

Name _____



Sports and Recreation in Canada

Canada is a country that loves sports and outdoor activities. Because of its cold winters and snowy landscapes, many popular sports in Canada involve ice and snow. From ice hockey to skiing, Canadians take pride in their sports and even compete on the world stage.

Ice Hockey – The National Sport

Ice hockey is the most popular sport in Canada. It is played on a large ice rink, where two teams of six players each try to score goals by hitting a puck into the opponent's net using hockey sticks.

Hockey is so important in Canada that it is called the national winter sport. Many kids learn to skate at a young age and dream of playing in the National Hockey League (NHL), where famous Canadian players like Wayne Gretzky and Sidney Crosby have become legends. Every year, Canada competes in the Winter Olympics and other world championships, often winning gold medals!

Lacrosse – A Sport with Indigenous Roots

Lacrosse is Canada's official summer sport and has a long history. It was first played by Indigenous peoples, who used it for both competition and spiritual traditions.

Lacrosse is played on a field with two teams, each trying to score goals by passing a small rubber ball with a stick that has a net at the end. The game is fast and exciting, and today, it is played all over Canada.

Curling – A Unique Ice Sport

Curling is another popular winter sport in Canada. It is played on a long sheet of ice, where teams take turns sliding heavy granite stones toward a target, called the house. Players use special brooms to sweep the ice, helping the stone move faster or slower.

Many people enjoy curling because it is a team sport that requires skill and strategy rather than speed. Canada has some of the best curling teams in the world!

Winter Sports – Skiing and Snowboarding

Because of Canada's mountains and snowy winters, skiing and snowboarding are very popular. People visit places like Banff National Park and Whistler to glide down snowy slopes on their skis or snowboards. There are different types of skiing:

- Alpine skiing (downhill skiing) is fast and thrilling.
- Cross-country skiing is slower and used to travel across long distances in the snow.

Many Canadians also enjoy ice skating, both on frozen lakes and in large indoor arenas.

A Nation That Loves Sports

Sports are a big part of Canadian culture. Whether it's hockey, lacrosse, curling, or skiing, people of all ages enjoy staying active and having fun outdoors. No matter the season, there's always a great sport to play in Canada!

