

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 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 sporting event are the Youth Olympic Games based on?

- a) The Olympics
- b) The Asian Games
- c) The World Cup
- d) The Commonwealth Games

8. In what year was the first Winter Youth Olympics held?

- a) 2010
- b) 2012
- c) 2014
- d) 1998

9. In this sentence, what part of speech is the word “young”?
The Youth Olympic Games (YOG) are a multi-sport event for young athletes aged from 15 to 18 from around the world.

- a) noun
- b) verb
- c) adverb
- d) adjective

10. 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

CHINA AND NANJING RESEARCH

Research and write about two of these.

- 1. Porcelain Tower of Nanjing
- 2. Nanjing City Wall
- 3. The Yangtze River
- 4. The Great Wall of China
- 5. The Giant Panda



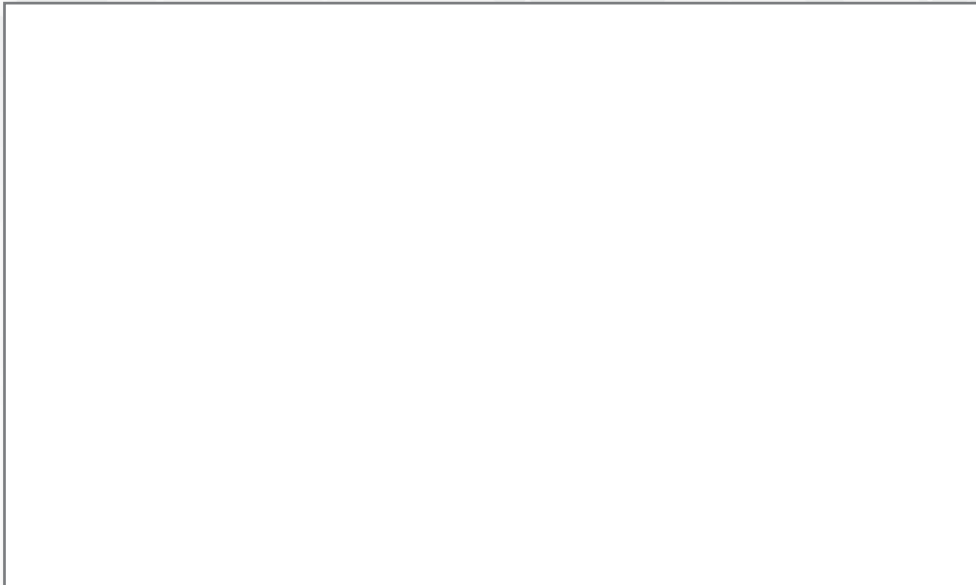
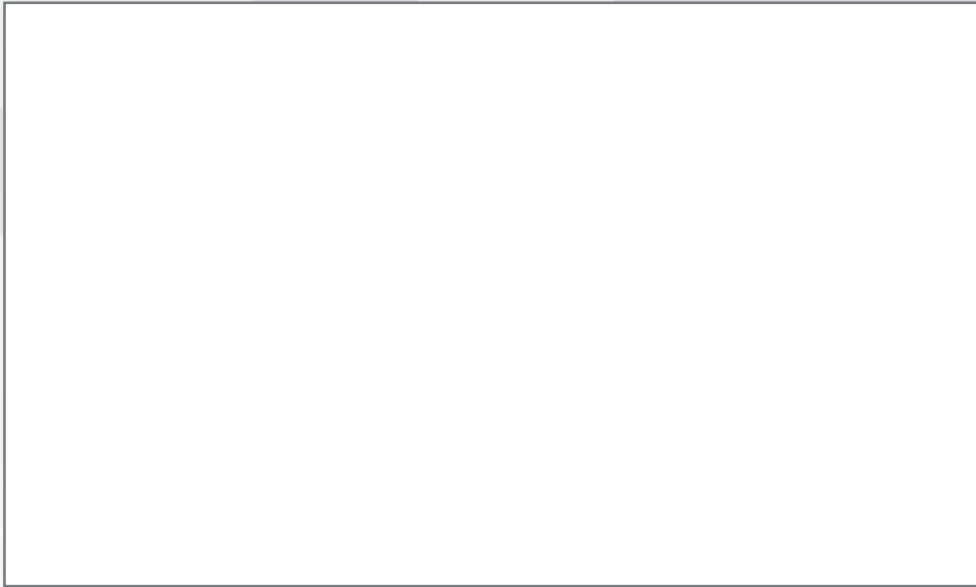
1. _____

2. _____



DRAWING

Draw a picture of a Giant Panda and the Great Wall of China.



NANJING AND CHINA QUIZ

True or False?

1. Beijing is the capital of China.

- a) True
- b) False

2. The population of China is about 100 million people.

- a) True
- b) False

3. Nanjing is situated on the Yangtze River.

- a) True
- b) False

4. China is located in southern Europe.

- a) True
- b) False

5. The city in China with the most people is Beijing.

- a) True
- b) False

6. Argentina and Afghanistan are both countries that have a land border with China.

- 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. Two of the many languages spoken in China are Mandarin and Yue (Cantonese).

- a) True
- b) False

9. The Chinese flag is white with red stars.

- a) True
- b) False

10. The Giant Panda is a symbol of China.

- a) True
- b) False

OLYMPIC SPORT QUESTIONS

1. What sport is played with a stick and a waterproof rubber ball?

- a) Table Tennis
- b) Football
- c) Hockey
- d) Handball

2. Where did Taekwondo originate?

- a) Korea
- b) England
- c) China
- d) Australia

3. True or False

Girls are not allowed to be in rowing events at the Olympic Games.

- a) True
- b) False

4. In Badminton, how many feathers make up the shuttlecock?

- a) 8
- b) 12
- c) 14
- d) 16

5. In what sport do you use a racket?

- a) Basketball
- b) Handball
- c) Tennis
- d) Beach Volleyball

6. In what sport would you use a “foil” and special protective clothing?

- a) Discus
- b) Fencing
- c) Archery
- d) Taekwondo

7. How long are the races in Rowing?

- a) 100m
- b) 500m
- c) 2000m
- d) 10000m

8. In what sport might you see hoops, balls, ribbons and clubs?

- a) Rhythmic Gymnastics
- b) Equestrian
- c) Decathlon
- 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. Which sport is NOT an event in Modern Pentathlon?

- a) Swimming
- b) Show jumping
- c) Pistol shooting
- d) Discus



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) Sports Stadiums

The Nanjing Olympic Sports Centre holds 61000 people. The Aquatic complex holds 4000 people, the Nanjing Olympic Sports Centre Gymnasium holds 13000, and the Tennis Centre holds 4000.

What is the total seating of the four venues? _____

If the main stadium is half full, how many empty seats will there be? _____

If the tennis centre is three quarters full, how many people are there? _____

How many more seats does the Tennis Centre have than the Aquatic Complex? _____

2) Hockey Maths

There are 11 players in a hockey team. If the players are numbered from 1 to 11, what is the total of all the players numbers if added together?

If the five substitute players are numbered 12 to 16, what is the total of their numbers if added together? _____

What is the total of the numbers of all 16 players? _____



An international hockey match has two periods of 35 minutes and a halftime break of five minutes.

What is the total playing time? _____

If a game starts at 1pm, what time will it be at the beginning of the second half? _____

What time will it be at the end of the match? _____

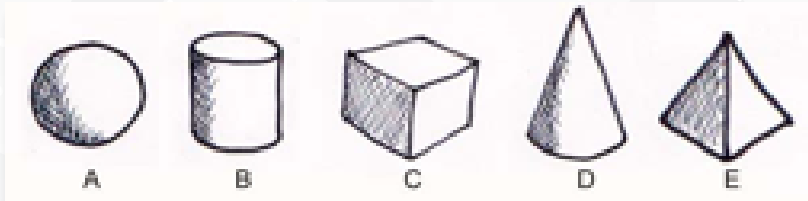
The hockey practice field is 90m x 55m.

What is the perimeter of the hockey field? _____

What is the area of the hockey field? _____

3) SHAPES

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 _____

B _____

C _____

D _____

E _____

What two dimensional shape is a football field 100m x 50m?

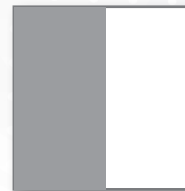
- a) square
- b) diamond
- c) rectangle
- d) oval

How much of this square is shaded?



- a) quarter
- b) half
- c) three quarters
- d) one eighth

How much of this square is not shaded?



- a) quarter
- b) half
- c) three quarters
- d) one eighth



4) Time Brain Teasers

Cindy arrived at training at 2pm. She left at 4:30pm. How long was Cindy training? _____

Connor arrived at training at 3pm. He stayed 2 hours. What time did Connor leave? _____

Jim's team trains for three hours on Mondays, two hours on Wednesdays, and 30 minutes on Fridays.

How long does Jim's team train in one week? _____

How long does Jim's team train in four weeks? _____

How many minutes in three and a half hours? _____

How many hours in three days? _____

How many days in 6 weeks? _____

How many months in 3 years? _____

It takes Ling 2 hours to travel to Nanjing by car.

If Ling leaves home at 11am, what time will she arrive at Nanjing? _____

If Ling leaves Nanjing at 4:30pm, what time will she arrive home? _____

5) Patterns

What number comes next?

8, 10, 12, _____

13, 10, 7, _____

55, 50, 45, _____

2, 10, 18, _____

761, 661, 561, _____

700, 550, 400, _____

1, 4, 9, 16, 25, _____

6) Numbers

What number is 6 less than 100? _____

What number is 7 less than 350? _____

What number is 8 less than 558? _____

What number is 50 less than 900? _____

What number is 100 less than 1350? _____

What number is 101 less than 350? _____

Write the number to balance the equation.

$17 + 3 = 5 + \underline{\hspace{2cm}}$

$5 \times 5 = 20 + \underline{\hspace{2cm}}$

$2 \times 14 = 4 \times \underline{\hspace{2cm}}$

$\underline{\hspace{2cm}} - 8 = 3 + 9$

$19 + 13 = 40 - \underline{\hspace{2cm}}$

$2 \times \underline{\hspace{2cm}} = 30 - 10$

$12 + \underline{\hspace{2cm}} = 8 + 8$

$18 + 18 = \underline{\hspace{2cm}} + 33$

What number is 14 less than 100? _____

What number is 22 more than 98? _____

What number is 18 less than 109? _____



7) Chance

Nina flips a coin that has a 'heads' and 'tails' side.

What is the chance it will land on 'heads'?

- a) unlikely
- b) 50 - 50 chance
- c) very likely

There are 10 balls in the box. (7 red balls, 1 blue ball and 2 green balls)

If Craig takes a blue ball from the box and does not put it back.

Which cannot happen next?

- a) Craig takes a red ball.
- b) Craig takes a blue ball.
- c) Craig takes green ball.

Leon has some dice. He rolls two sixes on his first roll.

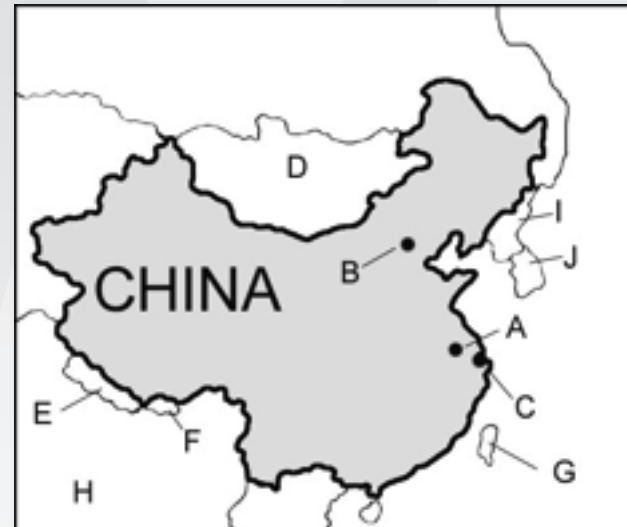
On Leon's second roll:

- a) Leon's chance of rolling two sixes again is improved.
- b) Leon's chance of rolling two sixes again is the same as the first time he rolled the dice.
- c) Leon's chance of rolling two sixes again is less.

Hien and Billie have three cards to choose from. The cards have animals on them, but are hidden. Who has the best chance of choosing the tiger?

- a) Hien
- b) Billie
- c) They both have the same chance

MAP OF CHINA



Locate the following cities: Nanjing, Beijing, Shanghai

A _____

B _____

C _____

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

D _____

E _____

F _____

G _____

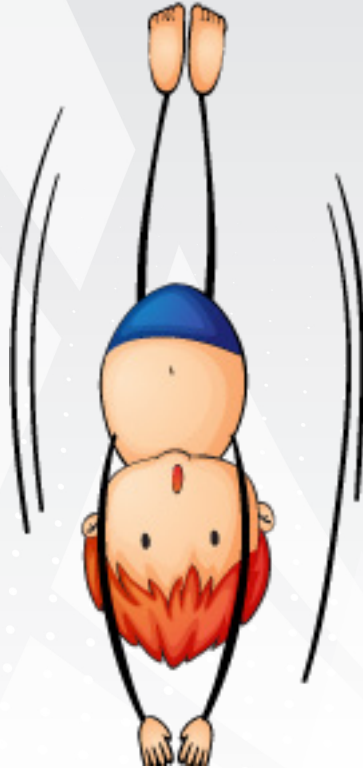
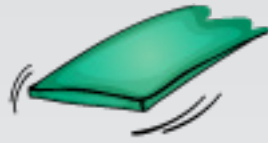
H _____

I _____

J _____

PLACE THESE YOG SPORTS IN ALPHABETICAL ORDER.

- Equestrian _____
- Basketball _____
- Sailing _____
- Handball _____
- Tennis _____
- Canoe-Kayak _____
- Golf _____
- Taekwondo _____
- Shooting _____
- Aquatics _____
- Badminton _____
- Boxing _____
- Football _____
- Cycling _____
- Fencing _____
- Gymnastics _____
- Archery _____
- Wrestling _____
- Triathlon _____
- Hockey _____
- Weightlifting _____
- Judo _____
- Rowing _____
- Athletics _____
- Rugby _____
- Table Tennis _____
- 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.



FIND-A-WORD

G	O	L	Y	S	H	O	O	T	I	N	G
A	R	O	W	I	N	G	F	X	L	O	S
R	N	F	E	N	C	I	N	G	G	L	C
C	G	F	E	N	G	G	A	T	N	H	I
H	T	E	B	E	N	S	E	A	I	T	T
A	Q	U	A	T	I	C	S	I	L	A	S
R	I	C	R	C	X	Y	H	R	I	I	A
C	X	J	U	D	O	C	A	T	A	R	N
H	O	Y	G	H	B	L	B	Y	S	T	M
E	B	C	B	G	N	I	R	U	G	B	Y
R	L	L	A	B	D	N	A	H	X	U	G
Y	E	K	C	O	H	G	O	L	F	R	E

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) I always has fun playing football.
- b) I always have fun playing football.
- c) I always having fun playing football.
- d) I always haves fun playing football.

2. Which word in this sentence is an action verb.

Sally slowly walked up the big hill.

- a) slowly
- b) up
- c) walked
- d) big

3. Which sentence is correct?

- a) what sport will you be playing on the weekend?
- b) What sport will you be playing on the weekend.
- c) What sport will you be playing on the weekend,
- d) What sport will you be playing on the weekend?

4. Which sentence is correct?

- a) Can I borrow your tennis racket please?
- b) Will I borrow your tennis racket please?
- c) Did I borrow your tennis racket please?
- d) Would I borrow your tennis racket please?



5. Which word completes this sentence?

The team walked _____ along the slippery track.

- a) care
- b) carefully
- c) cared
- d) careful

6. Which sentence is correct?

- a) The Nile River is long than the Yellow River.
- b) The Nile River is longest than the Yellow River.
- c) The Nile River is longer than the Yellow River.
- d) The Nile River is longerer than the Yellow River.

7. Which word in this sentence is an abstract noun?

All of our team had fun at training.

- a) all
- b) team
- c) fun
- d) had

8. What is the plural of child?

- a) children
- b) childs
- c) childes
- d) childrens



9. Which sentence is punctuated correctly?

- a) Greg and sally trained with the rest of the team.
- b) Greg and Sally trained with the rest of the team.
- c) greg and Sally trained with the rest of the team.
- d) Greg and Sally trained, with the rest, of the team.

10. Which conjunction would be most suitable in this compound sentence?

Do you want to play basketball, ____ would you like to play football?

- a) but
- b) so
- c) or
- d) for

11. Which word will join these sentences?

Tom went home. He was sick.

- a) unless
- b) so
- c) like
- d) because

12. Which saying verb would be most suitable in this sentence?

"I think my finger is broken," _____ Jackson.

- a) chuckled
- b) moaned
- c) laughed
- d) whispered

13. Which relative adverb completes this sentence?

Do you know the reason _____ Terri is late?

- a) why
- b) when
- c) where

14. Which adverb most closely matches the underlined adverb in meaning? The girls calmly waited for the rain to stop.

- a) angrily
- b) noisily
- c) patiently
- d) slowly

15. Which word in this sentence is an adjective that describes quantity?

Four members of our football team were very sick.

- a) our
- b) four
- c) football
- d) very

16. Which word best completes the sentence?

Can you see the running track over _____?

- a) their
- b) there
- c) they're
- d) they



17. Which word best completes the sentence?

Will you _____ new running shoes?

- a) by
- b) buy
- c) bye
- d) bi

18. Which is the correct relative pronoun?

The basketball _____ hit me was orange.

- a) who
- b) that
- c) whose
- d) whom

19. Which word is a synonym of sincere?

- a) honest
- b) dishonest
- c) insincere
- d) unhappy

20. Which prepositional phrase completes this sentence?

Beth went to the playground _____.

- a) around Sue
- b) from Sue
- c) with Sue
- d) by Sue



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.

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) running (100m sprint)

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

