



# CANADIAN OLYMPIC ACTIVITY CHALLENGE



## SNOWBOARD

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Snowboarding combines skills similar to surfing and skateboarding. It became very popular in the 1980s as an alternative to skiing. The International Snowboard Federation was soon formed, and they worked hard to earn Olympic recognition. Since it was added to the Olympic program in 1998, Canada has won 7 medals. This includes 3 golds!

Unlike skiing, snowboard uses a single board. The boots are attached to the board, and the athletes slide sideways down the hill. By using the edges of the board, snowboarders can control their direction and speed. There are five Snowboard events in the Olympic Winter Games: Giant Slalom, Snowboard Cross, Halfpipe, Slopestyle and Big Air.

There are two racing events. In the Giant Slalom, the snowboarders race each other on separate courses, while the Snowboard Cross athletes race head-to-head on the same course. In both events, the slower athletes are eliminated from each round until only the fastest snowboarders race for the medals.

There are three events where the snowboarders are scored as they perform different tricks. The judges award points for technique, style, and difficulty. Halfpipe athletes compete on a course that looks like a giant tube that has been cut in half. They are scored for their jumps and the height they achieve as they fly up above the edges of the pipe. Slopestyle athletes do tricks over railings, boxes, and jumps. The Big Air snowboarders race down a long jump, fly up into the air, and perform a single trick jump before landing.



# SNOWBOARD TRIVIA

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## HIGHLIGHTS



Ross Rebagliati

- Before the snowboard, there was the “snurfer.” This was a single board with a rope at the front and no bindings. It was like a surf board for the snow. Over time, snurfing competitors started showing up to race with boards that more closely resemble snowboards.
- Snowboard made its Olympic debut at the Nagano 1998 Olympic Winter Games. Canada’s own Ross Rebagliati won the first ever Snowboard Olympic gold.
- Canada has won 3 gold medals in snowboarding (Ross Rebagliati, Maëlle Ricker, and Jasey-Jay Anderson).

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## FEATURED ATHLETE



### BAPTISTE BROCHU

OLYMPIC HOPE PYEONGCHANG 2018


Baptiste Brochu started snowboarding at an early age in Saguenay, Quebec. Success on the North American Snowboard Cross circuit allowed him to move quickly from the national development group to the senior national team. With several top 10s and a few World Cup podiums under his belt, Baptiste now looks to qualify for his first Winter Olympic Games and bring home a medal for Canada at PyeongChang 2018.


# SNOWBOARD ACTIVITIES

Described below are Daily Physical Activity snowboard activities that can be used in the classroom and gym. Have fun!

## SLOPESTYLE BALANCE CHALLENGES

Slopestyle is an event where the athletes must perform a series of tricks as they descend the slope. Judges score their ride to determine the winner. While success depends on many things, balance is always key. The following challenges help develop balance while encouraging team work.

 **Participants:** various groupings depending on challenge

 **Space:** gymnasium or any other wide space

 **Equipment:** none

### ACTIVITY DESCRIPTION:


- **Back to Back Challenge:**  
Students sit on the ground back to back with a partner. Partners work together to get up from a seated position.
- **Sitting Stand Up:**  
Students sit facing their partner with their feet next to their partners' feet. Partners grasp hands. On the count of three, they pull each other up to a standing position. Count to three and squat down sitting back into the starting position.
- **Back to Back Stand Up:**  
Students sit back to back with their partner and interlock arms. On the count of three, they stand up pushing through their legs and into partner's back. Again, on the count of three, push against their partner to return to a sitting position.
- **Team Circle Challenge:**  
Students stand in a circle facing in the same direction. Instruct the students to move closer together until it is possible for them to all sit down on the knees of the person behind them. If they sit down at the same speed, and balance one another, they can make a complete circle. Note: this may be a bit of an invasion of personal space for some students. Encourage those unwilling to participate to coach the class along to complete the challenge.


### ACTIVITY EXTENSIONS:


**Human Knot:** Divide students up into groups of 5-7. Each group stands in a circle facing inwards. Students join hands with someone across the circle so that each person is holding hands with two different people. On "go", the students must work together to untangle the knot.

# “BOOGIE BOARD BALANCE”

Snowboarding requires excellent balance and coordination skills, the ability to use the core muscle groups to control and direct the board. This activity teaches students to use their arms, lower body and core to control the board, and to distribute their body weight for increased control.

 **Participants:** groups of 3 – 4

 **Space:** gymnasium or safe open space

 **Equipment:** “Boogie or skim board” for each group, one 2’ length of 2”X4” wood boards for each group. If boogie/skim boards are not available, use two lengths of 2”X4” wood boards for each group. Some schools have balance boards that can be used for this activity.

## SET UP:

- Place the 2”X4” board flat on the floor and the boogie/skim board on top of it in a perpendicularly fashion. The boogie/skim board should be balanced across the 2”X4”.
- If a boogie/skim board is not available, place the two 2”X4” wood boards in a cross formation on the floor so that one is balancing across the other.

## ACTIVITY DESCRIPTION:

- Taking turns, each student stands on top of the boogie/skim board facing in the direction of the 2”X4”. They balance the board by shifting their body weight.
- Students compete against each other to see how long they can maintain their balance.

## ACTIVITY EXTENSIONS:

- Teachers can ask the students to experiment with different foot placements on the board, and notice how foot placement changes the complexity of the challenge (e.g., feet close together or feet wide apart).
- Tell the students to “get tall” and “crouch low”. Encourage them to note the difference in their balance. Getting low keeps center of mass over the base of support (feet and board), and is a much better position for snowboarding.

# “AIR TIME”

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PyeongChang 2018 will be the first time that the Big Air competition is held at the Olympic Winter Games. In this event, the snowboarders race down a long jump, fly up into the air, and perform a single trick jump before landing. They need exceptional skill and strength as they complete their trick and land with perfect control. This activity lets students practice some simple tricks in the air.



**Participants:** groups of 4



**Space:** gymnasium or safe outdoor space



**Equipment:** gymnastics vault box, high jump mat or gymnastics mats. If a school does not have access to a vault box, any stable surface of reasonable height (30-40cm) that allows the student to get “air” can also achieve the same purpose. Some outdoor play spaces can also be used so long as the landing area is appropriate.

## SET UP:

Place high jump or gymnastic mats at the end of the vault box to create a soft landing surface.

## ACTIVITY DESCRIPTION:

- Taking turns, students stand on the vault box above the landing mats.
- They jump up, and tuck their knees to their chest to perform a tuck jump, landing on the soft mat. Practice this a few times.
- Have students try a star jump. When in the air, they spread their arms and legs to form the shape of a star, bringing their legs back together in time for landing.

## ACTIVITY EXTENSIONS:

- Students can be encouraged to wear ski helmets and full ski clothing to experience the feel of this equipment while exploring different positions.
- Practice performing a 180 or 360 on solid ground. Once confident, allow students to try a 180 from the vault box.

# BRINGING IT TO THE CLASSROOM

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Canada heads to PyeongChang 2018 with high hopes for its Olympic snowboard team. Use the Internet to research who will be representing Canada in the snowboard. Draw a poster about one of the Canadian medal favorites. At the bottom of the poster, write a paragraph about the athlete and their event.

## INSTANT ACTIVITY:

Only have a minute of classroom time to get up and be active? This activity will get the heart pumping. Snowboarders need strength and coordination to perform tricks and to race down the slope.

Stand with your feet shoulder width apart. Jump up, do a 180 degree turn, and land in a similar position. You should now be facing the other direction. How many can you do in one minute?