



Winter Olympics In APE

Skiing

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

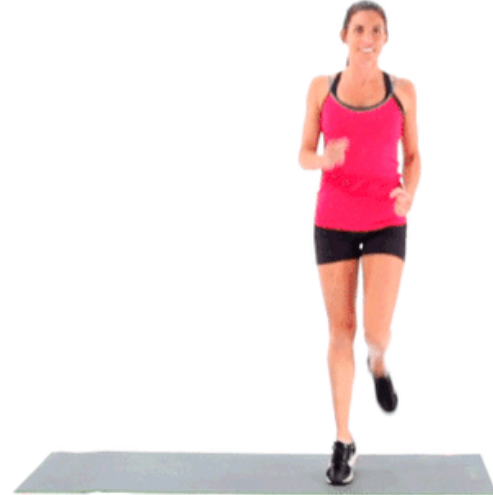
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Bobsled

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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!

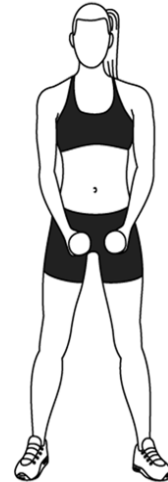
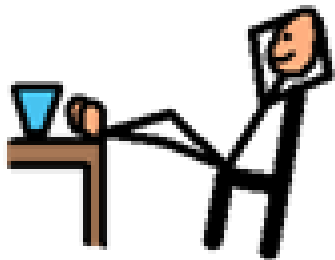


Figure Skating

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!

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Question of the Day

How do you feel after PE?

1



Great!

2



OK