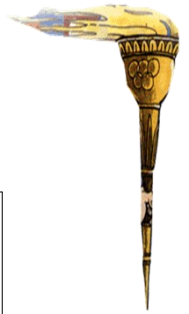


# THE SPECIAL MAGAZINE

Issue 3  
March 2016



This edition is dedicated  
to sport!

Fair play in our languages...



Επιμο παιχνίδι



Uczciwa gra



Chestna igra



Fair play



Joc cinstit



Επιμο παιχνίδι



Juengo limpio



Adil oyun



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# EXTREME SPORTS

EXTREME SPORTS  
ADVENTURE SPORTS  
ACTION SPORTS

## CLIMBING

Climbing is the activity of using one's hands and feet (or indeed any other part of the body) to ascend a steep object. It is done both for recreation and professionally, as part of activities such as maintenance of a structure, or military operations.



Angelos & Giannis

## PARKOUR

Parkour is a training discipline using movement that developed from military obstacle course training. Practitioners aim to get from one point to another in a complex environment, without assistive equipment and in the fastest and most efficient way possible.



Parkour includes running, climbing, swinging, vaulting, jumping, rolling, quadrupedal movement, and other movements as deemed most suitable for the situation.

Parkour is an activity that can be practiced alone or with others.

*“Extreme sports is a popular term for certain activities perceived as having a high level of inherent danger. These activities involve speed, height, a high level of physical exertion, and highly specialized gear”*

Ifigenia,12

## Sandboarding

**Sandboarding** is a board sport similar to snowboarding. It is a recreational activity and takes place on sand dunes rather than snow-covered mountains. This boardsport has adherents throughout the world, most prevalently in desert areas or coastal areas with beach dunes.

It involves riding across or down a dune while standing with both feet strapped to a board, though some sandboarders use a board without bindings. It is less popular than snowboarding, partly because it is very difficult to build a mechanised ski lift on a sand dune, and so participants generally must walk back up to the top. Alternatively, they may ride a dune buggy or all-terrain vehicle back to the top of the dune. On the other hand, dunes are normally available year-round as opposed to ski resorts, which are usually seasonal



## Wingsuit flying

Wingsuit flying is the art of flying the human body through the air using a special jumpsuit, called a wingsuit, that shapes the human body into an airfoil which can create lift.

The wingsuit creates the airfoil shape with fabric sewn between the legs and under the arms. It is also called a birdman suit or



## **BMX**

BMX (Bicycle Motocross) is a form of cycling on specially designed bicycles which usually have 16 to 24-inch wheels (the norm being the 20-inch wheel). The sport includes racing on earthen tracks, known as BMX racing, as well as the performance of tricks on the bikes, called Freestyle BMX.



## Parachuting,

Parachuting or skydiving, is a method of exiting an aircraft and returning to Earth with the aid of gravity, then slowing down during the last part of the descent by using a parachute. It may involve more or less free-fall, a time during which the parachute has not been deployed and the body gradually accelerates to terminal velocity.

Andre-Jacques Garnerin was the first to make successful descents using a canvas canopy from a small basket tethered beneath a hot-air balloon.

Early competitions date back to the 1930s, and it became an international sport in 1952.



While responsible ownership of a vehicle and your body is all well and good, sometimes you have to push the limits to bring the thrill back. Launching a snowmobile off a ramp may not endear you to your life insurance agent, but it will certainly remind you that cars, motorcycles and other motorized machines can do so much more than just commute.

# River rafting

**Rafting** and **white water rafting** are recreational outdoor activities which use an inflatable raft to navigate a river or other body of water. This is often done on whitewater or different degrees of rough water, and generally represents a new and challenging environment for participants. Dealing with risk and the need for teamwork is often a part of the experience. The development of this activity as a leisure sport has become popular since the mid-1970s, evolving from individuals paddling 10 feet (3.0 m) rafts with double-bladed paddles to multi-person rafts propelled by single-bladed paddles and steered by a tour guide at the stern. It is considered an extreme sport, and can be fatal.

Dora, 12



## IF I HAD THE CHANCE, I WOULD GO FOR.....

..... Extreme Biking because I fancy action and adventure.

Yiannis, 12

..... Parkour because it is fun and challenging.

Ifigenia, 12

..... Motorcross because danger and challenge are two things that have been intriguing me for years now.

Angelos, 12

..... Skydiving because it is the adventure of a lifetime and the best way to experience the excitement of freefalling.

Andria, 12

..... White water Rafting because I love taking risks, and being involved in sports that help me come closer to nature.

Dora, 12

..... Mountain biking because I am an adventurous and bold person who loves trying out sports that have to do with balance and endurance.

Themis, 12

OLYMPIC GAMES



Prior to each Game, the Olympic Torch or Flame is lit in Olympia, Greece and brought to the host city by runners carrying the torch in relay. The flame symbolized the death and rebirth of Greek heroes. This tradition began during the ancient Olympics over 2700 years ago in Greece.



**5 circles of Olympics**

The five colours of the rings are blue, yellow, black, green and red. The colours were chosen to represent the five parts of the world which are willing to accept healthy competition. Blue stands for

Sarbia, 11

Europe, Black for Africa, Red for America, Yellow for Asia and Green for Oceania.



**Ancient Olympia**

Ancient Olympia was the most glorious sanctuary of ancient Greece, which was devoted to God Zeus. It was the place where the Olympic games were held.

Whenever the Olympic games began, all wars stopped and the winner was regarded as the king. Only men were allowed to participate in the Olympic games. The Olympic games would be held every four years in Ancient Athens.

The stadium had the capacity of 45,000 seats and viewers. The athletic events that took place back then were: racing, boxing, the Pankration, Pentathlon and Chariot race.

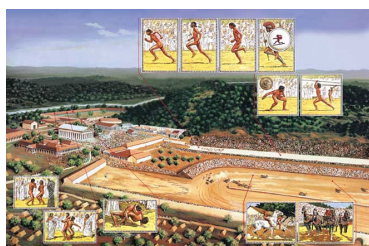
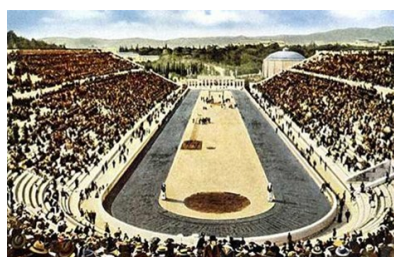
The importance of the Olympic games was religious at the beginning but then it became something more for the ancient Greeks. The prize of winning the Olympic games was an olive wreath. Both the athletes who won the games and the people watching them, felt proud of themselves.

Legend has it saying that the Gods also participated during the Olympic games and whoever won had to hold dinner for the other Gods or the other Gods would give him a present.

The ancient Olympic games were stopped when they were removed by Theodosius the first as an event and restarted in 1821 after the Greek revolution.

Katerina, 11

**"Citius, Altius, Fortius"**  
OLYMPIC GAMES



19th century



21st century

# My favourite athlete

## Interview with Cristiano Ronaldo

**M:** What is your full name?

**R:** Cristiano Ronaldo dos Santos Aveiro.

**M:** When were you born?

**R:** On the 5th of February, 1985.

**M:** Where are you from?

**R:** I am from Portugal.

**M:** What is your height?

**R:** 1.85.

**M:** Why did you want to become a football player?

**R:** Because I love football and I wanted to make my family proud.

**M:** When did you start playing for Real Madrid?

**R:** In July 2009.

**M:** What is your playing position?

**R:** Forward.

**M:** How many golden balls do you have in your possession?

**R:** 3 golden balls.

**M:** When did you start playing for your national team?

**R:** In 2004.

**M:** When was the museum of Cristiano Ronaldo opened?

**R:** On the 15th of December, 2013.



Michael, 10

## Interview with Eleftherios Petrounias

**K:** How old are you?

**E:** I am 20 years old.

**K:** How long have you been going to the gym?

**E:** I have been going to the gym for 16 years.

**K:** When did you start doing gymnastics?

**E:** When I was four years old.

**K:** Do you love your job? The sport you have chosen?

**E:** Yes, it is my passion.

**K:** How do you feel now that you have become an international champion?

**E:** I feel wonderful and proud of myself.

**K:** Do you have enough free time for yourself?

**E:** Yes, I do.

**K:** How do you spend your free time?

**E:** I like to go to the gym as well as practise for about 3-4 hours.

**K:** What do you usually eat? What is your daily diet?

**E:** I usually eat meat, eggs, fish. I do not smoke and I don't drink alcohol.

**K:** Is gymnastics a difficult sport?

**E:** Yes, it is a very difficult and demanding sport. You have to love what you do, be passionate about it and have a lot of strength and patience in order to do it.

**K:** Mr Petrounias, thank you for your time.



Katerina, 11

## Marcos Baghdatis - Tennis player

Marcos Baghdatis is a professional Cypriot tennis player. He was born in Limassol, to a Lebanese father and a Greek Cypriot mother. He has two brothers and a sister who was adopted by his family at just 6 months old.

He began playing tennis at the age of five with his father and brothers. He enjoys playing and watching football and is a supporter of the team “Apollon Limassol” in Cyprus. He trained at the Mouratoglou Tennis Academy in Paris on an Olympic Solidarity Youth Development Programme Scholarship since the age of 13 and learned to speak French.

He received the 2005 Cyprus Male Athlete of the Year award. On 28 January 2006, Baghdatis received an exemption from the otherwise mandatory Cypriot national service so that he could concentrate on tennis.

During the 2010 season, Baghdatis was the only player to beat both Roger Federer and Rafael Nadal while they were world no.1.

On 14 July 2012, Baghdatis married the Croatian former tennis player Karolina Šprem. They had their first child, a daughter Zahara, on 20 October 2012.

Marcos Baghdatis, who has won too many titles throughout his career, is the best tennis player in Cyprus and one of the most successful ones in Europe.



Themis,12

## Pavlos Kontides

**Pavlos Kontides was born in Limassol, Cyprus, on the 11th of February in 1990. He has been sailing since the age of nine years old. In the age of 14 he started training more seriously, turning the sport from hobby into lifestyle. The year 2007 was when big success started for him: firstly by getting the qualification for the Olympic Games in Beijing and, a week later, by winning the gold medal at the ISAF Youth World's Championship. In 2008, at the age of 18, he won the ISAF Youth World's Championship again, making history in sailing as the only athlete who ever managed to win the gold medal twice in Laser class. A month later, he took part in the Beijing Olympics as the youngest athlete in Laser class and got an honorary 13th place. 2009 was a very successful year with two silver medals in World Cups, one of which in England at the venue where the 2012 Olympics also took place, and a bronze medal at the European Men's Championship. At the end of 2010 Pavlo paused his undergraduate studies in Ship Science at the University of Southampton to entirely devote himself to the preparation for the 2012 Olympic Games. That same year he presented a tremendous stability in his results, winning 5th place in the World Men's Championship and 1st place in the under-21-years category. In July 2012 Pavlos saw the culmination of all his efforts: at the Olympic Games, he won the silver medal in sailing in Laser class. Pavlos wrote his name with golden letters in Cyprus history, by giving his country its first ever and long-desired Olympic medal. With this achievement Palos not only inspired a generation, as was the motto of the 2012 Olympics, but he also gave faith and hope to his small country who have been the underdogs at the Olympic Games for many years. In July 2013 Pavlos completed his studies at Southampton University and in November 2013 he won the silver medal on the Laser World Champion in Oman Palos. His overall results gave him a place among the top ten world athletes, reaching up to 4th place in the world ranking, and showed that he rightfully deserves to**



**be among the elite of world sailing. In 2014 he managed to get the 5th place in the Laser European Championship and the 2nd place in the ISAF World Cup in Qingdao – China. Pavlos has also been qualified at the ISAF Sailing World Championships in Santander for the Olympics in Rio in 2016. This is his 3rd qualification for the Olympic Games! However, he is not only a top athlete, but he has also been socially active. In Cyprus, when he has time away from his sailing, Pavlos trains young athletes in sailing, he lectures primary-school students about the importance of sports in our lives and he takes part in charity events.**

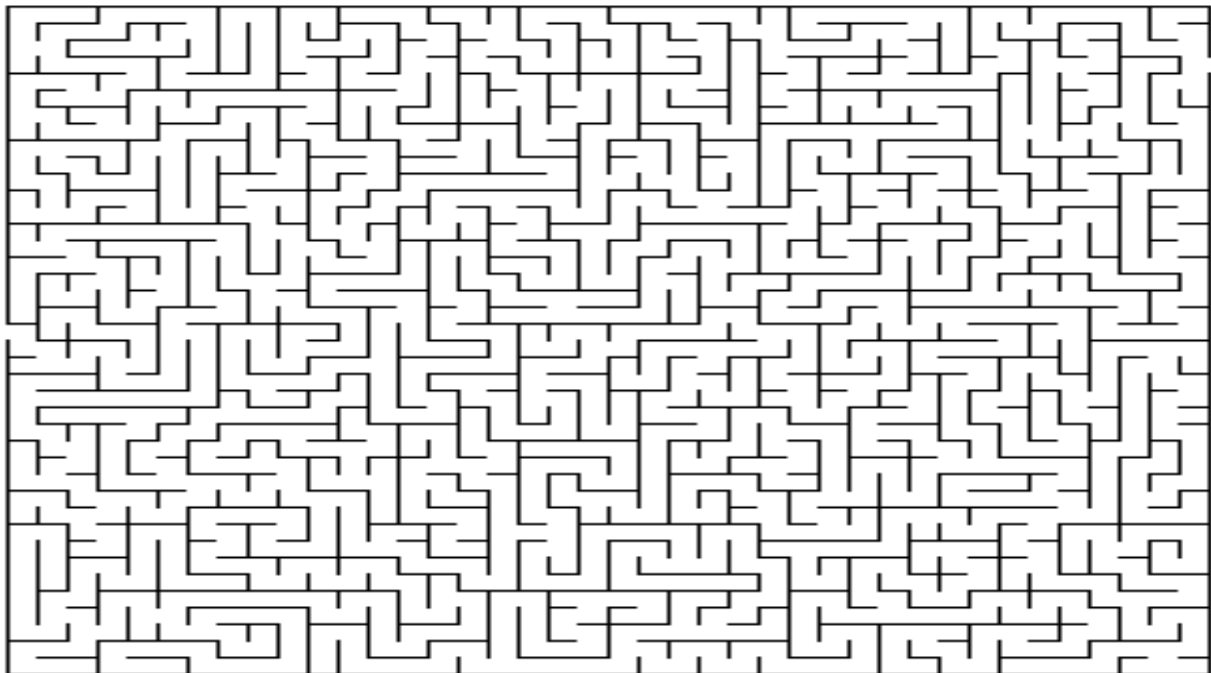
# Activity page

Find the missing sports

Y G A N E A C J B Z L D B S C  
 G N N M A R R A U L M I A C R  
 D N U I O I S C A D N V D I I  
 D A I Q K E R B H O O I M T C  
 P L U C B A D T L E G N I S K  
 O E E A N N Y H S U R G N A E  
 T I L I A E T A B E E Y T N T  
 L L A H F A F Z K O U J O M H  
 L L A B T E K S A B X Q N Y A  
 A P G N I E O N A C K I E G E  
 B S E L A C R O S S E W N T U  
 T P B R S G N I L C Y C N G Q  
 O P E L O T A T H L E T I C S  
 O R E C C O S H O C K E Y B A  
 F N R E D O M G O L F S N P B

- |            |            |
|------------|------------|
| SOCCER     | CRICKET    |
| BASKETBALL | DIVING     |
| CANOEING   | CROQUET    |
| FENCING    | FOOTBALL   |
| GOLF       | HANDBALL   |
| HOCKEY     | JUDO       |
| KAYAKING   | PENTATHLON |
| BADMINTON  | ARCHERY    |

Win your title...



Start










Write the correct name of the sport under the appropriate picture:

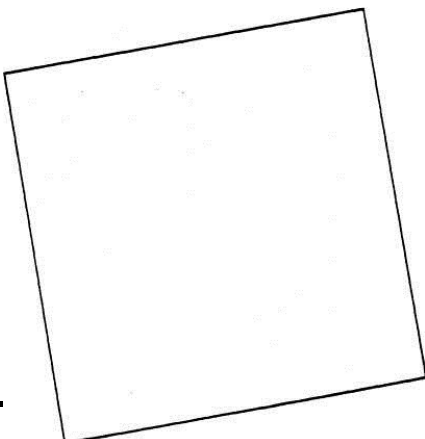
Football, Boxing, Tennis, Basketball, Diving, Water polo, Table tennis, Taekwondo,



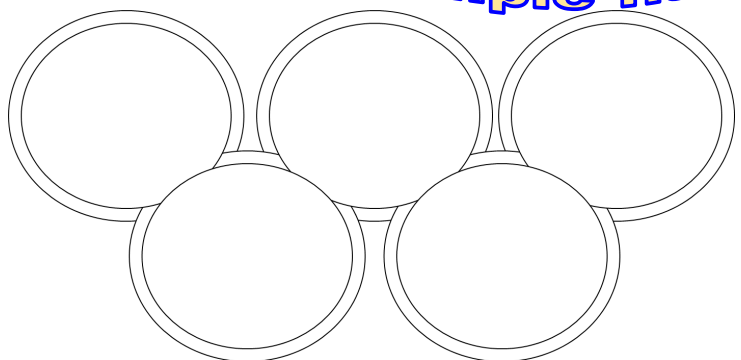
Match the correct mascot to the correct country and date

<u>1976</u> <u>Summer</u> <u>Olympics</u>	<u>Montréal</u>	<u>Amik</u>	
<u>1980</u> <u>Winter</u> <u>Olympics</u>	<u>Lake Placid</u>	<u>Roni</u>	
<u>1980</u> <u>Summer</u> <u>Olympics</u>	<u>Moscow</u>	<u>Misha</u>	
<u>1984</u> <u>Winter</u> <u>Olympics</u>	<u>Sarajevo</u>	<u>Vučko</u>	
<u>1984</u> <u>Summer</u> <u>Olympics</u>	<u>Los Angeles</u>	<u>Sam</u>	

Assume that the Olympic Games takes place in your county. Draw your own mascot.



*Colour the olympic flag*



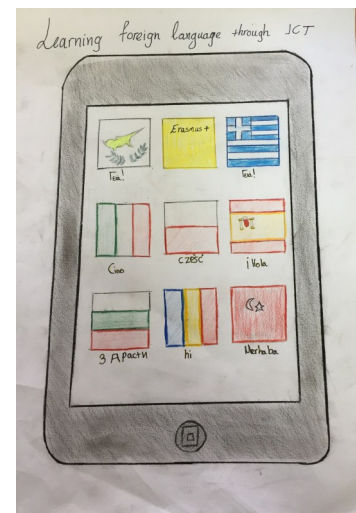
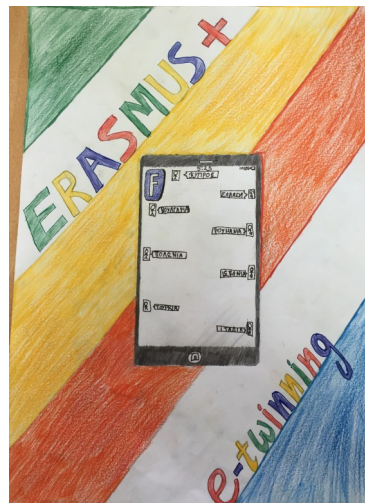
Apesia Primary School  
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**The importance of  
exercise:**

- Controls weight
- Combats health conditions and diseases
- Improves mood
- Boosts energy
- Promotes better sleep
- **Exercise can be fun**



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*Fair play means...*

- ⇒ *Respect regulations*
- ⇒ *Respect the executives and accept their decisions*
- ⇒ *Respect my opponents*
- ⇒ *Give to everyone equal opportunities for participation*
- ⇒ *Always maintain self control*

**When playing in a game. I play  
because I love the game.**