



SCHOOL PROGRAM

THE PERFORMANCE

VIDEO LEARNING ACTIVITIES

(Grade 6 and up)

PRE-READING

"No need to be nervous when you are prepared."

Kelsey Serwa, Olympic Ski Cross Gold Medallist

Olympians put everything into their performance. All of the hard work and preparation come down to a single defining moment. Will it end in success or disappointments? It can be a lot of pressure. This video tells the story of how Canada's Olympians competed at their best to reach their own goal at the PyeongChang Winter Olympics Games. It features athletes who prepared well, had a plan, worked together, and captured the energy of the moment.

Whether it's a big test, a piano recital, or a soccer game, sometimes you have to perform your best when it counts. It can be a bit nerve wracking. As you watch this video, listen to how the Olympians describe their pressure moment. Hear how they prepare, plan, and work together. Notice how even in individual events, they have a team behind them of supporters.



THINK IT

Life will be filled with moments that you want to be at your best. Performing on demand is a skill everyone can learn. Think about a time when you had to be at your best. Were you nervous? How did you prepare? Did it work out well? **Write down a few words as prompts for your story.**

SAY IT

Share your story with a partner. After listening to each other's story, re-tell the other person's story. Add in some things that they could have done differently to enhance their performance. Write down some performance tips based on both of your stories.

Secrets to performing big when it counts: _____

PERFORM IT

In groups of six, use a cell phone or tablet to create a video. Have each person present their tips to performing big. Maybe your group will decide to focus on only one aspect of performance such as overcoming nervousness or preparing for the big game. It is your choice. **Share your videos with your class.**

