2014 YOUTH OLYMPIC GAMES

ACTIVITY BOOK



Studyladder

THE 2014 YOUTH OLYMPIC GAMES

The Youth Olympic Games (YOG) are a multi-sport event for young athletes aged from 15 to 18 from around the world. The Games are based on the traditional Olympics. The Summer Youth Olympic Games and the Winter Youth Olympic Games are held every four years.

The first Summer Youth Olympics was held in Singapore in 2010. The first Winter Youth Olympics was held in Innsbruck Austria in 2012. The idea of a Youth Olympic Games was introduced by Johann Rosenzoph in 1998.

In 2014, the 2nd Summer Youth Olympic Games will be held in Nanjing, China, from August 16 to 28. The 2nd Winter Youth Olympic Games will be held in Lillehammer, Norway, in February 2016. The 3rd Summer Youth Olympic Games will be held in Buenos Aires in Argentina in 2018.

The Youth Olympic Games are unique as a sporting event for young people in that they also involve a special Culture and Education Program (CEP) which gives young athletes the opportunity to learn about the Olympic values, mix with other cultures and become ambassadors of their sport.

The Nanjing 2014 Youth Olympic Games will feature 28 sports. Most are the same as for the Olympics, but some sports have been modified. For example, basketball at the Youth Olympic Games will be a 3-on-3 half court game.

The slogan of the Nanjing 2014 Youth Olympic Games is:

"SHARE THE GAMES, SHARE OUR DREAMS"

COMPREHENSION QUESTIONS

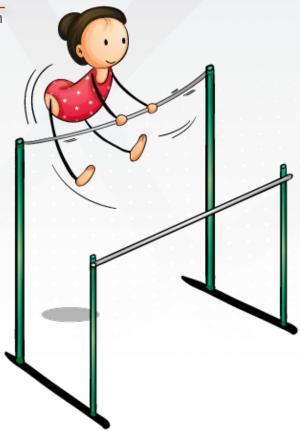
- 1. How often are the Youth Olympic Games held?
- a) every year
- b) every two years
- c) every four years
- d) every six years
- 2. Where was the first Summer Youth Olympics held?
- a) Lillehammer, Norway
- b) Buenos Aires, Argentina
- c) Innsbruck Austria
- d) Singapore
- 3. Where are the 2014 Youth Olympic Games being held?
- a) Innsbruck, Austria
- b) Nanjing, China
- c) Singapore
- d) Buenos Aires, Argentina
- 4. What is the slogan of the Nanjing 2014 Youth Olympic Games?
- a) "Share the Games, Share our Dreams"
- b) "Share our Games, Share your Dreams"
- c) "Share the Excitement, Share the Fun"
- d) "Share the Dream, Share the Summer Games"
- 5. How many sports will be featured at the Nanjing 2014 Youth Olympic Games?
- a) 24
- b) 28
- c) 34
- d) 38

- 6. What age must athletes be at the 2014 Youth Olympic Games?
- a) 13-16
- b) 14-19
- c) 15-18
- d) 12-18
- 7. What is the special program at the Youth Olympic Games?
- a) Friendship and Sport Program
- b) Olympic Values Program
- c) Culture and Sport Program
- d) Culture and Education Program
- 8. What sporting event are the Youth Olympic Games based on?
- a) The Olympics
- b) The Asian Games
- c) The World Cup
- d) The Commonwealth Games
- 9. In what year was the first Winter Youth Olympics held?
- a) 2010
- b) 2012
- c) 2014
- d) 1998
- 10. True or False?

All sports at the Youth Olympic Games are the same as the Olympic Games.

- a) True
- b) False

- 11. "The Youth Olympic Games (YOG) are a multi-sport event for young athletes aged from 15 to 18 from around the world." In this sentence, what part of speech is the word "young"?
- a) noun
- b) verb
- c) adverb
- d) adjective
- 12. What is the meaning of the word "modified" in this sentence? "Most are the same as for the Olympics, but some sports have been modified."
- a) made larger
- b) altered or changed
- c) made more modern
- d) made smaller



ALLINA AND NAMILINA DEAFADAU	
CHINA AND NANJING RESEARCH	3.
Research, write about and illustrate four of these topics.	
 Porcelain Tower of Nanjing Dr. Sun Yat-sen's Mausoleum (Nanjing) Zhanyuan Garden (Nanjing) Nanjing City Wall The Yangtze River The Great Wall of China The Giant Panda 	
	4.
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NANJING AND CHINA QUIZ

True or False?

- 1. Nanjing is the capital of Jiangsu province in Eastern China.
- a) True
- b) False
- 2. The population of Nanjing is about 1.5 million people.
- a) True
- b) False (The population of Nanjing is about 8 million people)
- 3. Nanjing is situated in the Ganges River Delta.
- a) True
- b) False (Nanjing is situated in the Yangtze River Delta)
- 4. China is officially known as the People's Federation of Chinese States.
- a) True
- b) False (China is officially known as the People's Republic of China.)
- 5. In China, the capital city is Shanghai and the most populated city is Beijing.
- a) True
- b) False (The capital city is Beijing, while the most populated city is Shanghai.)
- 6. Countries that border China include: Afghanistan, Bhutan, Burma, India, Kazakhstan, and North Korea.
- a) True
- b) False
- 7. The Great Wall of China is the largest man made structure in the world and is over 8,000 kilometres long (5,000 miles).
- a) True
- b) False

- 8. There are many different languages spoken in China, including Mandarin, Yue (Cantonese), Wu, Minbei, Minnan, Xiang, Gan and Hakka.
- a) True
- b) False
- 9. Nanjing's harbour along the Yangzte River is the largest inland harbour in Asia.
- a) True
- b) False
- 10. China has the third largest population in the world.
- a) True
- b) False (China has the largest population in the world, with over 1.3 billion people)



OLYMPIC SPORT QUESTIONS

- 1. What modern version of this sport originated in England in the early 19th century, was included as an official sport for the first time at the London Olympic Games in 1908 and became a permanent Olympic sport in 1928? (Hint: This sport is played with a waterproof rubber ball.)
- a) Table Tennis
- b) Football
- c) Hockey
- d) Handball
- 2. Where did Taekwondo originate?
- a) Korea
- b) Japan
- c) China
- d) Thailand
- 3. When were female rowers allowed to partake in rowing events at the Olympic Games?
- a) 1910
- b) 1928
- c) 1976
- d) 1984
- 4. In Badminton, how many feathers make up the shuttlecock?
- a) 8
- b) 12
- c) 14
- d) 16
- 5. In what sport would you hear the terms "double fault", "let", "love" and "deuce".
- a) Basketball
- b) Handball
- c) Tennis
- d) Beach Volleyball

- 6. In what sport would you use a "foil"?
- a) Shooting
- b) Fencing
- c) Archery
- d) Taekwondo
- 7. In Rowing what is the distance of the race for both men and women?
- a) 100m
- b) 1000m
- c) 2000m
- d) 5000m
- 8. In what sport might you see a hoop, ball and ribbon?
- a) Rhythmic Gymnastics
- b) Equestrian
- c) Artistic Gymnastics
- d) Modern Pentathlon
- 9. What is the size of the court in Beach Volleyball?
- a) 12m x 24m
- b) 10m x 25m
- c) 16m x 8m
- d) 16m x 12m
- 10. The Equestrian at the Olympic Games includes what three disciplines?
- a) eventing, dressage and jumping
- b) steeplechase, racing and high jumping
- c) polo, dressage and jumping
- d) eventing, endurance and show jumping



HOW MUCH DO YOU KNOW ABOUT HANDBALL?

Read about handball and answer the following questions.

- 1. Where did handball originate?
- a) Denmark
- b) Norway
- c) Germany
- d) Russia
- 2. What is the size of a handball court?
- a) 50m x 25m
- b) 50m x 100m
- c) 35m x 70m
- d) 40m x 20m
- 3. How many points is a goal worth?
- a) 1
- b) 2
- c) 3
- d) 4
- 4. How many players on each team?
- a) five players
- b) eleven players
- c) seven players, including a goalkeeper
- d) nine players, including a goalkeeper



- 5. How long can the ball be held and what is the maximum number of steps with the ball before a dribble?
- a) 3 seconds and 2 steps
- b) 3 seconds and 3 steps
- c) 5 seconds and 2 steps
- d) 5 seconds and 3 steps

WHAT ARE YOUR FAVOURITE OLYMPIC SPORTS?

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YOG MEDALS

At the 2014 Summer Youth Olympic Games in Nanjing the top three place-getters in the final of each event will receive a Gold medal (first place), Silver medal (second place) and Bronze medal (third place). In the relay events, all members of the top three placed teams will each receive a medal.

The medal for the Nanjing Games was designed by Matej Čička from Slovakia. He won the Nanjing 2014 Youth Olympic Games Medal Design Competition.

Imagine next year the Youth Olympics are being held in the country where you live. Design a medal for the Games.

MATHS BRAIN TEASERS

1) Number Patterns - Find the missing number

50, 57, 64, <u>71</u>

3, 4, 6, 9, 13, <u>18</u>

221, 236, 251, <u>266</u>

144, 72, 36, 18, <u>9</u>

407, 306, 205, <u>104</u>

4, 15, 26, <u>37</u>

150, <u>175</u>, 200, 225

2) Adding and subtracting 5 digit numbers

36754	76578	17565	38765
56654+ 93408	13767+ 90345	39876+ 57441	28754+ 67519
34543	87665	98765	67543
21221-	41243-	60676-	33707-
13322	46422	38089	33836

3) Division

Which numbers can be divided by 9 with no remainder?

27 (yes/no)

38 (yes/no)

81 (yes/no)

135 (yes/no)

180 (yes/no)

272 (yes/no)

450 (yes/no)

909 (yes/no)

181(yes/no)



4) Time

Hamish started training at 9:06 and finished at 10:34. How long did Hamish train for? 1 hour 28 minutes

Peter started training at 11:57 and finished at 13:39. How long did Peter train for? 1 hour 42 minutes

Tina started training at 10:15am and finished at 2:30pm. How long did Tina train for? 4 hours 15 minutes

James trains for 45 minutes every day of the week except Sunday. How long does James train in two weeks? 9 hours

Mai's football game has two 30 minute halves. There is a ten minute break at halftime. If the game started at 3pm, what time did the game end? 4:10pm

- 5) Problem Solving
- a. Neeson shares 60 sweets equally between himself and 4 other people. How many sweets does each person get?
- b. Each box holds 6 bottles. If there are 366 bottles to pack, how many crates are needed? ___61
- c. How many 28cm lengths of ribbon can be cut from a reel 980cm long? 35

- d. 53 boxes have a combined weight of 2703kg. What does each box weigh? ____s1___kg
- e. Clarice has a jug with 803mL of water in it. She then poured exactly 100mL into each of 5 glasses. How much water is left in the jug?
 303 mL
- f. There are 16 apples in a bowl. Jamie ate 25% of the apples. How many apples are left? 12
- g. There are three rectangular training fields. Field 1 is 65m x 30m. Field 2 is 50m x 40m. Field 3 is 35m x 60m.

Which field had the largest area? Field 3

Which field had the smallest area? Field1

Which field has the largest perimeter? Field 1 and Field 3 (both are 190m)

Which field has the smallest perimeter? Field 2

- 6) Chance Problem Solving
 There are 400 tickets in a competition.
 If you have 24 tickets, what is your chance of winning?
- a) 4%
- b) 8%

c) 6%

d) 12%



Rhianna told her coach that she has a 0.4 chance of playing in the game. Which represents her chance of playing?

- a) 1 in 4
- b) 40%
- c) 0.25
- d) 1/4

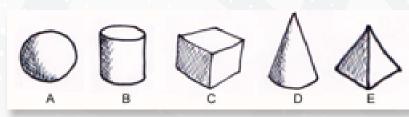
Which of these is correct?

- a) 0.2% chance = 2 in 100
- b) 0.25 chance = 2.5% chance
- c) 12.5% chance = 1 in 8 chance
- d) 99% chance = 9.9/100 chance



7) Space

Name these 3D shapes



(octagonal pyramid, square, cone, hexagonal prism, circle, cube, cylinder, sphere, square, hemisphere, square pyramid, triangle, rectangular pyramid, spheroid, cubicon, round pyramid, circular prism, hexagon)

- A sphere
- B cylinder
- C <u>cube</u>
- D cone
- E square pyramid

8) Equations



How many millilitres in 6.025 litres? 6025mL

$$0.7L = 700 \text{ mL}$$

$$0.5L + 2L + 75mL = 2575 mL$$

10) Prime numbers

(A prime number can only be divided evenly by 1 or itself. It is a whole number greater than 1)

Only two of these numbers are prime numbers.

268 339 1654 157 738 669 75 141 199

What is the total when you add them both together? 356

MAP OF CHINA



Locate the following cities: Nanjing, Beijing, Shanghai

- A Nanjing
- **B** Beijing
- C Shanghai

Locate the following countries (Nepal, Mongolia, North Korea, South Korea, Taiwan, Bhutan, India)

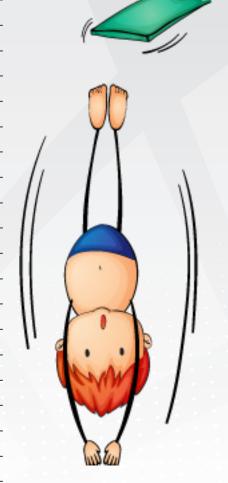
- D Mongolia
- Nepal
- Bhutan
- Taiwan
- India
- North Korea
- South Korea

PLACE THESE YOG SPORTS IN ALPHABETICAL ORDER.

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Equestrian		Aquatics
Basketball		Archery
Sailing		Athletics
Handball		Badminton
Tennis		Basketball
Canoe-Kayak		Boxing
Golf		Canoe-Kayak
Taekwondo		Cycling
Shooting		Equestrian
Aquatics		Fencing
Badminton		Football
Boxing	<u> </u>	Golf
Football		Gymnastics
Cycling		Handball
Fencing		Hockey
Gymnastics	->/ ·	Judo
Archery		Rowing
Wrestling		Rugby
Triathlon		Sailing
Hockey		Shooting
Weightlifting	0	Table Tennis
Judo		Taekwondo
Rowing		Tennis
Athletics		Triathlon
Rugby		Beach Volleyball
Table Tennis		Weightlifting

Wrestling

Beach Volleyball



MAKING WORDS

How many words can you make from the letters in "olympic"? Each letter can only be used once. Words must be at least three letters.

Some common words that can be made from the letters in "olympic": clip clomp clop cloy coil comply cop copy coy icy imp imply limp limy lip loci lop mop myopic oil oily ploy ply policy

FIND-A-WORD

				S	Н	0	0	Т	ı	N	G
	R	0	W	I	N	G				0	S
		F	Е	N	С	I	N	G	G	L	С
				N	G				N	Н	I
				E	N				I	Т	Т
А	Q	U	Α	Т	I	С	S		L	Α	S
R					Х	Υ			I	I	А
С		J	U	D	0	С			Α	R	N
Н					В	L			S	Т	М
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R	L	L	Α	В	D	N	Α	Н			G
Υ	E	К	С	0	Н	G	0	L	F		

Find these YOG sports:

Aquatics, Archery, Boxing, Cycling, Fencing, Golf, Gymnastics, Handball, Hockey, Judo, Rowing, Rugby, Sailing, Shooting, Tennis, Triathlon

GRAMMAR

- 1. Which sentence is correct?
- a) The handball team have seven players.
- b) The handball team has seven players.
- c) The handball team haves seven players.
- d) The handball team having seven players.
- 2. Which sentence is correct?
- a) The coach were not happy that you was late to training.
- b) The coach was not happy that you is late to training.
- c) The coach was not happy that you were late to training.
- d) The coach is not happy that you is late to training.
- 3. Which conjunction completes the sentence?

Andy went to the park ____ waited for the rest of the team.

- a) so
- b) and
- c) or
- d) when
- 4. Which interjection is most suitable?! I'm tired after running up that hill.
- a) Phew
- b) Wow
- c) Hi
- d) So



- 5. Which sentence has used prepositions correctly?
- a) Steve walked across the gate and in the playing field.
- b) Steve walked in the gate and through the playing field.
- c) Steve walked into the gate and under the playing field.
- d) Steve walked through the gate and across the playing field.
- 6. What is the main clause in this sentence?

The football match was stopped because of the lightning.

- a) The football match was stopped
- b) because of the lightning
- c) was stopped because of the lightning
- d) The football match
- 7. What is the adverbial phrase in this sentence?
- My friend Henry ran with great speed.
- a) Henry ran
- b) My friend Henry
- c) My friend
- d) with great speed
- 8. Which word in the sentence is an opinion adjective?
- I like sitting on the comfortable red seats in the old football stadium.
- a) red
- b) old
- c) comfortable
- d) football

- 9. Which sentence is correct?
- a) If you do not training you will never get fit.
- b) If you do not trained you will never get fit.
- c) If you do not trains you will never get fit.
- d) If you do not train you will never get fit.
- 10. Which prefix makes a new word? behave
- a) mis
- b) dis
- c) un
- d) non



- 11. What is the meaning of the non literal phrase "swims like a fish" in this sentence?
- My friend Jackson swims like a fish.
- a) Jackson swims under water.
- b) Jackson dislikes swimming.
- c) Jackson is a good swimmer.
- d) Jackson is a slow swimmer.
- 12. Which sentence has used apostrophes correctly?
- a) Caras race will take place two hour's before Helgas race.
- b) Cara's race will take place two hours before Helga's race.
- c) Caras' race will take place two hours before Helgas' race.
- d) Cara's race will take place two hour's before Helga's race.

13. Which word completes the sentence?
The coach told everyone to bring running shoes.
a) there
b) they
c) they're
d) their
14. Which sentence is correct?
a) Ling packed her sports clothes filled her flask carefully with water and sat quietly.
b) Ling packed her sports clothes, filled her flask, carefully with water and, sat quietly.
c) Ling packed her sports clothes, filled her flask carefully with water and
sat quietly.
d) Ling packed her sports clothes filled her flask carefully, with water and
sat, quietly.
15. Which verb completes the sentence?
Tanya the hockey match from high in the stand.
a) ran
b) watched
c) jumped
d) yelled
16. Which factual adjective completes the sentence?
Cara likes playing with her football.
a) nice
b) lovely
c) white
d) strange

- 17. What is the meaning of the metaphor in this sentence?
 Annette's head was spinning with ideas.
- a) Annette was dizzy
- b) Annette had no ideas at all
- c) Annette had a headache.
- d) Annette had many ideas.
- 18. What is the meaning of this adage?

Actions speak louder than words.

- a) You make more noise when you're active.
- b) Doing something is better than just talking about it.
- c) It's better to exercise often.
- d) Active people speak less than other people.
- 19. Which of these is an example of a simile?
- a) Ella played like a tiger today.
- b) I can hear the sea call me.
- c) John was a pig at the dinner table.
- d) Silly Susan sang the song six times.
- 20. Which sentence is correct?
- a) Dave, whispered to Blair, "Will you watch the basketball"
- b) Dave whispered to Blair "Will you, watch the basketball?"
- c) Dave whispered to Blair Will you watch the basketball?
- d) Dave whispered to Blair, "Will you watch the basketball?"

PHYSICAL QUALITIES REQUIRED FOR DIFFERENT SPORTS

There are many different physical attributes that make a great sports person. They include:

Strength and Power (the ability to produce explosive force and movement of a weight. To use muscular power)

Speed (the ability to perform a movement or motor skill as rapidly as possible)

Agility (the ability to move and change direction rapidly without a significant loss of speed or body control. To be able to slow, stop and accelerate quickly)

Flexibility (using the flexibility of joints and muscles to produce the full range of motion around a joint)

Hand-Eye Coordination (coordinating control of eye movement with hand movement. Performing skills with good technique, rhythm and accuracy)

Endurance (to keep going and sustain an effort. To resist fatigue while performing a physical activity over an extended period of time)

Durability (to withstand physical punishment and cope with extreme conditions over a period of time)

Balance (to maintain stability and an awareness of your body in space)

Each sport requires varying combinations of these qualities.

List the most important physical qualities required to perform these sports.

Gymnastics strength and power, speed, agility, flexibility, hand-eye coordination, balance	Swimming - 50m freestyle speed
Swimming - 1500m freestyle speed, endurance	Tennis speed, agility, endurance, hand-eye coordination
Diving balance, flexibility	Shooting hand-eye coordination
Boxing strength and power, agility, balance, endurance, durability, hand-eye coordination	Running 100m speed
Golf strength and power, hand-eye coordination	Running 10000m speed, endurance
Rugby agility, endurance, hand-eye coordination, durability, strength and power, speed	Shot put balance, strength and power
High jump speed	Lawn bowls hand-eye coordination

Select the sport that relies most on the particular physical quality.

- 1. Strength and Power
- a) table tennis
- b) diving
- c) weightlifting
- d) badminton
- 2. Hand-Eye Coordination
- a) running
- b) swimming
- c) wrestling
- d) badminton
- 3. Flexibility
- a) canoe-kayak
- b) gymnastics
- c) rugby
- d) weightlifting
- 4. Agility
- a) basketball
- b) running (marathon)
- c) shooting
- d) weightlifting

- 5. Speed
- a) rowing
- b) weightlifting
- c) shooting
- d) long jump
- 6. Endurance
- a) weightlifting
- b) discus
- c) wrestling
- d) running (marathon)
- 7. Durability
- a) badminton
- b) golf
- c) rugby
- d) table tennis
- 8. Balance
- a) shooting
- b) swimming
- c) gymnastics
- d) golf

HEALTH AND DIET

Plan a healthy and nutritious week's menu for either a weightlifter, long distance runner, swimmer, gymnast or basketball player.

Include all meals. For example, Soccer players need energy, which is most commonly found in carbohydrate.

What drinks should the players have? Water and fluids are essential to keep the body hydrated and at the right temperature. An athlete's body can lose several litres of sweat in an hour of intense physical activity. Water is the most important fluid to consistently drink throughout the day. Some "sports drinks" consumed during intense physical exercise will help replace electrolytes, but should be

What things should they avoid eating? __pastries, candy, sugary drinks, processed foods high in sodium, foods high in artificial sugar, foods high in saturated fats and laced with chemicals, alcohol

	Morning Meal	Midday Meal	Evening Meal
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

IMPORTANT POINTS WHEN MAKING AN ATHLETE'S MEAL PLAN:

- nutrition is essential for the athlete's body to operate at its peak capacity
- healthy food choices help achieve the best results
- a well-balanced diet should consist of carbohydrates, protein, vitamins, fibre and healthy fats
- some athletes may also need to eat more than the average person because when regularly engaging in physical activity, the body requires additional calories to make up for calories burned during the activity
- athletes generally need to consume plenty of carbohydrates, protein and healthy fats for energy and increased muscle capacity
- the calorie intake of an athlete depends on age, gender, body type, and type of athletic activity
- for athlete's muscles to get the energy needed to perform at high levels, carbohydrates and fats are essential as part of the athlete's diet

Morning meal

After a good night's sleep, an athlete needs plenty of carbohydrates and protein so they get energy from the start of the day. Foods may include: fruit, oatmeal, whole-grain cereals, skim milk, eggs, and some soy products.

Midday meal

Lunch for an athlete should be a low-calorie meal, but high in nutrients (protein, vitamins and minerals). A suitable meal could be: fruits and vegetables, a light pasta dish, or a salad with some lean meat such as chicken breast.

Evening meal

The last meal of the day should be well-balanced and high in protein, fibre, healthy fats, vitamins and carbohydrates. A suitable meal could include some lean meat such as chicken breast, green vegetables, rice, wholegrain bread, and fruit for dessert.

ADJECTIVES

d) weighty square

An adjective is a word that describes a noun or pronoun.

Select the most suitable adjective/s. 1. Everyone applauded the weightlifter. a) nimble b) strong c) agile d) weak
2. The gymnast started her routine. a) slow unsteady b) short sluggish c) agile English d) clumsy crawling
3. The diver climbed the platform. a) hairy - heavy b) scary - wide c) awkward - red d) confident - high
4. The pole vaulter carefully picked up the pole. a) short plastic b) wobbly old c) round red d) long white
5. The hammer used in the hammer throw consists of a ball attached to a wire handle. a) heavy metal b) light wooden c) dark slippery

6. The sprinter pulled ha) heavy brokenb) slippery wrinkledc) lucky redd) sloppy quiet	ner	running shoes from her bag.	
7. The a) agile jumpy b) heavy singing c) nimble laughing d) tired injured	runner eventua	lly finished the marathon.	
8. After the overnight rand.a) dry longb) wet slipperyc) long dustyd) straight hot	ain, the cyclist w	as worried about the	
9. The a) wrinkled old b) jumping cold c) unlucky happy d) skilful young	hockey player s	scored three goals.	
10. The sprinter proudle the reporters. a) shiny new b) broken square c) red round d) rusty yellow	y showed her	gold medal to	

"CRAZY" SPORT COMBINATIONS

Triathlon is multi-event sport. It consists of three events: swimming, road cycling and road running. Imagine a "crazy" combination of two or three Olympic sports. For example, 'diving' and 'discus' could be combined where the athlete has to throw the discus while diving. It could be called the "div-cus". Another unusual combination could be the 'javelin' and 'long jump' where the javelin is thrown while running and jumping. It could be called the "jav-jump". Name and draw a picture of your "crazy" sport combination and write a brief explanation of the rules.