

# Army Trail studies Winter Olympics

*Physical education lessons include skeleton, luge, snowboard*

Army Trail School preschool through 5th grade students are going all out for the Winter Olympics as they participate in a special Physical Education unit prepared by teacher Gale Stafford.

Early last week, the students began the three-week unit, learning about the Olympics, competition, and teamwork. When they came to class, students watched a short video that showed an Olympic event. They then participated

in races using PE equipment modified to imitate the Olympic event of the day.

The youth are assigned to represent a country and they earn points for that country. A gold medal is worth 3 points, a silver medal, 2, and a bronze medal, 1. At the end of each day, points are added up and displayed on a score sheet for all to see.

Participants could also earn extra credit for their country/team by writing a paper on either the country, a Winter

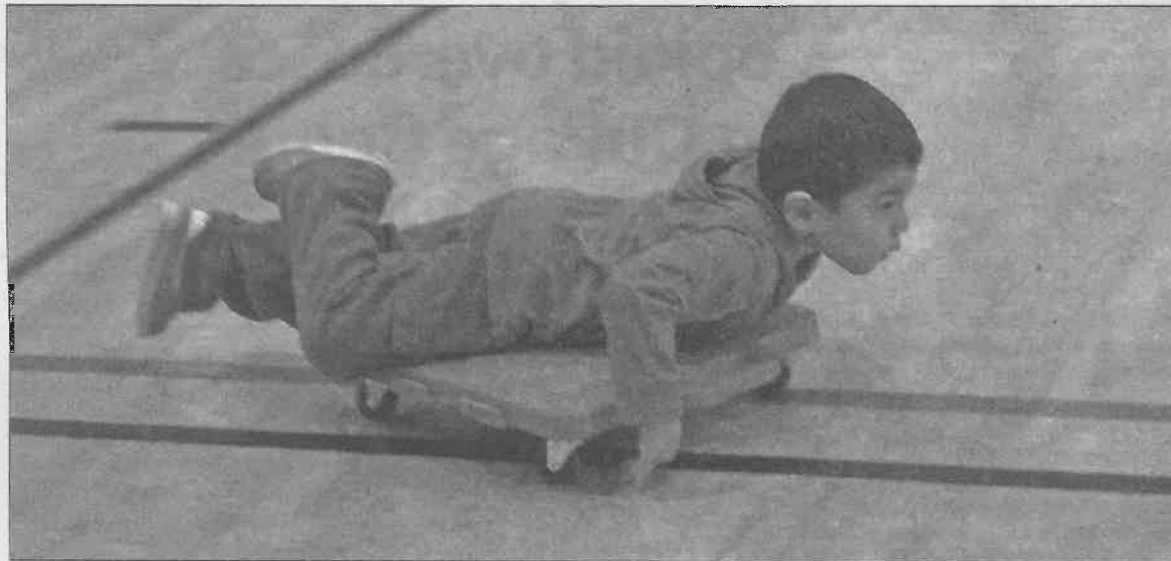
Olympics event, or a Winter Olympics athlete. The extra credit papers are worth 5 points each and will be displayed in the gym.

The first week competitions began with participation in indoor PE versions of luge, the skeleton and the snowboard. Week #2 will feature cross country skiing, speed skating, the biathlon, hockey, and curling. The final week will have bobsled racing competitions.



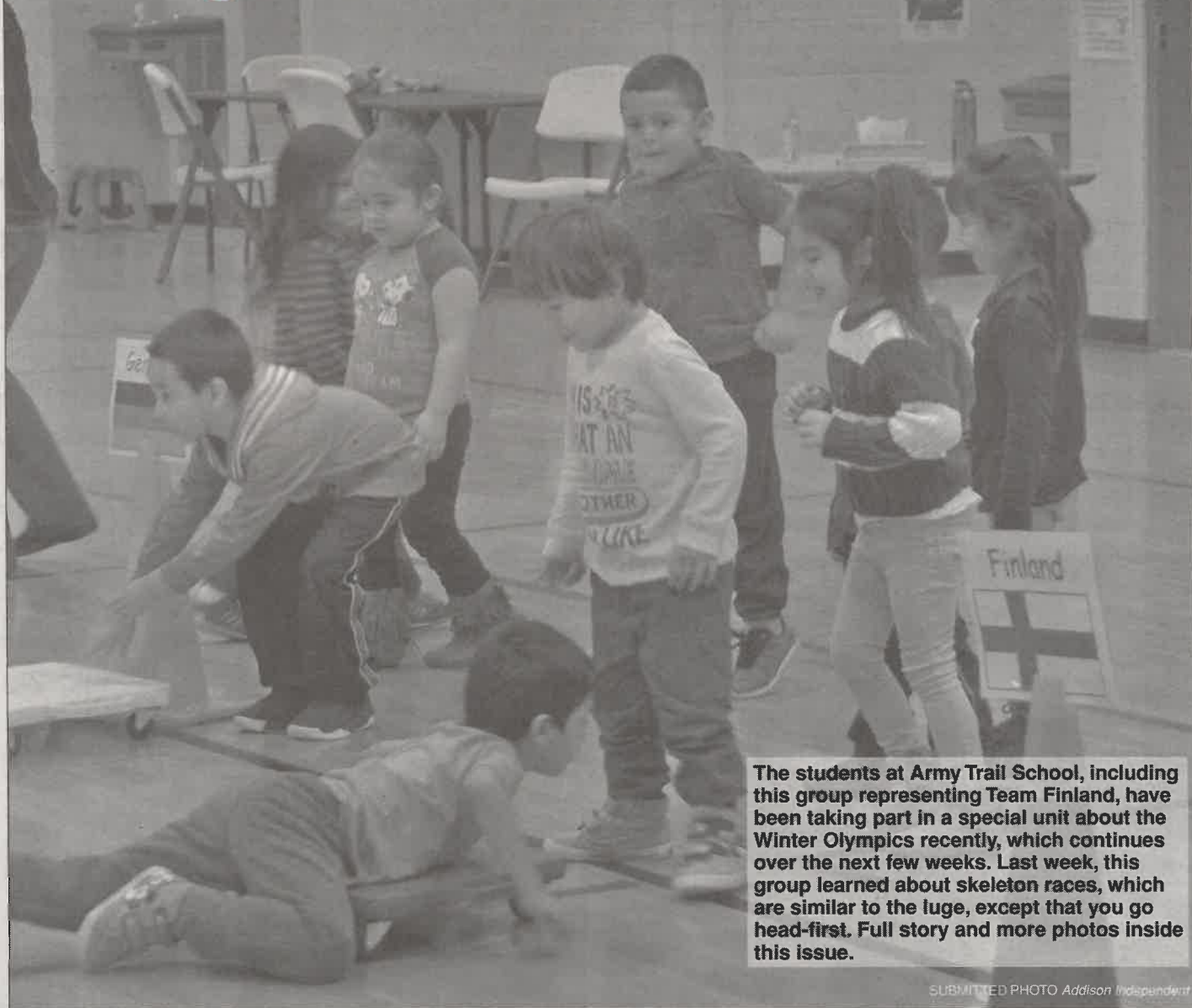
SUBMITTED PHOTOS Addison Independent

A group of Army Trail students play the role of Team Finland in their PE Class, as one participant takes off in a "luge." It was a unit about the Winter Olympics designed to teach lessons in all the Olympic sports. Besides the luge, some students learned the skeleton or the snowboard.



This student demonstrates a Winter Olympics sport known as the skeleton, which is similar to the luge, except the athlete goes head-first on their stomach. PE students at Army Trail will study other Olympic events over the next few weeks.

# Winter Olympics come to Army Trail School



The students at Army Trail School, including this group representing Team Finland, have been taking part in a special unit about the Winter Olympics recently, which continues over the next few weeks. Last week, this group learned about skeleton races, which are similar to the luge, except that you go head-first. Full story and more photos inside this issue.