



# Winter Olympics In APE

# Skiing

**Skiers need strong arms  
to help them get downhill!**

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# Bobsled

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**Bobsled teams need strong legs to run and jump into their bobsled!**

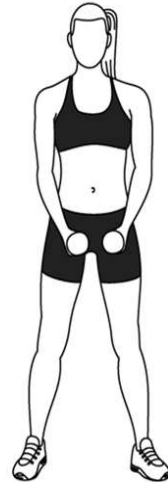




# Curling

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**Curling teams need strong arms to slide their stone down the ice rink!**

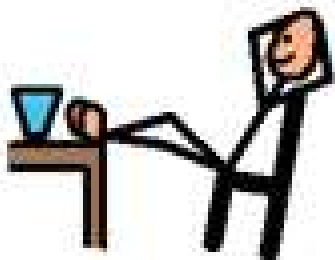


# Figure Skating

Figure skaters need a strong core to perform challenging movements on the ice!

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Break





# Ice Hockey

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**Hockey players need strong  
legs work together to get  
their puck into the net!**



# Speed Skating

Speed skaters need to move at fast speeds to beat their opponents!





# Luge

Luge athletes use their knees and shoulders to steer their sled!

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# Snowboarding

**Snowboarders need a strong core to drive their board down the hill!**

**:15**



# Question of the Day

How do you feel after PE?

1



Great!

2



OK