

# Winter Sports (Snow)

Snowy places are a great place to visit if you want to try different activities, but the cold weather means that you need to wrap up warm. Have a look at these two activities that people like to do on the snow.

## Skiing

Skiing is a sport where people enjoy travelling across the snow on skis. Skis are long, thin pieces of plastic or wood that move smoothly over the snow.

There are two different activities that skiers enjoy:

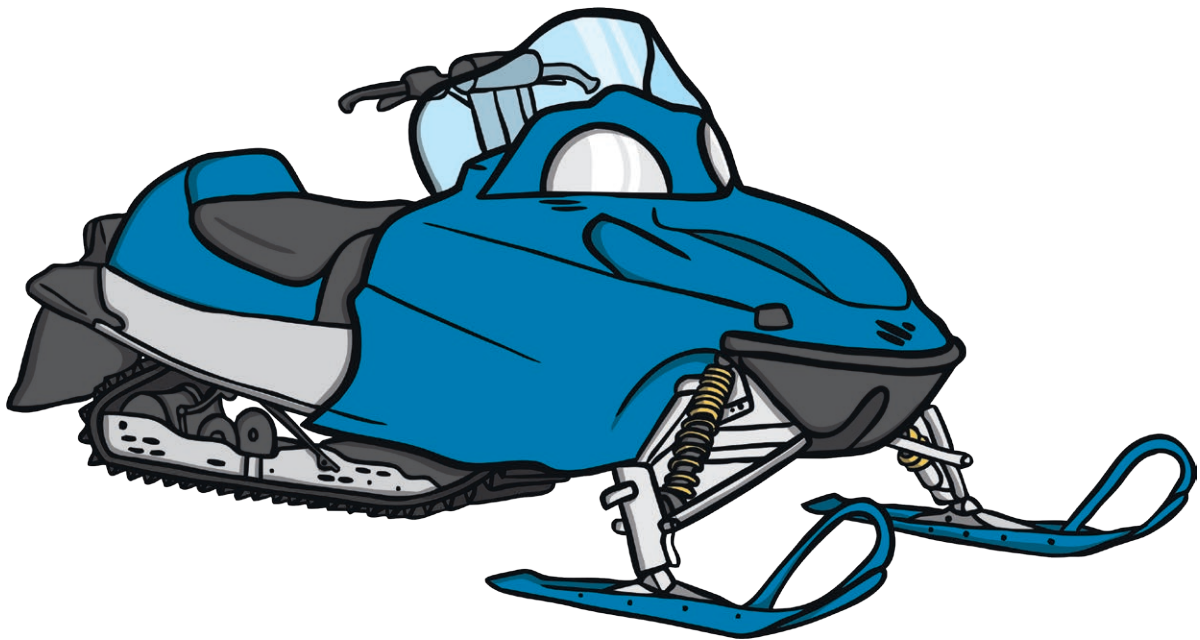
- Downhill skiing - This is sometimes known as alpine skiing. The skiers travel quickly down the hill, sometimes moving in and out of flags.
- Cross-country skiing - This is sometimes called Nordic skiing. The person moves across the snow, just like they are walking.



### Snowmobile

Some people enjoy travelling across the snow on a snowmobile. A snowmobile is a large ride-on vehicle that either one or two people can sit on. You ride it a bit like a motorbike and the engine moves you across the snow at fast speeds. Some people enjoy racing snowmobiles, whilst others use snowmobiles to travel gently from one place to another, enjoying the view on the way!

Whichever activity you enjoy, remember to keep yourself safe and warm! Snowy climates can be very beautiful so have fun!



# Questions

1. What are skis?

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2. What do downhill skiers go in and out of?

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3. What is a snowmobile?

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4. Do snowmobiles travel quickly or slowly?

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5. Finish the sentence: Cold weather means you need to...

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6. Which would you rather do: ski or drive a snowmobile? Why?

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# Answers

1. What are skis?

**Skis are long, thin pieces of plastic or wood that move smoothly over the snow.**

2. What do downhill skiers go in and out of?

**Downhill skiers may travel in and out of flags.**

3. What is a snowmobile?

**A snowmobile is a large ride-on vehicle that one or two people can sit on.**

4. Do snowmobiles travel quickly or slowly?

**Snowmobiles travel at fast speeds (quickly).**

5. Finish the sentence: Cold weather means you need to...

**...wrap up warm.**

6. Which would you rather do: ski or drive a snowmobile? Why?

**Varied answers.**

# Winter Sports (Snow)

Winter sports have become very popular in the last few decades. Some people choose to head to colder climates as part of their holidays. There are many different sports and activities that take place on snow. Here are just two of them:

## Skiing

Skiing can be a mode of transport as well as a sport. It involves the skier wearing skis on their feet and sliding down a snowy slope, sometimes manoeuvring around poles. People have been skiing for thousands of years. The word 'ski' comes from an Old Norse word which means 'split piece of wood'. There are different types of skiing, including alpine and Nordic.

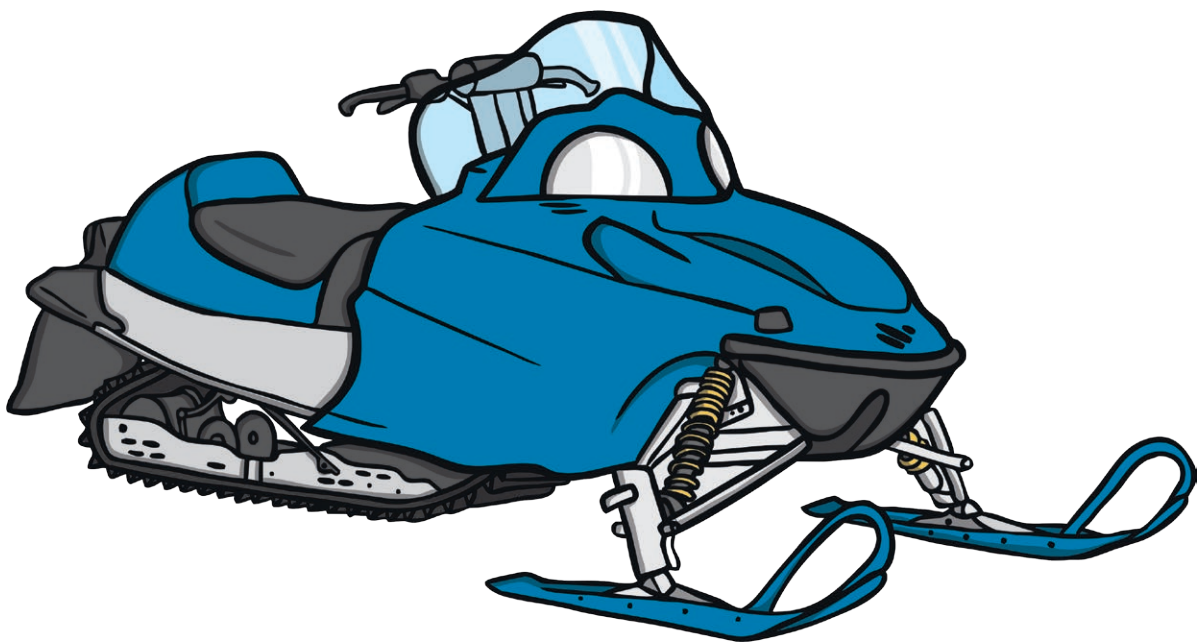
### Different types of skiing:

- Alpine: This can also be known as downhill skiing. The skier skis down a slope, with a chairlift taking them back to the top.
- Nordic: This is also known as cross-country skiing and involves the skier moving across different ground.



## Snowmobile

A snowmobile is also known as a sled or snow machine. It allows people to travel from one place to another in snowy conditions. Most modern snowmobiles are built for one person, although you can get some big enough for two people to ride on and sometimes more. Some can travel as quickly as 100mph.



## Dressing for the cold weather

Whether you are racing downhill on skis or zooming across the frozen landscape on a snowmobile, you need to wrap up warm. Padded coats and jackets ensure that the rider doesn't get too cold. Helmets keep your head warm and protect you in case you fall. Goggles are often worn to protect your eyes from the bright sun reflecting off the snow.

# Questions

1. How long have people been skiing for?

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2. What does the word 'ski' mean?

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3. What is another word for 'alpine skiing'?

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4. How fast can a snowmobile travel?

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5. What two jobs does a helmet do?

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6. Why are these sports normally enjoyed in winter?

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7. How do alpine skiers get to the top of a ski slope to start skiing?

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8. Which would you rather try: alpine or Nordic skiing? Why?

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# Answers

1. How long have people been skiing for?

**People have been skiing for thousands of years.**

2. What does the word 'ski' mean?

**'Ski' means a split piece of wood.**

3. What is another word for 'alpine skiing'?

**Alpine skiing is also known as downhill skiing.**

4. How fast can a snowmobile travel?

**A snowmobile can travel up to 100mph.**

5. What two jobs does a helmet do?

**A helmet keeps the head warm and protects it from injuries.**

6. Why are these sports normally enjoyed in winter?

**These sports are normally enjoyed in winter because it needs to be cold enough to have snow and ice.**

7. How do alpine skiers get to the top of the slope to start skiing?

**People travel using a chairlift to the top of the slope.**

8. Which would you rather try: alpine or nordic skiing? Why?

**Various answers.**



# Winter Sports (Snow)

From enjoying a chilly winter holiday, to competing in fast-paced competitions, people are enjoying more winter sports and activities than ever before. The glistening ice provides a beautiful backdrop for many people to enjoy their favourite pastime.

## Skiing

Skiing is a popular winter sport in many parts of the world. Skiers try to move smoothly across the surface of the snow using narrow skis on their feet, which are attached using special ski boots.

There are many types of skiing, for athletes of all ages to enjoy. Besides alpine skiing, which takes place on steep hills, competitions also take place in cross-country skiing, the biathlon, and freestyle. Cross-country skiing is a race on a long, flatter course. The biathlon is a competition made up of two events which are cross-country skiing and target shooting. Freestyle skiing is also made up of two events - skiing over moguls (which is a race downhill over bumps) and aerials (where competitors ski up ramps, doing twists and turns in the air).

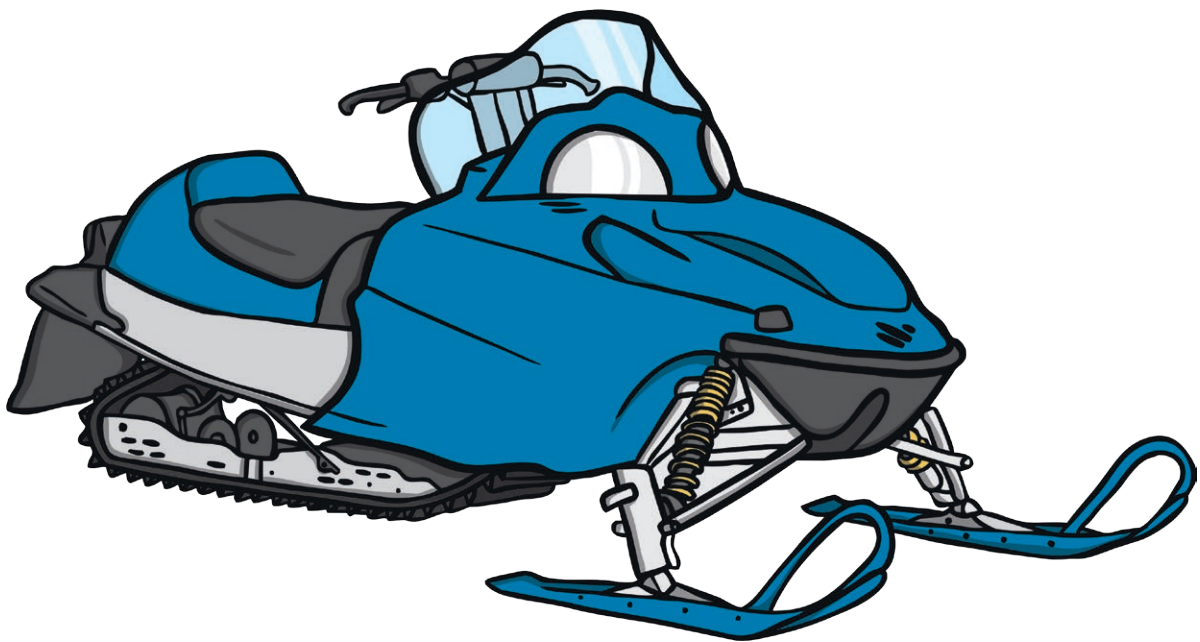


## Snowmobile

A snowmobile is a vehicle that is designed to travel over snow and ice. It is specifically adapted to deal with the low traction (slippery) surfaces. The driver does not sit inside the snowmobile

but actually on the top, just like a motorbike. In the USA and Canada, there are around 230,000 miles of marked snowmobile trails that can be across slopes and between trees. In 2016, almost 127,000 snowmobiles were sold around the world. More and more people are taking part in this exhilarating activity.

Snowmobiling is a great family activity. Adults can drive the snowmobile, with small children sitting behind them. In many winter regions, snowmobiling is the main form of winter outdoor recreation and in some cases the main method of transportation available.



# Questions

1. What do you need to wear on your feet, to attach your skis to?

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2. What are the two parts of a biathlon?

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3. Why do you need good balance to take part in the moguls?

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4. What does 'low traction' mean?

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5. How many miles of marked snowmobile trails are there in the USA and Canada?

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6. Why is snowmobiling a good activity for a family?

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7. What are 'aerials'?

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8. What would you need, to take part in alpine skiing?

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# Questions

9. What is unusual about cross-country, compared to all other kinds of skiing?

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10. What do you think is the hardest part of the biathlon and why?

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# Answers

1. What do you need to wear on your feet, to attach your skis to?  
**You need special ski boots to attach the skis to your feet.**
2. What are the two parts of a biathlon?  
**A biathlon is cross-country skiing and target shooting.**
3. Why do you need good balance to take part in the moguls?  
**The moguls are downhill and over bumps so you need good balance.**
4. What does 'low traction' mean?  
**'Low traction' means slippery.**
5. How many miles of marked snowmobile trails are there in the USA and Canada?  
**There are 230,000 miles of marked snowmobile trails in the USA and Canada.**
6. Why is snowmobiling a good activity for a family?  
**Snowmobiling can be a great family activity because adults can drive the snowmobile whilst the children sit behind them.**
7. What are 'aerials'?  
**'Aerials' are going up ramps, doing twists and turns in the air.**
8. What would you need, to take part in alpine skiing?  
**To take part in alpine skiing, you would need a steep slope and skis.**
9. What is unusual about the cross-country, compared to all other kinds of skiing?  
**Cross-country skiing is the only kind of skiing that happens across the land (like walking), instead of downhill.**
10. What do you think is the hardest part of the biathlon and why?  
**Varied answers.**