



SCHOOL PROGRAM PROGRAMME SCOLAIRE

BE OLYMPIC • SOIS OLYMPIQUE



The Dufour-Lapointe Sisters



Maxime, Justine, Chloe



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FRIENDSHIP



There are no more famous Canadian Olympic siblings than Maxime, Chloe, and Justine Dufour-Lapointe. The three sisters stormed onto the world freestyle skiing scene more than a decade ago and captivated the hearts of Canadians as they raced to the top of podiums around the world. It was obvious to their fans that the three sisters had a deep and lasting friendship. The world could see that these women were there for each other through good times and difficult times.

This learning resource tells their story and explains what being close friends involved.

As they traveled the world, trained together, worked through conflict, celebrated victories, and consoled defeats, they grew closer and closer as friends and siblings.

When you have a close relationship with a sibling or best friend, you have someone that will be there with you during the best and worst times. These friendships develop through bringing out each other's best, respecting differences, talking through conflict, and supporting the other person. This resource gets students thinking about what it means to be this sort of sibling or friend.



SCHOOL PROGRAM

CANADIAN OLYMPIC SCHOOL PROGRAM: TEACHING VALUES THROUGH OLYMPIC STORIES

Olympic stories of triumph and disappointment can engage learners in discussions about important value issues. Through the stories and challenges of Olympic athletes, children and youth can explore and connect values to their lives, and perhaps begin to see their world in new and different ways.

Teaching Guide for Educators

Current curriculum theory emphasizes the importance of reinforcing values education messages through narratives, storytelling, art, posters, drama, and physical movement, activities based on the stories, events, ceremonies and symbols of the Olympic Games stories have school-wide relevance.

The Olympic Values

The core Olympic Values are identified as Excellence, Respect and Friendship. The narratives which follow highlight these values. When you engage your learners with these narratives you will be expanding their moral and physical understanding and capabilities.

Stages of the Learning Sequence

Successful learning is built upon a carefully scaffolded series of steps that connect to students' prior understanding, actively process or practice new information, and finally transform their understandings into powerful demonstrations of learning.

Each values story is presented at three reading levels: Grades 2-3, Grades 4-5, and Grades 6-7. The accompanying activities are sufficiently open-ended to address a diverse range of learning styles and proficiencies. They focus on six main facets of understanding:

Explaining, Interpreting, Applying, Taking Perspective, Empathizing, and Developing Self-Knowledge. These critical thinking skills are woven into all three stages of the learning sequence in order to promote deep understanding of the values and concepts.



SCHOOL PROGRAM



LEARNING ACTIVITIES

CONNECTING: Building a foundation for new learning
(All Grades)

Think of your favorite sibling or best friend. On a piece of paper, write down five reasons why they are a good friend. As a class, discuss some of things that make someone a good friend or close sibling.

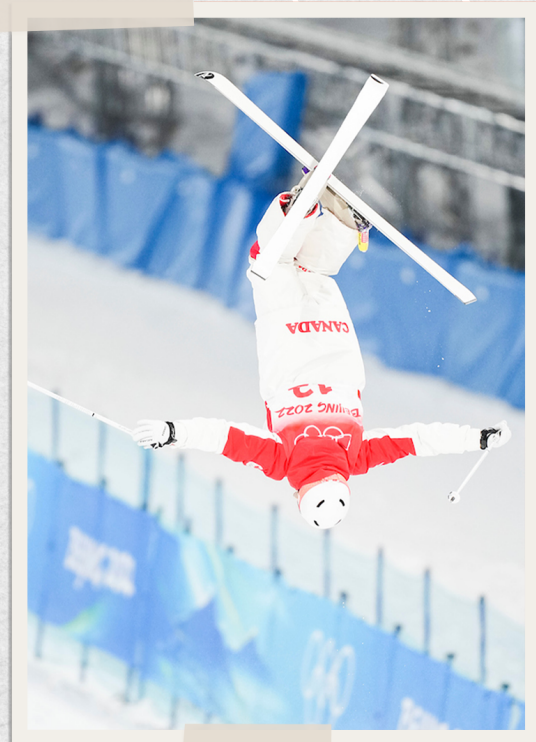
PROCESSING: Using strategies to acquire and use knowledge
(All Grades)

Ask the students to read the story silently on their own.
Reread the story with the students.
Use these discussion questions to guide the class in processing the story.

1. How do you know that the sisters are close friends?
2. How do you think the sisters managed being close friends and competitors?
3. The sisters spoke of talking through conflicts. How do you try to work through conflict with your friends? What works and what doesn't work?
4. What do you do to support your friends or siblings when they are sad or disappointed? How do you like to be supported when you are feeling sad?

TRANSFORMING: Showing understanding in a new way
(All Grades: *worksheet developed for each reading level*)

Ask the students to use the worksheet to reflect on the four tips of being a good friend.



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THE DUFOUR-LAPOINTE SISTERS

FRIENDSHIP

The sounds of “Oh Canada” ring out at the Sochi 2014 Olympic Winter Games. Justine Dufour-Lapointe climbs to the top of the podium to get her gold medal for women’s moguls. The silver medal goes to her sister Chloe. They hold hands as a strong symbol of sisterhood. Their older sister, Maxime, placed 12th. It was a successful day for the three of them.

The sisters were young when they started skiing with their family. Their mother would coax Justine down the hill with the promise of chocolate. Maxime was too adventurous to refuse a challenge. Soon she was following her friends onto the harder runs filled with moguls.

Moguls are big bumps on a steep hill. Skiers must make their way between them. It is exciting and more than a little risky. Maxime loved the thrill and soon was competing.

In competition, mogul skiers are timed as they race down between the bumps and perform two jumps. Their run is judged on style. The result combines their time and their score. Maxime’s success inspired her younger sister Chloe to join the fun.

At first, Justine preferred the social parts of skiing. She was not serious about competing. That changed when she saw Chloe ski at the Olympic Games in Vancouver.



It wasn't long before the three Dufour-Lapointe sisters were at the top of the medal podiums, making national teams, and traveling to World Cup races.

They were always there to support and motivate each other. "It was a shared experience," explains Maxime. "No matter where we were in the world, we always felt at home being together."

The training was difficult, but being together as sisters helped. "There was always one of us that was more motivated than the others," recalls Chloe. "We knew how to talk to each other to get the others motivated."

Anyone with a close friend or a sibling knows that sometimes there are disagreements. Living close together at training camps or at competitions can be hard on even the best of friendships. When conflict happened, they were able to talk it out.

"We could have had hard discussions, because it was coming from a place of love and respect," remembers Justine.

"Sitting down and talking things through drew us closer," adds Maxime.

They realized that they were each different people. They came to respect the differences. That acceptance, helped them to be there for each other during the good times and the tough times.

"We always felt that we had a shoulder to cry on or someone to celebrate with," explains Justine.

Never were the emotions of being sisters more tested than at the Beijing 2022 Olympics. Justine entered having had a rough season. But as a gold and silver Olympic medallist, she was a favourite. Chloe was ready for what would be her last Olympic competition. The pressure was on, but the sisters were ready.

Justine raced down the first set of moguls in the first final, and launched into her first jump. She landed well and skied toward the second set of moguls. Disaster hit! She crashed!

She had lost her pole and her hopes of a medal were gone. She got up and asked for help retrieving her pole. Gathering herself, she completed the run. There was no way she was going to quit.

"I knew I had to finish. It needed all the courage I had left," says Justine.

Chloe was told of the crash. Right away she felt her sister's pain. Even though she was skiing in the competition, Chloe found Justine and hugged her. She told Justine to be proud of her successes.

Maxime was also there as an athlete mentor. The three sisters hugged, cried, and prepared to face the media. Maxime helped Justine to be ready to speak from her heart and let Canadians see her emotions.

Justine's message was simple: "I never gave up on my dream, and fought so hard to get there. I did everything I could to do my best and it was a bad day."

Life isn't always easy. When you have a brother, sister, or a good friend, you'll always have someone to share the good times and tough times. You will always have someone to push you upward and celebrate the victories. This is what the Dufour-Lapointe sisters are all about.

F R I E N D S H I P





BEING A GOOD FRIEND OR SIBLING

The Dufour-Lapointe sisters are best friends. Use this worksheet to help reflect on the Dufour-Lapointe sisters' tips on friendship.

1. Good friends bring out the best in each other

Siblings and good friends inspire, motivate, and celebrate each other's successes.

What are three things that you can say or do to bring out the best in your sibling or friend?

2. Good friends respect each other's differences

Since we are all different, we can't expect our friends and siblings to think like us or be the same as us. We need to accept them for who they are as unique people.

What are some differences between you and your closest sibling or friend?



BE A GOOD FRIEND



3. Good friends talk through conflict.

Sometimes friends and siblings disagree. Talking these over helps strengthen the relationship.

Think of a time when you and a sibling or friend had a fight. What could you have said to help resolve the conflict?

4. Good friends are there for both the good times and bad times.

Describe a memory of how you were able to help a sibling or friend when they were sad. What did you say to comfort them?

