



SCHOOL PROGRAM

THE PERFORMANCE

VIDEO LEARNING ACTIVITIES

(Grade 4-5)

PRE-READING

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

Kelsey Serwa, Olympic Ski Cross Gold Medallist

If you are an Olympic athlete, so much comes down to your performance on the day. A bad race or game when it counts, and years of hard work end with some disappointments. If you're able to handle your nerves and let your hard work and preparation shine, there're good chances you can reach your goals. This video tells the story of Olympians competing at their best at the PyeongChang Winter Olympics Games. They prepared well, had a plan, worked together, and captured the energy of the moment.

Sometimes you need to be at your very best for a big test, recital, or game. It can be a bit nerve wracking. As you watch this video, listen to how the Olympians describe their moment. Hear how they prepare, plan, and work together.



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 pairs, pretend one of you is an Olympic medallist and one is a sports reporter. Have the sports reporter interview the medallist. Ask how they did it and what tips they would give to kids. Reverse roles. Present your interviews to the whole class as a performance.

