

## 1. What are the Olympics?

The Olympics are a big international sports event where athletes from different countries come together to compete. Winners get medals - gold, silver, or bronze - as a reward

## **2. How often do the Olympics happen?**

The Olympics happen every four years.

### **3. What kind of sports are in the Olympics?**

In the Olympics, athletes play different games like running, swimming, jumping, and more.

#### **4. Which sports are included in the Summer Olympics?**

The summer Olympics include sports like athletics, swimming, soccer, basketball, and gymnastics.

## **5. Which sports are included in the Winter Olympics?**

The Winter Olympics include sports like skiing, snowboarding, ice hockey, and bobsleigh,

## **6. Are there special symbols for the Olympics?**

Yes, the Olympic Rings and the Olympic Flame are special symbols

## **7. What is the meaning of the Olympic Rings?**

The Olympics symbol represents the five continents - Africa, the Americas, Asia, Europe, and Oceania. They use the colors blue, yellow, black, green, and red because these colors are on almost all the flags of the countries in the world. It reminds us of friendship and togetherness.



## **8. Who organizes the Olympics?**

The International Olympic Committee (IOC) organizes the Olympics.

# 1. What is volleyball?

Volleyball is a team sport in which players use their hands or arms to knock a ball over a net.

There are two teams, each team has usually got six players. Volleyball can be played indoors or outdoors.

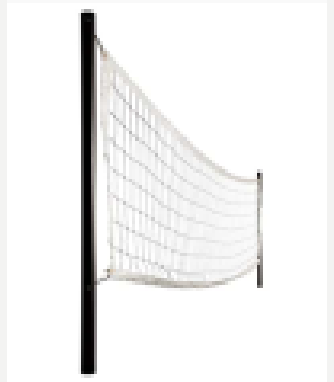


## 2. What do you need to play volleyball?

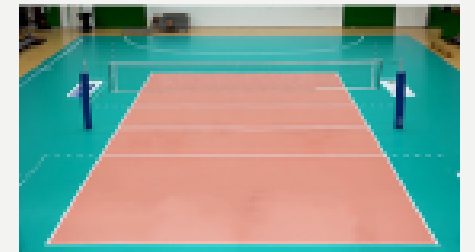


**Volleyball:** It's a soft, bouncy ball. It weighs around 270 grams.

**Net:** A tall net that divides the court into two sides. Your team plays on one side, and the other team plays on the other.



**Volleyball Court:** Volleyball is played on a court that is 9 meters wide by 18 meters long.



**Knee Pads (Optional):** If you want extra protection for your knees, you can wear knee pads while playing



### 3. What are the main rules to play volleyball?

- **Serving:** One team starts the game by serving the ball over the net to the other side.
- **Passing:** After the serve, the other team must pass the ball between each other using their hands or arms to get it over the net.
- **Three Hits:** Each team has up to three hits to return the ball over the net.
- **No Holding:** You cannot catch or hold the ball. It must bounce off your hands cleanly.

- **No Double Hits:** A player cannot hit the ball twice in a row.
- **Scoring:** You get points when the ball lands in the other team's court, or when they make an error. To win the game, a team must score 25 points with a two-point difference.
- **Teamwork:** Volleyball is a team sport, so teamwork is quite important.



# 1. What is ice hockey?

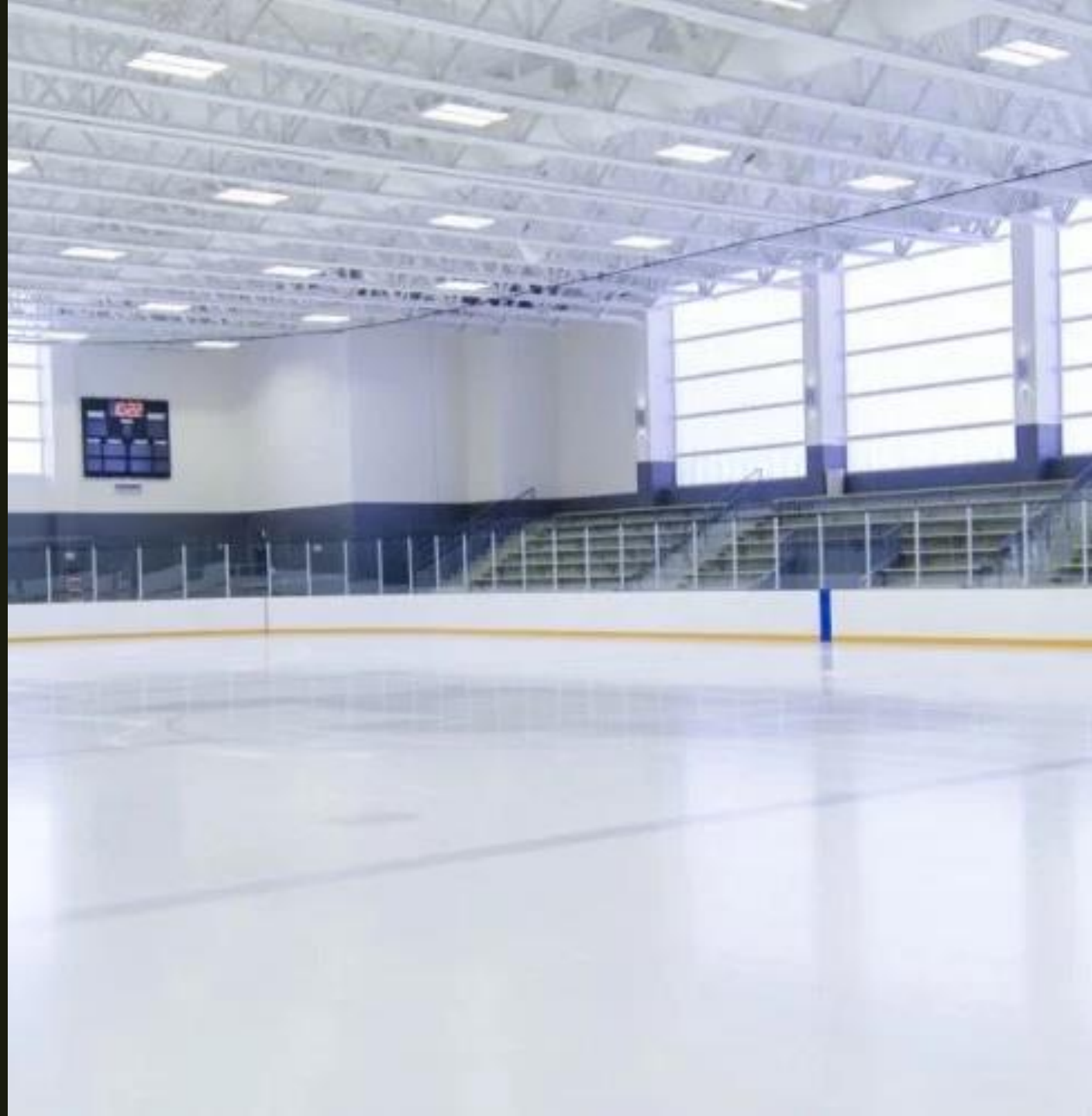
Ice hockey is a **team sport**. It is usually played on an ice surface called a rink. Hockey players wear ice skates and move with great speed on the ice. There are two teams. Each team has six players. A team scores when it moves the puck a small, hard disk into the opponent's goal.

Hockey stick





Ice rink



Hockey helmet



# Protective gear



# Ice skates



Hockey puck



## 2. What do you need to play Ice hockey ?

**Hockey Stick:** It's a long stick made of wood or other materials. You use this stick to hit the hockey puck

**Hockey Puck:** The puck is a small, black, flat disk

**Ice Rink:** Hockey is usually played on an ice rink, a smooth, frozen surface.

**Ice Skates:** You wear ice skates to move quickly and smoothly on the ice.

**Hockey Helmet:** Players always wear a helmet to protect their head while playing hockey.

**Protective Gear:** Some players wear extra padding, like shoulder pads, elbow pads, and shin guards, to stay safe during the game.

### 3. What are the main rules to play ice hockey ?

- **Face-off:** At the beginning of the game and after a goal, there's a face-off at the center of the rink. The referee drops the puck, and players from each team try to get it.
- **Passing and Shooting:** Players use their sticks to pass the puck to their teammates and shoot it into the net.
- **Skating:** You move around the ice rink by skating on your ice skates.
- **Goalie:** The goalie has a special job to defend the net
- **Teamwork:** Hockey is a team sport, so teamwork is quite important.