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Cross-Country Skiing

Cross-country skiing is different from other types of skiing.

Normally, we think about skiing down bunny hills and mountain sides.

Cross-country skiing needs a different type of surface, a flatter one.

Think about what it would be like to strap on a pair of skis and ski across the snow in your backyard during the middle of winter. What if there were no big hills, just mostly flat, snow-covered land? How would you get from one place to another if the land was flat? Well, you



would need to use your muscles to help you. Ski boots, long thin skis, and ski poles will help you, too. The ski poles will help you balance. The poles will also help you pull yourself through the snow. This type of skiing will make a person's heart beat fast. It can be quite a workout! Physically, Olympic cross-country skiers must be in great shape. Cross-country skiing has been an Olympic sport since 1924. There are many different cross-country skiing events. Each one is a little different. There are team relays and individual races. In some races, a large group of skiers all start at the same time. In other races, the skiers go one at a time. In the end, no matter what type of race, the judges reward those Olympians who can cross the finish line in the shortest amount of time.

Cross-Country Skiing

Questions

1. A cr	ross-country ski course is different from other ski courses. It is mostly
	ich of the following is NOT needed to cross-country ski?
	. ski boots
	long thin skis ski poles
	. a downhill slope
	•
•	mpic cross-country skiers are in great shape.
	. mental
	. ski
	. physical . muscle
	, masere
4. Judg	ges reward those skiers who cross the finish line last.
	. true
	not enough information
C	false

A bobsleigh moves very fast. It can go 90 miles per hour. How far could it go in 1/2 hour? Coach Young is teaching us to speed skate. There are 12 children in the class. There are 3 teams of the same size. How many children are on each team?

Ryan won the 500 m race. Connor won the 1000 m race. How much farther did Connor skate than Ryan?

In the snowboard halfpipe finals, Cameron scored 42 points. Aaron scored 39 points. How many more points did Cameron score than Aaron?

Kevin is taking short track speed skating lessons. Each lesson costs \$22. How much will 6 lessons cost?

Short track speed skate boots cost about \$200. The blades cost about \$170. About how much will it cost to buy the boots and the blades?

Noah took 1 hour and 25 minutes to wax his snowboard. He started waxing it at 3:41 p.m. What time did he finish?

Mr. Hall took his family to see the short track races. Tickets cost \$12 for adults and \$8 for children. How much did it cost Mr. and Mrs. Hall and their 3 children to go to the races?

Devin won the 500 m race. Christopher won the 1000 m race. How much farther did Christopher skate than Devin? Coach Wilson is teaching us to speed skate. There are 20 children in the class. There are 4 teams of the same size. How many children are on each team?

Find a clock. What time is it right now?

Round 63 to the nearest 10.

If you know 83 + 21 = 104 Then what is 83 + 18?

There were 18 people in the snowboard contest. Only 1/3 of them made it to the finals. How many people did not make it to the finals?

Eric won the 500 m race. Justin won the 1000 m race. How much farther did Justin skate than Eric?

Short track speed skate boots cost about \$200. The blades cost about \$140. About how much will it cost to buy the boots and the blades?

Jack took 1 hour and 20 minutes to wax his snowboard. He started waxing it at 2:31 p.m. What time did he finish?

Make your own equation.

Circle the number that is smallest.

9,900 9,090

9,009

double 50

Circle the number that is smallest.

70,800 70,080

78,000 70,008

Jason and Alex watched the ski jumping. Then they walked 357 meters to watch the snowboarders. Then they walked 620 meters to their room. How far did they walk in all?

Two men and their bobsleigh cannot weigh more than 858 pounds. If the two men together weigh 442 pounds, how much can their bobsleigh weigh?

Connor took 1 hour and 20 minutes to wax his snowboard. He started waxing it at 2:44 p.m. What time did he finish?

Short track speed skate boots cost about \$190. The blades cost about \$150. About how much will it cost to buy the boots and the blades?

A bobsleigh moves very fast. It can go 90 miles per hour. How far could it go in 1/4 hour? There were 24 people in the snowboard contest. Only 1/3 of them made it to the finals. How many people did not make it to the finals?

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Name: _____

Freestyle Skiing - Ski Cross

Ski cross is a type of freestyle snow skiing. Four skiers go down the slope at the same time, side-by-side. The skiers race down the slope as fast as they can, gaining speed. There are ridges. There are banks of snow and many other challenges on the course, too. The skiers must be able to handle the challenges. They must be able to ski close to others. They must not touch any other skier. They must be able to ski fast without falling. The first two skiers that cross the finish line move on to the next round. Ski cross is like having a foot race with friends. In ski cross, skiers must go fast and be able to stay on their skis!



Freestyle Skiing - Ski Cross

D. all of the above

Questions

1.	How many of the four skier(s) will move on to the next round?
2.	Only one skier is allowed down the slope at a time. A. true B. false
3.	Ski cross skiers try hard not to A. fall B. touch other skiers C. go slower than others D. all of the above
4.	The word "banks" in the passage refers to which of the following definitions? A. places where people deposit and withdraw money B. piles of snow with sloping sides C. rows of flowers

Name: _____

From Mildred to Babe

"Mildred just hit a home run!" That is what the boys from the sandlot used to say. That didn't sound quite right. Mildred was changed to "Babe." Mildred "Babe" Didrikson got her nickname because she batted like Babe Ruth. She kept that nickname the rest of her life.

Mildred "Babe" Didrikson was born on June 26, 1911. She was born in Texas. Her father was a sailor and carpenter. Her mother was a famous skater from Norway. Babe was from a family of seven children. She was number six. All of the children became very good gymnasts. Their father built them gymnastics equipment. They practiced in their backyard. Babe played baseball and basketball too.



Babe went to work for a company in 1930. She did office work. The company had a semi-professional women's basketball team. She was the star. The company decided to start a track and field team. They had a championship meet. Babe was in 8 events. She placed first in five of them. She then was told she could go to the 1932 Olympic Games. Babe won gold medals in three events.

After the Olympics, Babe went back to work. She played basketball again. Her family needed money. Babe decided to turn professional. She also played the harmonica on stages. She pitched in some major league training games. She traveled around the country playing pool. Babe also started her own basketball team. Her team was called "Babe Didrikson's All-Americans." It was for men and women.

In 1933, Babe moved to California. She wanted to start golfing. She took lessons. Her goal was to be a championship player. Babe won her second tournament. In 1938, she entered a tournament in Los Angeles, California. It was only for men. She met George Zaharias. He was a professional wrestler. They were married. George became Babe's manager.

Babe became a professional golfer in 1947. She helped start the Ladies Professional Golf Association. She was voted the Woman Athlete of the Half-Century in 1950. In 1953, Babe became sick. She had cancer. She was told she would never golf again. A few months later she was back. She was winning again. Her medicine was not helping her cancer. Babe Didrikson Zaharias died on September 27, 1956. Her husband set up a fund in her name to help other cancer patients.

Babe was voted Athlete of the Year six times. She helped bring excitement to women's golf. Babe was the first woman to serve as a "pro" at a golf club. She came up with a way to honor female athletes. A trophy is still given to outstanding female athletes. It is called the Babe Zaharias Trophy. Mildred "Babe" Zaharias was an outstanding woman and athlete.

Name	e:	edHelper
om Mi	ildred to Babe	
uest	tions	
	1. What was Mildred Didrikson's nickname?	
	A. Babe B. Billy C. Milly D. Butch	
	2. How did Mildred get her nickname?	
	3. What sport did Babe and her brothers and sisters practice in their backyard?	
	A. football B. gymnastics C. swimming D. baseball	
	4. When Babe went to work for a company, she became the star of their basketball team.A. trueB. false	
	5. In what sport did Babe win three medals in the 1932 Olympic Games?	
	A. field hockeyB. track and fieldC. skiingD. skating	
	6. List 4 things that Babe did to help her family with money.	
	7. Why did Babe move to California in 1933?	
	A. She wanted to learn to surf.B. She wanted to go to the beach.C. She wanted to learn to golf.D. She wanted to see movie stars.	
	8. What was unusual about the tournament that Babe entered in 1938?	

- 9. What organization did Babe help to start after she became a professional golfer?
- 10. Mildred "Babe" Didrikson died of cancer in 1956.
 - A. false
 - B. true



Write a word to describe February.

89 - 6

Expand the number.

8 7

80

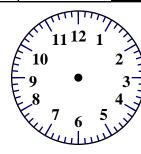
20

8 + = 17

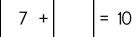
+ 6



current time



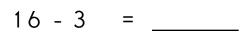
10 minutes later



- O wom
- O wum
- O woorm
- O worm



Write this number using words.



Write the correct symbol.

92,752 91,752



word root ad can mean near or toward

admission, admit

ed	Н	el	n	er
		~_	r	~_

Name: _____

Ring Around the Olympics

Have you seen the Olympic Rings? The Olympic Rings have been a part of the Olympic Games since 1913. Baron Pierre de Coubertin began the modern Olympics. He chose to put the rings on a flag. The design came from Greece. Each ring stands for a big part of the world. The parts are Africa, Asia, the Americas, Europe, and Australia. Each ring has a color. The colors are blue, yellow, black, green, and red in that order. The colors come from flags around the world.



The flag was first used in the 1920 Olympic Games. After an Olympic competition is over, the flag gets passed to the next Olympic host city. The host city then hangs it in their town hall. Then it goes to the Opening Ceremony of the next Olympic Games.

Ring Around the Olympics

Questions

- 1. Who began the modern Olympic Games?
- 2. Mark all of the parts of the world that the rings stand for.
 - A. Africa
 - B. Australia
 - C. Asia
 - D. The Americas
 - E. Europe
 - F. Antarctica
- 3. Use colors to draw the Olympic Rings.
- 4. Why are the colors used for the Olympic Rings?
 - A. Coubertin liked these colors.
 - B. They come from flags all over the world.
 - C. The colors are easy to see.
 - D. Each color stands for an Olympic event.

Name:			edHelper
	The Olympic Flag was first used in 1920. A. true		
<u> </u>	B. falseWhat happens to the Olympic Flag at the end of an Olympic competition?A. It will be packed away until the next Olympics.B. It will be given to an athlete.C. It will hang in the town hall of the next host city.		
7.	D. It will stay in Greece. Why do you think that the flag has a white background?		
8.	Design a new Olympic Flag. Draw it in the space below.		
	Sudoku Sums of 6 row, column, and box must have the numbers 1 through 4. ook for sudoku sums. The sum of the two boxes inside of ashed lines is 6.	90 - 63	
Here	is an example of a sudoku sum of 6:		
	3 4		



