

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

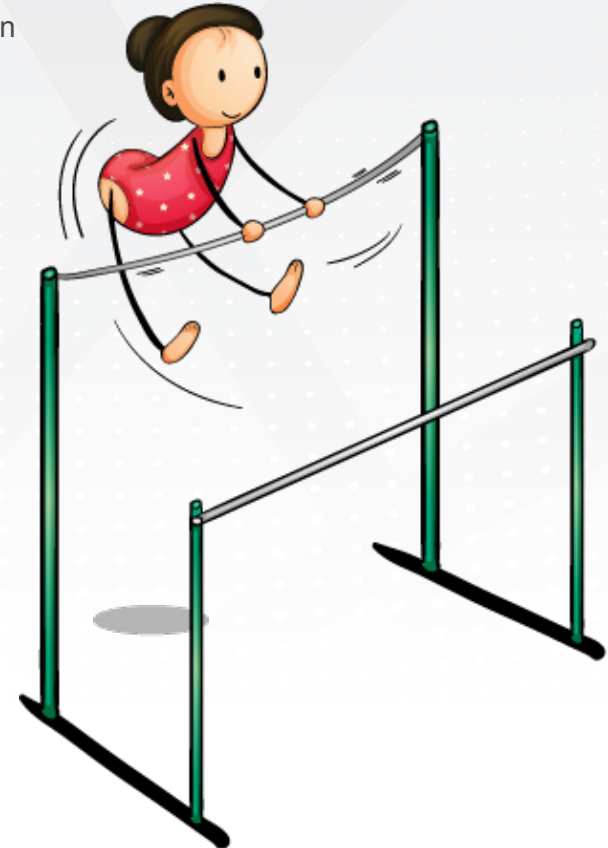
11. “The Youth Olympic Games (YOG) are a multi-sport event for young athletes aged from 15 to 18 from around the world.” In this sentence, what part of speech is the word “young”?

- 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



CHINA AND NANJING RESEARCH

Research, write about and illustrate four of these topics.

1. Porcelain Tower of Nanjing
2. Dr. Sun Yat-sen's Mausoleum (Nanjing)
3. Zhanyuan Garden (Nanjing)
4. Nanjing City Wall
5. The Yangtze River
6. The Great Wall of China
7. The Giant Panda

1. _____

2. _____

3. _____

4. _____



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
3. Nanjing is situated in the Ganges River Delta.
a) True
b) False
4. China is officially known as the People's Federation of Chinese States.
a) True
b) False
5. In China, the capital city is Shanghai and the most populated city is Beijing.
a) True
b) False
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



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

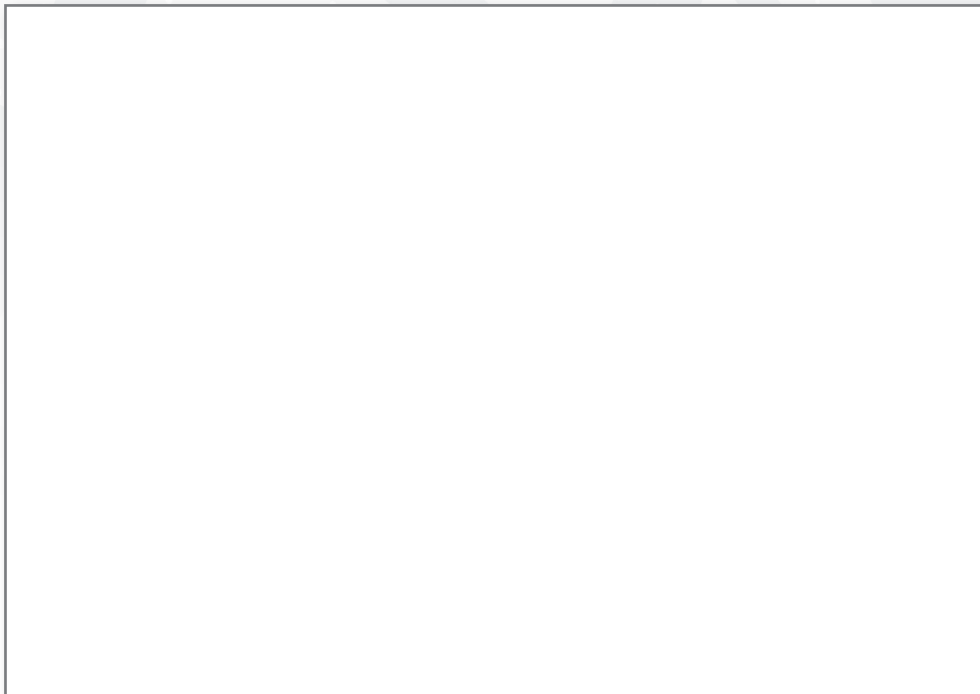


YOG MEDALS

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, ___

3, 4, 6, 9, 13, ___

221, 236, 251, ___

144, 72, 36, 18, ___

407, 306, 205, ___

4, 15, 26, ___

150, ___, 200, 225

2) Adding and subtracting 5 digit numbers

36754

76578

17565

38765

56654+

13767+

39876+

28754+

34543

87665

98765

67543

21221-

41243-

60676-

33707-

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? _____

Peter started training at 11:57 and finished at 13:39. How long did Peter train for? _____

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

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

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? _____

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? _____

c. How many 28cm lengths of ribbon can be cut from a reel 980cm long? _____

d. 53 boxes have a combined weight of 2703kg. What does each box weigh? _____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? _____mL

f. There are 16 apples in a bowl. Jamie ate 25% of the apples. How many apples are left? _____

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? _____

Which field had the smallest area? _____

Which field has the largest perimeter? _____

Which field has the smallest perimeter? _____

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

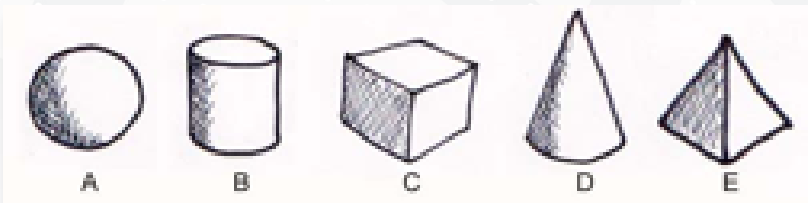
Which of these is correct?

- 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 _____
- B _____
- C _____
- D _____
- E _____

8) Equations

$12 \times 7 + 66 = \underline{\hspace{2cm}}$

$33 + 7 \times 6 = \underline{\hspace{2cm}}$

$1500 - 4 \times 350 = \underline{\hspace{2cm}}$

$3 \times \underline{\hspace{2cm}} = 9 + 27$

$161 - 143 = 6 \times \underline{\hspace{2cm}}$

9) Volume

How many millilitres in 6.025 litres? _____

$0.7L = \underline{\hspace{2cm}} mL$

$0.5L + 2L + 75mL = \underline{\hspace{2cm}} mL$

10) Prime numbers

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

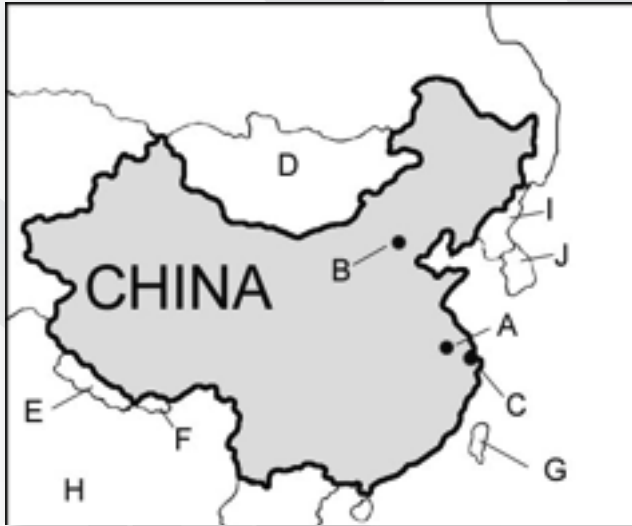
Only two of these numbers are prime numbers.

- 268 339 1654 157 738 669 75 141 199

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



MAP OF CHINA



Locate the following cities: Nanjing, Beijing, Shanghai

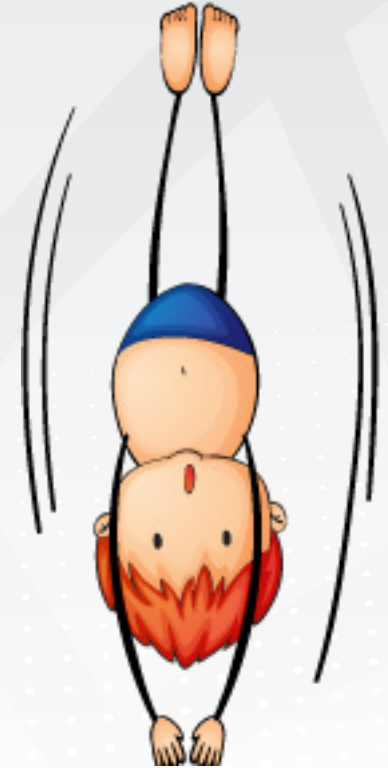
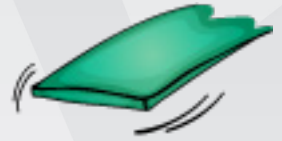
- A _____
- B _____
- C _____

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

- Which sentence is correct?
 - The handball team have seven players.
 - The handball team has seven players.
 - The handball team haves seven players.
 - The handball team having seven players.
- Which sentence is correct?
 - The coach were not happy that you was late to training.
 - The coach was not happy that you is late to training.
 - The coach was not happy that you were late to training.
 - The coach is not happy that you is late to training.
- Which conjunction completes the sentence?
Andy went to the park ____ waited for the rest of the team.
 - so
 - and
 - or
 - when
- Which interjection is most suitable?
____! I'm tired after running up that hill.
 - Phew
 - Wow
 - Hi
 - 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
Swimming - 1500m freestyle	Tennis
Diving	Shooting
Boxing	Running 100m
Golf	Running 10000m
Rugby	Shot put
High jump	Lawn bowls

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? _____

What things should they avoid eating? _____

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

ADJECTIVES

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
- d) weighty square



6. The sprinter pulled her _____ running shoes from her bag.

- a) heavy broken
- b) slippery wrinkled
- c) lucky red
- d) sloppy quiet

7. The _____ runner eventually finished the marathon.

- a) agile jumpy
- b) heavy singing
- c) nimble laughing
- d) tired injured

8. After the overnight rain, the cyclist was worried about the _____ road.

- a) dry long
- b) wet slippery
- c) long dusty
- d) straight hot

9. The _____ hockey player scored three goals.

- a) wrinkled old
- b) jumping cold
- c) unlucky happy
- d) skilful young

10. The sprinter proudly showed her _____ gold medal to the reporters.

- a) shiny new
- b) broken square
- c) red round
- d) rusty yellow

“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.

