

# Figure Skating (Kunstskøjteløb)

Figure skating is a sport in the Winter Olympics. Skaters skate on ice with music. They jump, spin and glide across the ice. The sport is about balance, control and style.

Skaters wear ice skates with sharp blades and a colorful, shiny costume with glitter.

In competitions, skaters perform a short program and a long program. They must skate to music and are not allowed to stop. Judges give points for jumps, spins and style, and skaters lose points if they fall. Figure skating is popular in Russia, Canada and the United States. Russia has won the most medals.



## Vocabulary

Figure Skating: Kunstskøjteløb

Spin: Pirouette

Competitions: Konkurrencer

Perform: Optræde

Judges: Dommere

Skates



Sharp blades

# Ice Hockey

Ice hockey is a sport in the Winter Olympics. Players skate on ice and play with a puck. They pass and shoot the puck. Ice hockey is a fast and physical sport.

Players wear ice skates, a helmet, gloves and pads to protect their body. They use a stick to score goals. The ice is very slippery, so the puck and players glide fast.

In games, two teams play in three periods of 20 minutes. Ice hockey is popular in Canada, Russia and the United States. Canada has won the most medals in ice hockey at the Winter Olympics.



## Vocabulary

Pass: Aflevere

Fast: Hurtig

Physical: Fysisk

Pads: Beskyttelsesudstyr

Slippery: Glat



# Ski Jumping

Ski jumping is a sport in the Winter Olympics. Jumpers ski fast down a hill and jump into the air. They try to fly far and land safely. Ski jumping is about speed, balance and courage.

Jumpers wear long skis, a helmet, a ski suit and goggles. The suit helps them fly in the air, and the helmet protects the head.

In competitions, jumpers get points for distance and style. Ski jumping is popular in Norway, Germany and Japan. Norway has won the most medals in ski jumping at the Winter Olympics.



## Vocabulary

Jumpers: Skiløbere

Hill: Bjerg

Safely: Sikkert

Courage: Mod

Competitions: Konkurrencer



# Speed Skating

Speed skating is a sport in the Winter Olympics. Skaters skate very fast around an indoor ice track. They try to get the fastest time. Speed skating is a fast and hard sport. Skaters wear long skates, a tight skating suit and a helmet for safety. The suit helps them skate fast, and the skates help them glide on the ice.

In games, skaters skate different distances. They skate many laps, depending on the race. Speed skating is popular in the Netherlands, Norway and South Korea. The Netherlands has won the most medals in speed skating at the Winter Olympics.



## Vocabulary

Ice track: Skøjtebane

Tight: Tætsiddende

Safety: Sikkerhed

Glide: Glide

Laps: Omgange

Helmet



Tight skating suit

Long skates



# Snowboarding

Snowboarding is a sport in the Winter Olympics. Riders stand sideways on a snowboard and ride down a slope. They turn, jump and do tricks. Snowboarding is a fast and physical sport that needs balance and control.

Snowboarders wear warm clothes, boots, a helmet and usually goggles to protect their eyes from snow, wind and sun.

In games, riders compete one at a time. Judges give points for tricks, height and style. Snowboarding is popular in the United States, Canada and Switzerland. The United States has won the most medals in snowboarding at the Winter Olympics.



## Vocabulary

Sideways: Sidelæns

Slope: Bjergskråning

Halfpipe: Rampe

Slopestyle: Bane med hop og rails

Judges: Dommere



# Alpine Skiing

Alpine skiing is a sport in the Winter Olympics. Skiers ski fast down a mountain on snow. They turn around gates and stay on the course. Alpine skiing is a fast and hard sport.

Skiers wear skis, ski poles, boots, a helmet, goggles and ski clothes. The helmet protects the head, and the skis and poles help skiers control speed and balance.

In games, skiers compete in events like slalom and downhill. The goal is to reach the finish line in the fastest time. Alpine skiing is popular in Austria, Switzerland and Norway. Austria has won the most medals in alpine skiing at the Winter Olympics.



## Vocabulary

Mountain: Bjerg

Gates: Porte

Course: Banen

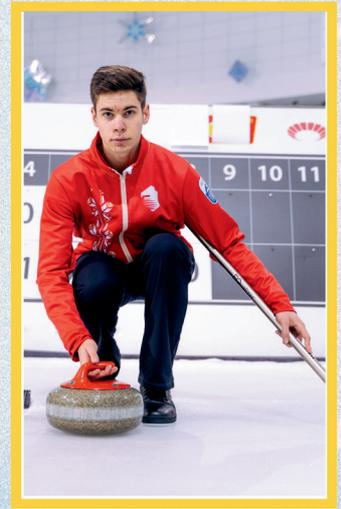
Protects: Beskytter

Downhill: Styrtløb



# Curling

Curling is a sport in the Winter Olympics. Players slide a heavy stone across the ice towards a target called the house. They work as a team and try to get their stones closest to the center. Curling is a calm but tactical sport. Players wear special shoes and use brooms to sweep the ice. Sweeping helps the stone move faster and straighter. In games, two teams play against each other and take turns sliding the stone. Teams score points when their stones are closest to the center of the house. Curling is popular in Canada, Sweden and Scotland. Canada has won the most medals in curling at the Winter Olympics.



## Vocabulary

Target: Mål

Calm: Rolig

Tactical: Taktisk

Brooms: Koste

Sweep: Feje



# Biathlon (Skiskydning)

Biathlon is a sport in the Winter Olympics. Athletes ski fast across snow and stop to shoot at targets with a rifle.

Biathlon is a hard sport that needs speed, focus and control.

Athletes wear skis, poles, a ski suit and carry a rifle on their back. They must ski fast but stay calm when they shoot.

In games, athletes ski several laps and stop to shoot. If they miss a target, they get a penalty, such as skiing extra laps.

Biathlon is popular in Norway, Germany and France.

Norway has won the most medals in biathlon at the Winter Olympics.



## Vocabulary

Targets: Mål skiver

Rifle: Riffel

Calm: Rolig

Laps: Runder

Penalty: Straf

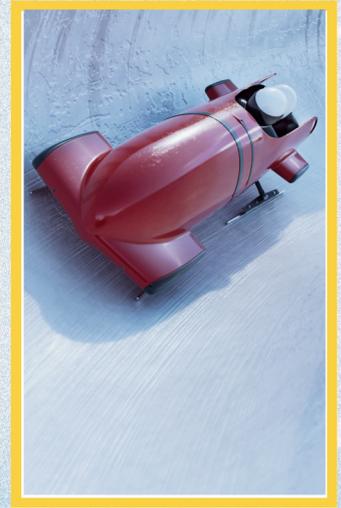


# Bobsleigh (Bobslægde)

Bobsleigh is a sport in the Winter Olympics. Athletes ride in a fast sled down an icy track. The team pushes the sled to start and then jumps in. Bobsleigh is a very fast and physical sport.

Athletes wear a helmet and a special suit to protect their body. The sled moves very fast on the icy track, and athletes must stay in control.

In games, teams race against the clock. The fastest team wins. Bobsleigh is popular in Germany, Canada and Switzerland. Germany has won the most medals in bobsleigh at the Winter Olympics.



## Vocabulary

Athletes: Atlet

Fast: Hurtig

Sled: Slæde

Icy track: Isbane

Physical: Fysisk krævende

Helmet



Suit

# Skeleton

Skeleton is a sport in the Winter Olympics. Athletes lie head first on a small sled and slide down an icy track. Skeleton is a very fast and dangerous sport that needs courage and control.

Athletes wear a helmet and a tight suit to protect their body. They steer the sled with small movements of the head and shoulders.

In games, athletes compete to get the fastest time.

Skeleton is popular in Germany, Great Britain and the United States. Germany has won the most medals in skeleton at the Winter Olympics.



## Vocabulary

Sled: Slæde

Icy track: Isbane

Courage: Mod

Steer: Styre

Movements: Bevægelse

