



SCHOOL PROGRAM

THE PERFORMANCE

VIDEO LEARNING ACTIVITIES

(Grade 2-3)



PRE-READING

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

Kelsey Serwa, Olympic Ski Cross Gold Medallist

Olympic athletes have to be at their best when it counts. They can't be too nervous. They have to compete to be their best.. This video tells the stories of our Olympic athletes. It shows them performing under pressure at the 2018 Games.

Sometimes you need to be at your best. Maybe you have a test, a recital or a big game. It is normal to get nervous. Watch the video and see how Olympians do their best when it counts. Hear how they train, plan, and work as a team.



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. What did they do that helped them perform well? What could they do better? Write down some performance tips based on both of your stories.

Tips to performing when it counts: _____

PERFORM IT

Stay in pairs. Pretend one of you has just won an Olympic medal. Pretend that the other one of you is a sports reporter interviewing the medal winner. Ask how they did it and what tips they would give to kids. Reverse roles.

