn't understand the meaning of the term correctly.		✗	her mother
c) Charang would really like to compete at the Winter Olympic Games someday.	✗		
d) Pair skater Aljona Savchenko competed at the Winter Olympic Games five times and won gold in 2018.		✗	four times
e) Charang's biggest support is her best friend.		✗	is her family



Task 2.2

Which dream does Charang have?

Charang wants to be a role model and be known for being a good athlete who can do figure skating really well.



Task 2.3

Which advice would you give her to reach her dream?

Individual solutions (for example: Believe in yourself and always follow your heart)



Task 3: Group Challenge

Which kind of sport would you like to do at the Winter Olympic Games?

Individual solutions

Bob Sleigh



Task 1

Athletes can be role models for many.

Find five characteristics how a good athlete should be like.

Individual solutions (for example: to have discipline, to be fair, to have self-confidence, good time-management, to be respectful)



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Task 2.1

Do you remember all the different people? Match the following parts.

1d), 2a), 3c), 4b)



Task 2.2

Would you have done the same as Monti and would have helped the Canadian and the British teams? Give reasons for your answer.

Individual solutions



Task 3: Group Challenge



- Who is known to be the father of the Modern Olympic Games?
- Who received the first Pierre de Coubertin medal?
- Which medal did Monti win in the four-man bobs race in 1964?
- The three main Olympic Values are excellence, respect and ...?
- With whom did Tony Nash compete in the two-man bobs sled?
- How often did Monti help his rivals in 1964?
- Which country was the Olympic champion in the two-man bobs race in 1968?
- Which part of his own sled did Monti lend to the British team?

Freestyle Skiing



Task 1

Do you like to ski? Why or why not?

Individual solutions



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Task 2.1

Where does Kelly Sildaru come from?

- a) France
- b) Germany
- c) Estonia
- d) Africa



Task 2.2

In which event did Kelly Salidaru win the gold medal at the Youth Olympic Games in 2020?

- a) Halfpipe
- b) Slopestyle
- c) Ski Cross
- d) Aerials



Task 2.3

Which trick did Kelly Sildaru do as the first woman in a competition in 2017?

- a) Four rotations in the air
- b) Spinning
- c) Lazy Boy
- d) Full Loop



Task 2.4

Did Kelly Salidaru get injured before?

- a) Yes
- b) No



Task 2.5

What is criticized about the Winter Olympic Games in the text?

- a) They only happen every four years.
- b) They are not universal.
- c) They are damaging the environment.
- d) They are only including sports on ice and snow.



Task 2.6

How many times did Kelly Sildaru already get the award Youth Athlete of the Year from her country?

- a) Two times
- b) Four times
- c) One time
- d) Five times



Task 3: Group Challenge

Individual solutions

Ice Hockey



Task 1

One of the most popular sports of the Winter Olympic Games is ice hockey! One of the reasons is that it is a team sport. Name one challenge and one benefit of being in a team. Afterwards collect all of the answers on the board.

Individual solutions (for example one benefit is a strong support within the team and one challenge is to have good communication within the team in order to avoid misunderstanding).



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Task 2.1

Match the endings of the following sentences to the correct beginnings.

1 d), 2 c), 3 a), 4 b)



Task 2.2

Complete the following sentences with the complete information from the text. If possible use your own words and don't simply copy from the text.

- At the 2018 Winter Olympics *the German ice hockey team came in second and received the silver medal due to great team chemistry.*
- Good ice hockey players need to *be focused during the game and show great team spirit.*



Task 2.3

Which are the three Olympic values and why are they important?

Individual solutions possible (the three Olympic values are friendship, excellence and respect)



Task 3: Group Challenge

1. First period: Guess the word

Examples of roles: coach, ice hockey fan, mother of ice hockey player, janitor, referee, cleaner, goalkeeper, team captain, best friend

More difficult: adding three words to each role that cannot be used when explaining the word

2. Second period: TEAM SPIRIT Run

Examples for the solution:

Team	Star player
Equipment/entry draft	Penalty/puck
Ambitious	Ice
Mannheim's Jungadler	Respect
	Impressive
	Tim Stützle

3. Third period: Bingo

Individual solutions