

متحف قطر
الأولمبي والرياضي
Qatar Olympic
and Sports Museum



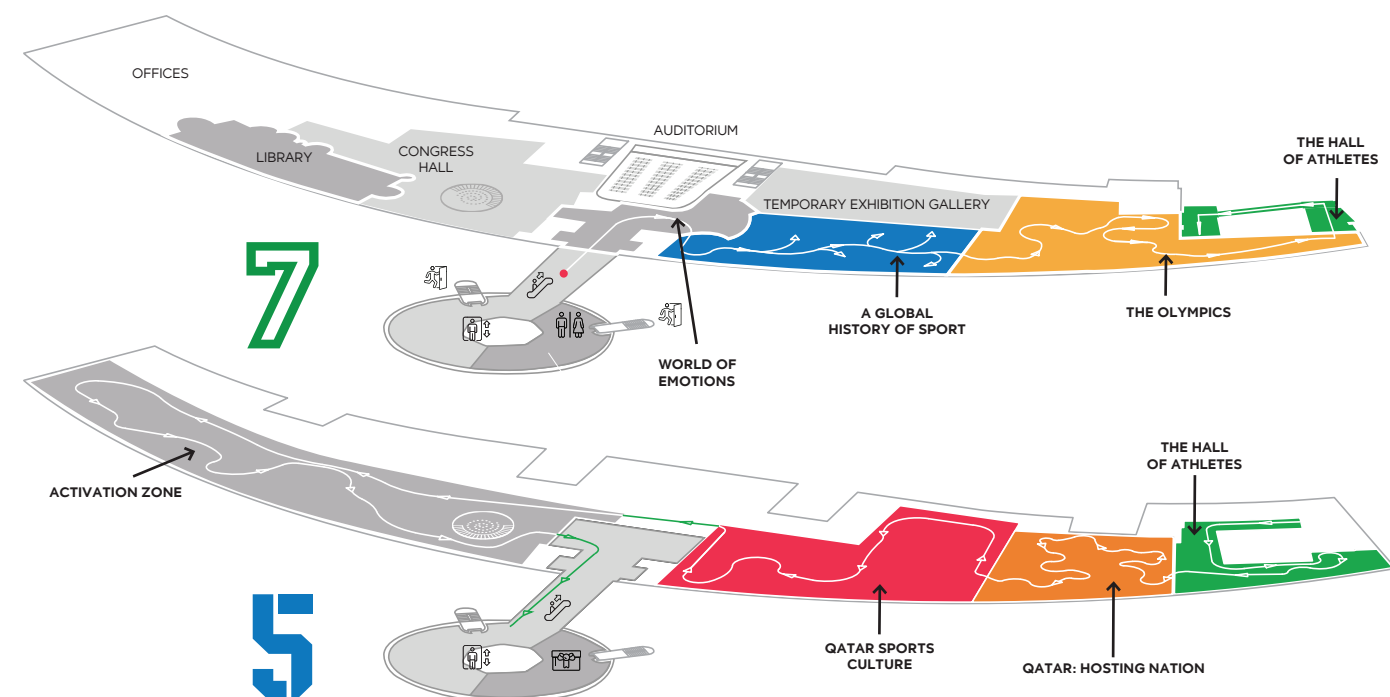
SCHOOL GUIDE



HI! WELCOME TO THE 3-2-1 QATAR OLYMPIC AND SPORTS MUSEUM

Do you love sports? Well, then you have come to the right place!

The **3-2-1 Qatar and Olympic Sports Museum** is home to an unbelievable variety of sporting disciplines, inspirational athletes and amazing objects, all centred on the history of sport. Take a trip back through time to discover so many fascinating stories! The Museum boasts one of the world's most incredible collections of sporting treasures, and offers an interactive adventure through the history of world sports and the Olympic Games that you will never forget.



What is your favourite sport? Who are your favourite famous athletes? Chances are you will find them here! The 3-2-1 Qatar and Olympic Sports Museum also celebrates its home country Qatar's extraordinary sporting journey, from humble desert beginnings to global Olympic nation and host of the world's greatest sporting events, including the FIFA World Cup Qatar 2022.

Enter a virtual time machine and begin your exciting voyage through the world of sport, across our seven jam-packed galleries. Spark your imagination in the World Of Emotions, become inspired by the Global History of Sport, discover the magic of the Olympics,

and admire the individual achievements in the Hall of Athletes.

Be amazed by the scale of success of Qatar as a Hosting Nation of major international events and learn about the fascinating history of Qatar Sports, from traditional Qatari children's games to the spectacular stadiums of the FIFA World Cup.

Finally, burn off some energy and inspiration in our Activation Zone, where you can learn about sporting nutrition and hydration, be inspired by special sporting heroes - and expand your own physical literacy!

Remember throughout your journey as a global sporting time traveller to:



See

Be curious and look around every corner of the museum. There are sporting treasures and cool facts everywhere!



Talk

Express your feelings about what you see and learn. Tell your family what you are thinking. Ask questions and discuss what interests you! Share your experience with your friends back home.



Play

Have a blast and participate in the interactive exhibits and games, that's what they are there for!



Imagine

How does it feel to race in a desert rally? Play in a cup final or win a gold medal at the Olympics? What sport do you play? Close your eyes and dream that it's you on the podium one day!



Feel

Think about what you discover. What surprised you? What emotions did it make you feel? What do you like the most?



Enjoy

Make the most of your opportunity to find out about the history of world sports and absorb yourself in the experience. Who knows, you will probably love it so much you will want to come back again someday!

Now step into that sports history time machine, and let's go explore!

A GLOBAL HISTORY OF SPORT

What has motivated people to move since the earliest times and allowed them to push the boundaries of enjoyment and physical achievement? If you answered “sport” then you would be right! Sport has been part of the fabric of mankind throughout history. As you enter the museum you will become inspired by the wise words of international and Qatari leaders and sporting greats in the first World of Emotion Gallery.

Then make your way through the A Global History of Sport Gallery to discover how sport has inspired, challenged and brought people together for centuries. A Global History of Sport spans the fascinating athletic activities, games and competitions through early human history, across five regions of the world: Europe, Asia and Oceania, The Americas, The Middle East and Africa. Take your time to explore the great stories each region has had to offer sporting history. In these galleries you will discover a world of sporting evolution you probably never

knew existed! Learn about how ancient people made sense of their surroundings and used them to play and live. Discover interactive displays and experience the origins and invention of modern sports such as archery, ball sports, motorcycling and more. See how sports from each region have influenced culture and spread throughout the globe to emerge as the modern organised sports we play today.

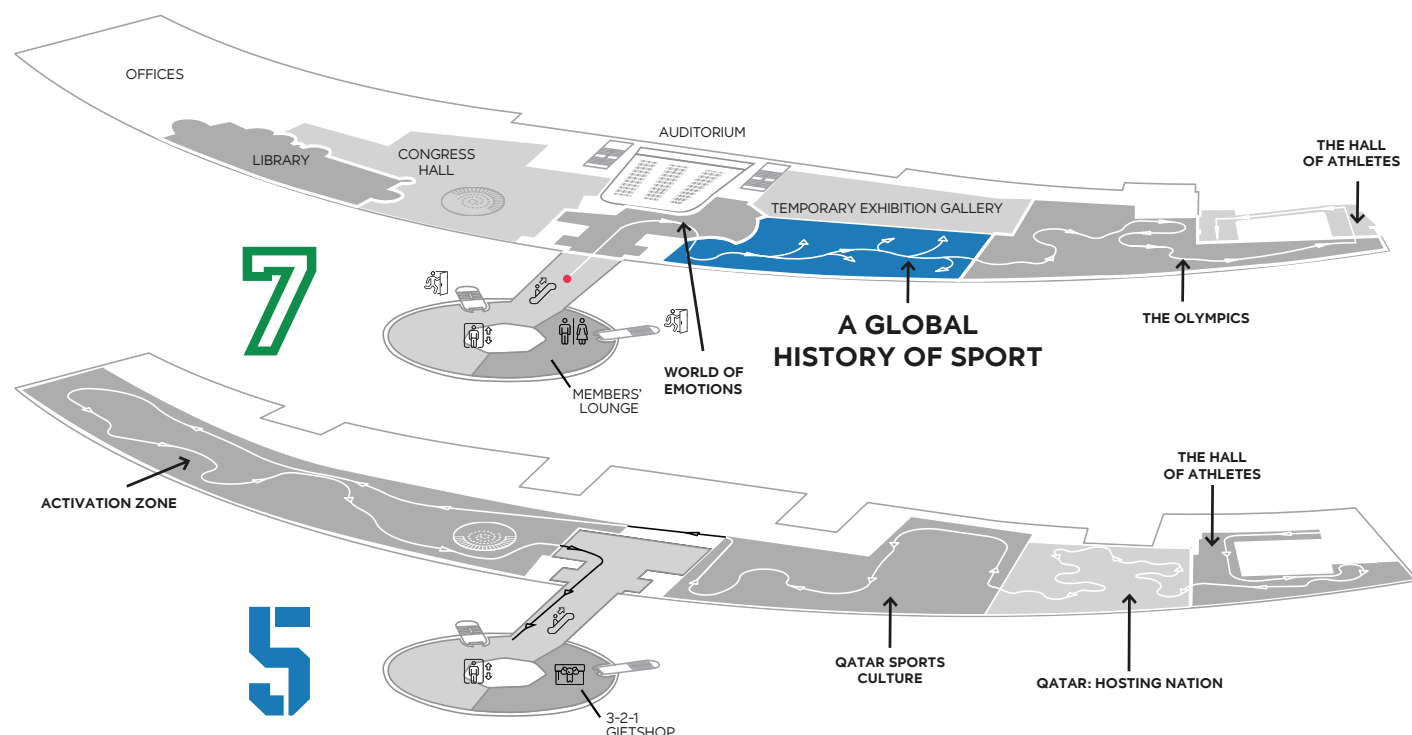


GLOBAL HISTORY OF SPORT GALLERY CHALLENGES

Can you find the sports in the gallery that we still play now? Look for early forms of and firsts in football and basketball, other ball sports such as rugby and cricket, and various kinds of racing sports, climbing and bike riding. Have you played any of them? Can you find them all?

What other historical sports in the gallery do you still see practised today? Why do you think some of these sports have endured so long while others might have disappeared?

Complete these activities relating to the following exhibits in the **World of Emotions and Global History of Sport Galleries:**



WHO SAID IT?

Take a close look at the **quotations at the entrance of the museum** to find out who said the following statements about sports:

1. **Who said: "Sport and Olympism together instil self-discipline, teamwork, drive and help teach us all the means of achieving our personal goals."**

HH _____, Amir of the State of Qatar

2. **Who said: "Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand."**

_____, South African statesman

3. **Who said: "I can accept failure. Everyone fails at something. But I can't accept not trying."**

_____, Basketball Legend

THE ORIGINS OF FOOTBALL - QUIZ

Football has been played in various forms in Asia since ancient times and took shape in its modern form in England in the late 1800s. As you go through the **Global History of Sport Gallery**, look for the answers to the following questions.

1. **The Japanese Kemari football was made from:**

A. Bearskin B. Deerskin C. Cowhide

2. **'Cuju' was an early form of football played in which Asian country:**

A. China B. Japan C. Indonesia

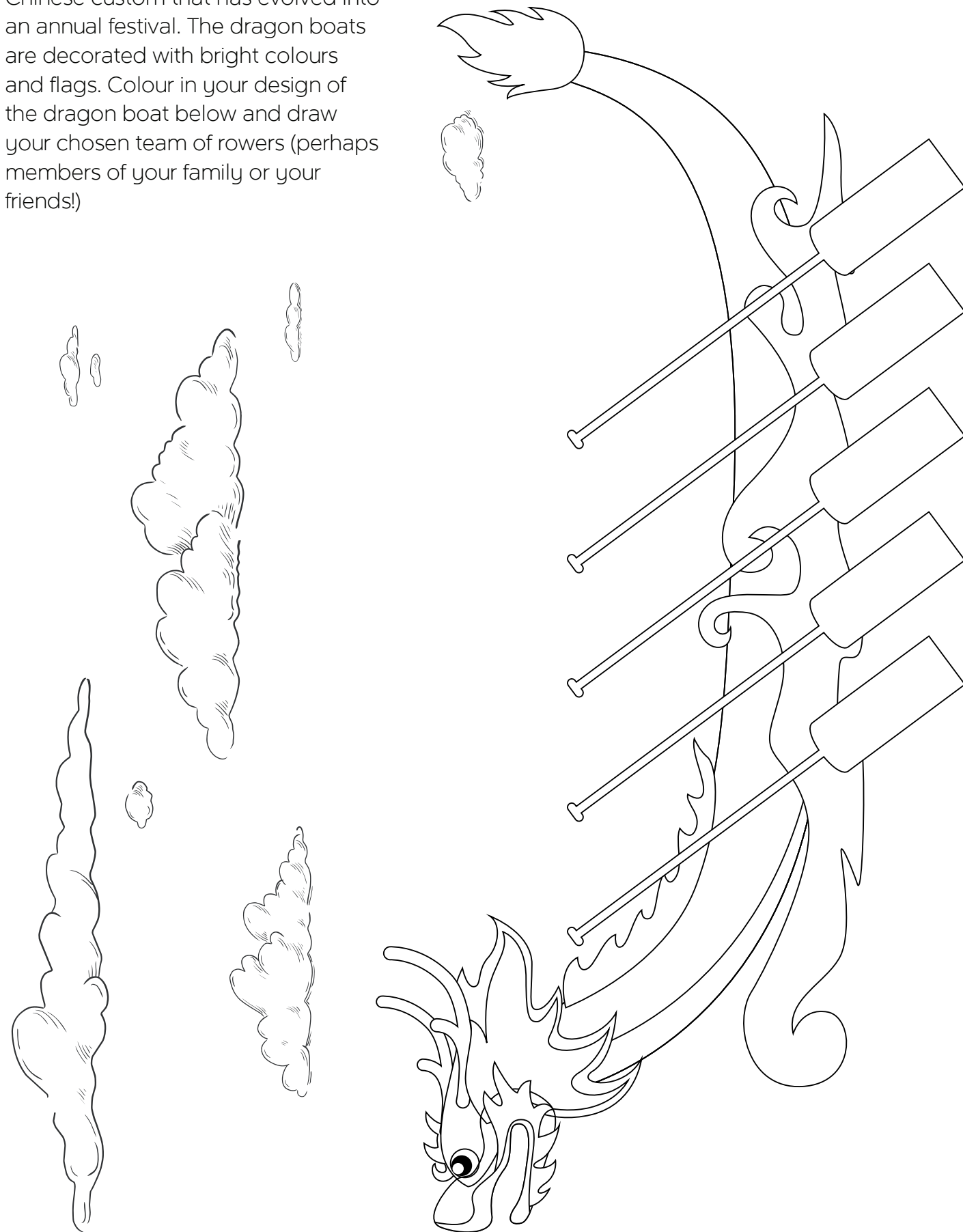
3. **What piece of football history used in the 1888 FA Cup final in England is on permanent display in the museum?**

A. Goalkeeper's Gloves B. Referee's Whistle C. Football



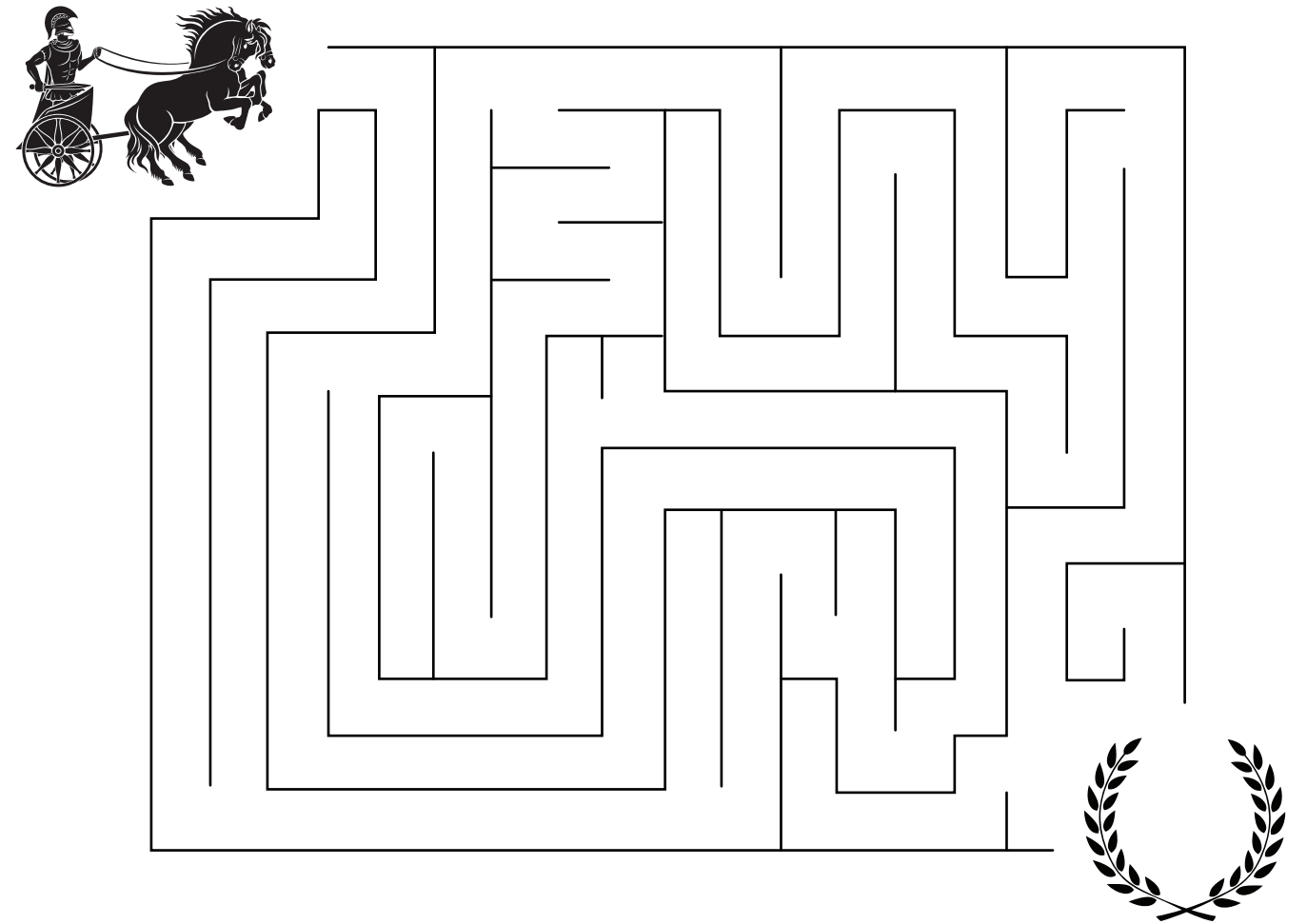
CHINESE DRAGON BOAT - COLOURING IN AND DRAWING

Dragon boat racing is an ancient Chinese custom that has evolved into an annual festival. The dragon boats are decorated with bright colours and flags. Colour in your design of the dragon boat below and draw your chosen team of rowers (perhaps members of your family or your friends!)



ROMAN CHARIOT - MAZE GAME

Help the **Roman charioteer** reach the finish line in the chariot race:



FIND THE BAT - TREASURE HUNT

There is a bat somewhere in the Global History of Sport Gallery. And no, it is not the kind with wings and sharp teeth that flies around at night, but one used in an early form of sport we see today.

Compete with your friends or family to find it and have a discussion about it afterwards!

What sport is it used for? What else is there relating to this sport in the display? How much do you think this sport has changed since then? Have you ever played it?



Bonus Treasure Hunt: There is also another one of these bats somewhere in the museum, see if you can find that too! **(Clue: it is in the Hall of Athletes)**

THE OLYMPICS



The Olympic Games began in ancient Greece almost 2,800 years ago. They were a celebration of athletic achievement and traditions. To compete in Olympia was the highest achievement for a Greek athlete. The ancient Olympics featured five sports across a series of annual events held over four years, ending in the main event in the city of Olympia. The essence of this ancient spirit lives in the Modern Olympics, founded by Frenchman Pierre De Coubertin in 1894.

The Olympics Gallery is a fascinating tour, from the advent of the ancient games, to the first Modern Olympics held in Greece in 1896. Find out more about the original Olympics and marvel at the display showing the locations where they took place. Learn what rituals the athletes took part in, and how they were rewarded for winning (hint: it was not medals!).



Don't forget to check out the great collection of Olympic Torches, including one from Barcelona in 1992, where Qatar earned its first Olympic medal.

In the Olympics Gallery, you can also find out about how (and why) the modern Olympics were created. Discover the meaning of the Olympic rings, pose for an Olympic podium photograph and find out how the Olympic values of Excellence, Respect and Friendship are reflected in the collection of medals, pins, flags and pennants on display. There is also a great display of cute Olympic Mascots (find your favourite!) and a wall of Olympic treasures that includes loads more great surprises.

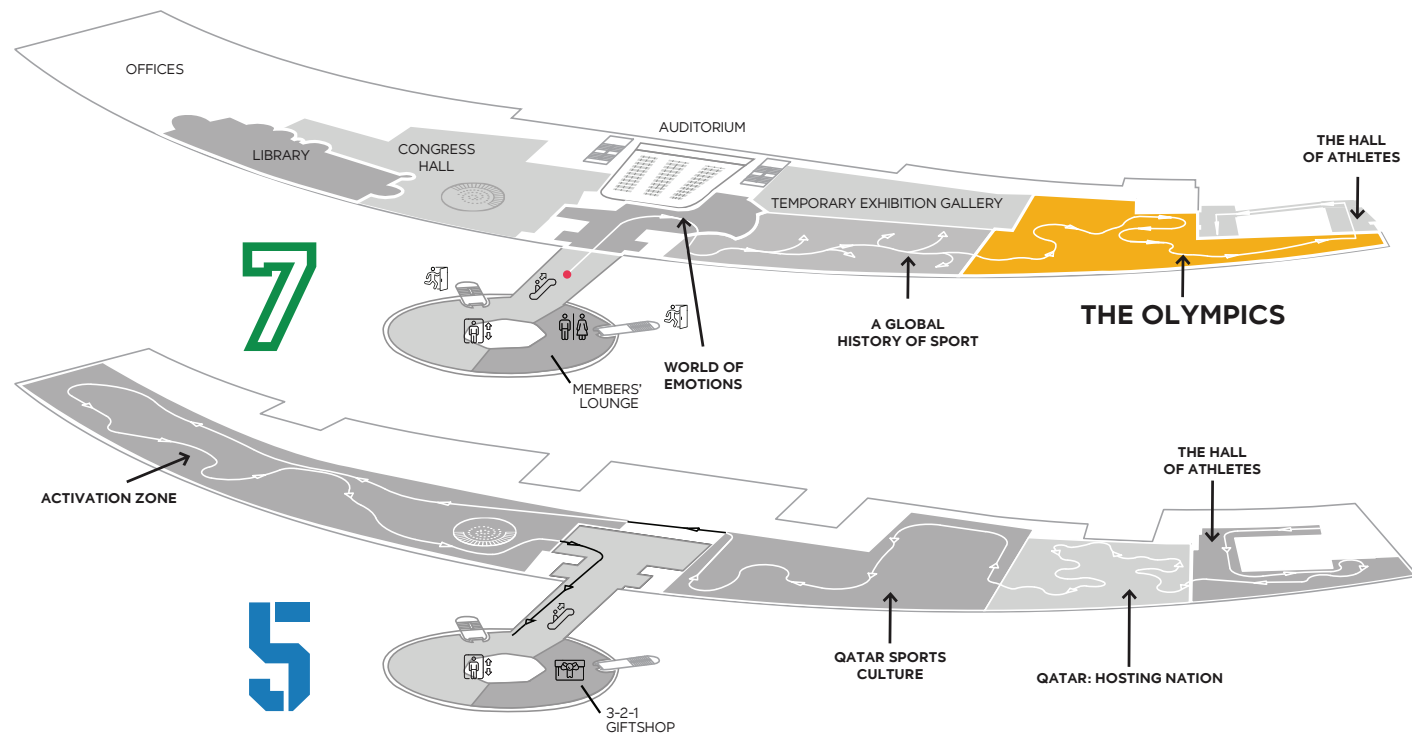


OLYMPIC GALLERY CHALLENGES

Can you trace the progress of the Olympics from ancient to modern times, including the introduction of the Winter Olympics in France in 1924 (that's 100 years ago)?

Did you know that the five original Olympic sports are still appear in the Modern Olympics? Can you find out in the first display why medals were introduced to reward players? What else do you find interesting about the Birth of the Modern Olympics?

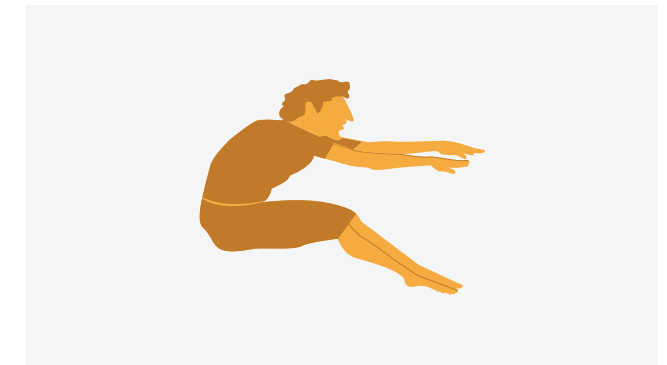
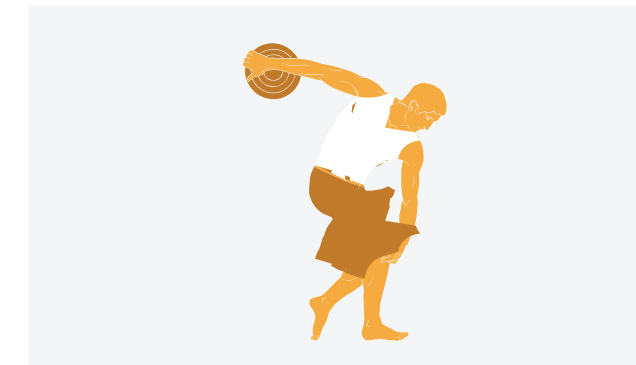
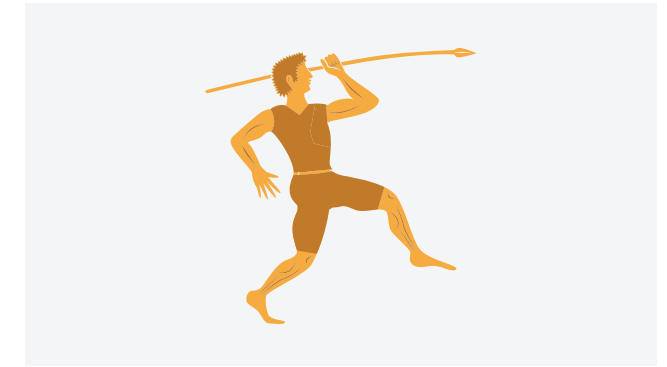
Complete these activities relating to the following exhibits in The **Olympics Gallery**:



FIVE STATUETTES: MATCHING GAME

Match the Ancient Olympic Athletic Sport with its statuette:

Wrestling
Running
Javelin
Long jump
Discus



WREATHS & COINS - QUIZ

View the Wreaths and Coins exhibit and answer the following questions:

1. What were athletes in the ancient Olympics rewarded with?

- A. Trophies and medals
- B. Coins and wreaths
- C. Vases and pots
- D. None of the above

2. What were ancient Olympic wreaths NOT made out of?

- A. Pine needles
- B. Olive leaves
- C. Wild celery
- D. Cedar leaves

3. Some athletes had their _____ memorialised on coins (fill in the blank).

- A. Birthdays
- B. Second-place finishes
- C. Graduations
- D. Victories

OLYMPIC VALUES - MATCHING GAME

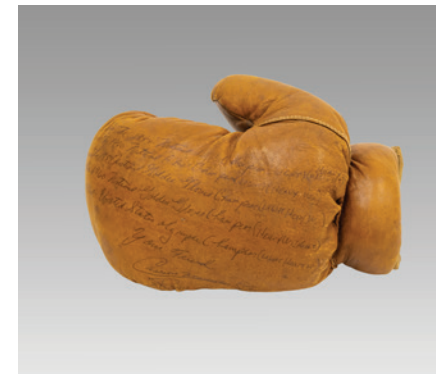
Match the Olympic Values with the groups of objects in the Olympic Exhibit:



- Excellence - Medals
- Respect - Pennants
- Friendship - Pins

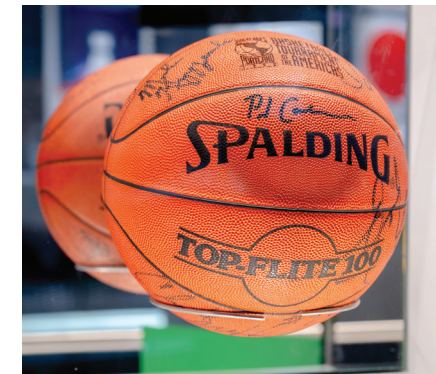
THE OLYMPIC WALL

There are many interesting objects on the display wall in the Olympic Gallery, each with its own unique story. See if you can find the following objects:



Boxing Glove

Rome, 1959-1960



Basketball

USA, 1992



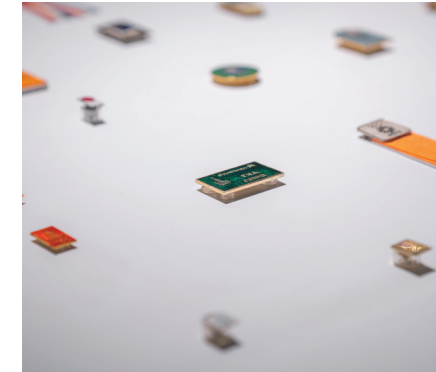
Cup

Athens, 1896



Medal

Tokyo, 2020



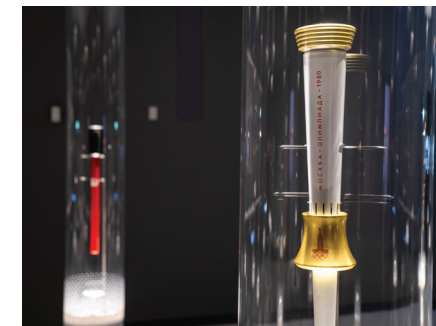
Pins

Moscow, 1980



Mascot

Beijing, 2008



Torches

Montreal, 1976 | Moscow, 1980



What is your favourite value? One way to figure that out is to ask yourself which of the three objects you would like to receive. Would you like a medal, flag or pin?



Read each description. What is special about each object? Which is your favourite?

HALL OF ATHLETES



Would there be any sports without athletes? Of course not! Individual and team experiences and performances are what sports is all about. The Hall of Athletes Gallery showcases the inspirational journeys of dozens of outstanding athletes in both the Summer and Winter Olympics. There are also many fascinating non-Olympic sports featured.

The athletes span several generations, from the early pioneers who beat the odds and broke barriers of gender, race and geography, to modern multiple medal-winning and record-breaking international sporting achievers, who have inspired generations to run faster, jump higher, go further and be the best they can be. This includes many excellent Arab and Qatari sportsmen and women.

Presented in their own life-size displays, each athlete exhibit tells through words, photos and videos the fascinating backgrounds of these athletes.

The displays explore how they came to reach the pinnacle of sporting glory, often against considerable obstacles and challenges. Be inspired by their personal stories and astonishing rare sporting objects, many donated or signed by the athletes themselves!

Hailing from all around the world, every one of these athletes excelled at their chosen sports in different ways at different moments in time. Yet, though their stories are all unique, they share the same traits of courage, determination and ambition to be the best. They helped to shape the sports they play into what they are today and paved the way for all that followed in their huge footsteps.



HALL OF ATHLETES CHALLENGES

The Hall of Athletes covers three floors with more than 90 athletes. Take your time to find our favourite athletes who compete in the sports you enjoy the most. Whether you play these sports yourself or simply enjoy watching them, you will be moved by their stories and achievements.

What does it take to be a sporting champion? What can we learn from all of these incredible athletes? What do the objects on display tell us about them? Who knows, maybe one day you might be a sporting great like them and earn your place in the Hall of Athletes (hey, it could happen – if you work hard enough like they all did!).

Complete these activities relating to the following exhibits in the **Hall of Athletes Gallery**:

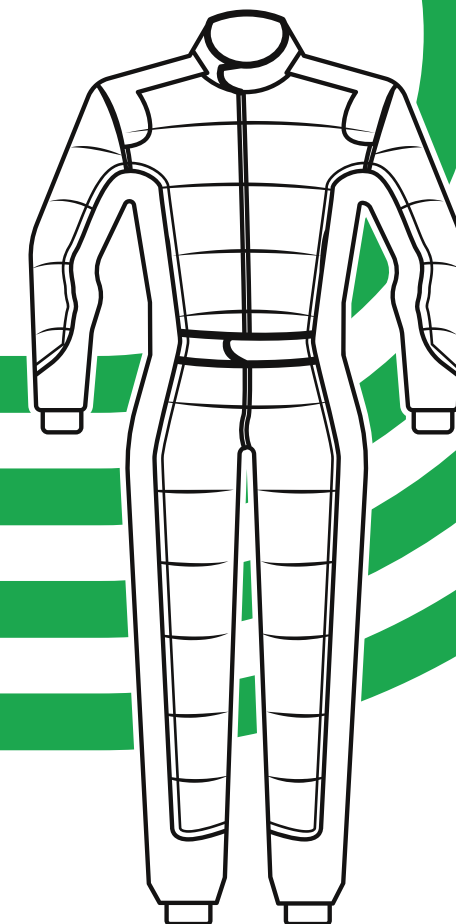


MICHAEL SCHUMACHER / FORMULA ONE RACING - COLOUR IN THE RACING SUIT

German Formula 1 (F1) Racing Driver

Michael Schumacher is one of the greatest legends in sport. During his career, he won an amazing 91 F1 races and seven world championships. On display is the Ferrari race suit he wore to win the 2006 world championship title.

Colour in the racing suit. You can either copy the exact racing suit worn in the museum - or even better, **design your own colour scheme you might wear if you were a world champion F1 racing driver!**



TONY HAWK / SKATEBOARDING

Probably the most famous skateboarder of all time,

Tony Hawk learned how to ride a skateboard in his native California and went on to invent many skateboarding tricks. He was also the first skateboarder to complete the 900° (two-and-a-half spins through the air) on a ramp, at the 1999 'X Games'.

On display is one of the signature Birdhouse skateboards used by Tony.

Which equipment do you think Tony Hawk needed to complete his first 900° at the X Games?

Skateboard Ramp



Surfboard



Helmet



Windsurfer Sail



Skate Shoes



Protective Padding



Wetsuit



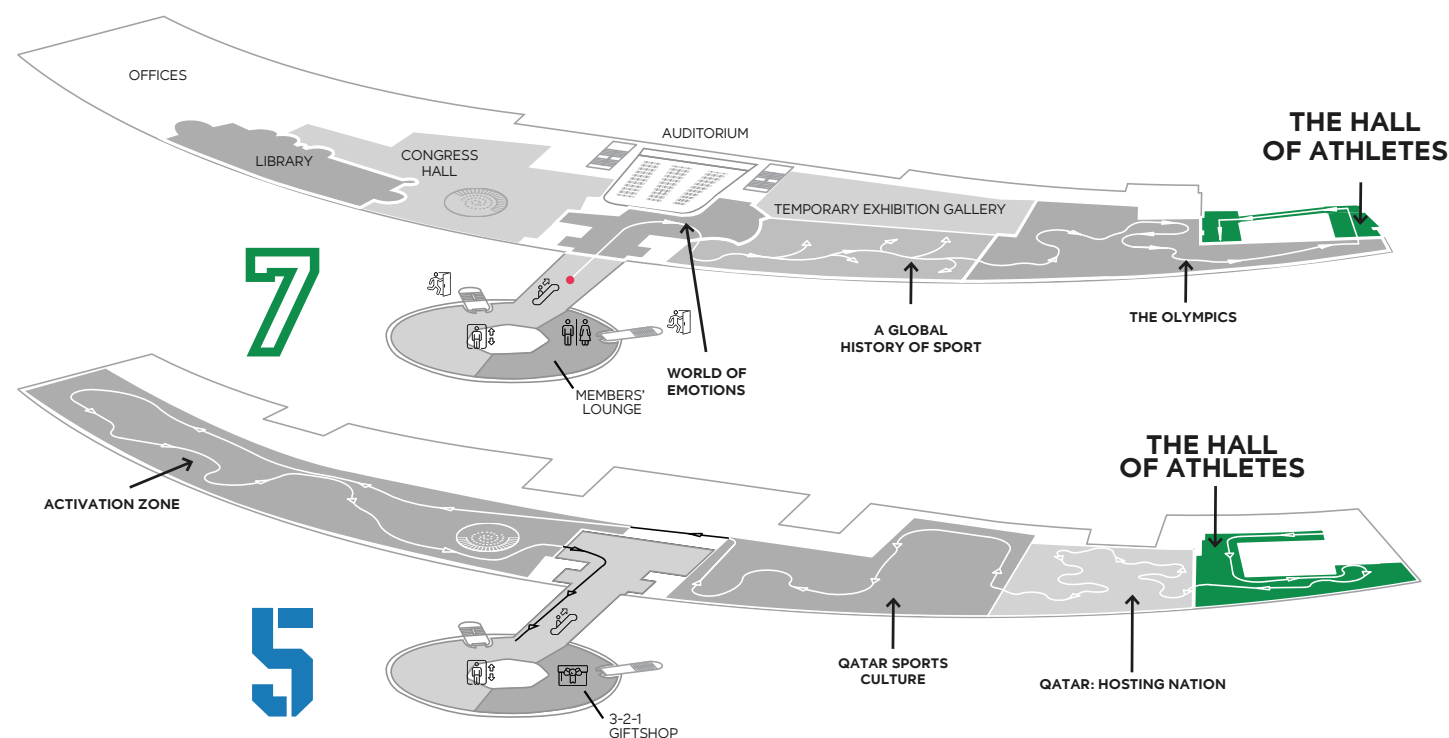
Skateboard



Swimming Cap



Snowboard



SACHIN TENDULKAR / CRICKET

Indian **Sachin Tendulkar** is considered one of the greatest batsmen in cricket history. At age 16 he became India's youngest international test cricketer. He was the first cricketer to score 35 centuries (100 runs) in an innings in a test match, and captained the Indian team to win the Cricket World Cup in 2006. On display is the bat called 'Master Blaster' he used from 2008 until his retirement in 2013.

Match the equipment used in cricket to the object:

Wickets ●

●



Bat ●

●



Cricket Ball ●

●



Batting Pads ●

●



Protective Helmet ●

●



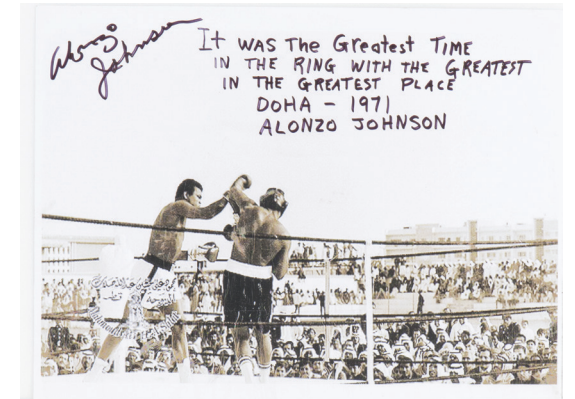
Cricket Oval
(Playing Field) ●

●



MUHAMMED ALI / BOXING - TRUE OR FALSE

Muhammad Ali defeated every top professional heavyweight boxer of his time, and won Olympic gold in 1960. He was a hero to his fellow African Americans due to his advocacy for civil rights. He converted to Islam, was a supporter of Palestine, and refused to fight in the Vietnam War – a stand for which he lost his boxing title, which he regained in 1974. On display are the gloves he used to win his first heavyweight title fight boxing match in 1964.



Tick off all the true statements about the legendary USA boxer, Muhammad Ali, from the ones below:

(Hint: Two of them are false!)

Muhammad Ali's first heavyweight title fight, on 25 February 1964, was against **Sonny Liston**.

Ali received the ring in the display after **defeating three heavyweight world champions**.

In the "**Superman vs Muhammad Ali**" comic book on display, Superman and Ali eventually join forces to protect Earth from the Star Warriors.

Ali lost to **George Foreman** in the memorable '**Rumble in the Jungle**' in Zaire in 1974.

Ali **didn't defeat** every top professional heavyweight boxer of his time to win **Olympic gold in 1960**.

QATAR HOSTING NATION



Qatar has earned its rightful place as a premier global sporting location. The country has delivered world-class sports events and produced world-class athletes and athletic performances. Neatly housed in seven striking containers - alongside an eye-catching timeline wall display - the Qatar - Hosting Nation Gallery traces the most memorable major events held in the country in the past decades and illustrates how sport brings nations and cultures together.

Incredible athletic achievements are highlighted at each of these spectacular sporting containers, which feature many fascinating objects and unique artefacts. Marking the real beginning of Qatar's entry as a global sporting nation, the 2006 Asian Games in Doha brought together more than 9000 athletes from 45 Asian countries in 424 events, across 39 different sports! As the host, Qatar gained its rightful place as an outstanding sporting nation when it made the top 10 medal-winning countries, earning a total of 32 medals, including nine gold medals.

Qatar has hosted many more international events both before and after the 2006 Asian Games. These events include the 2011 Arab Games, and major athletics, motorsports, tennis, swimming, volleyball, handball, swimming and sailing events and more.

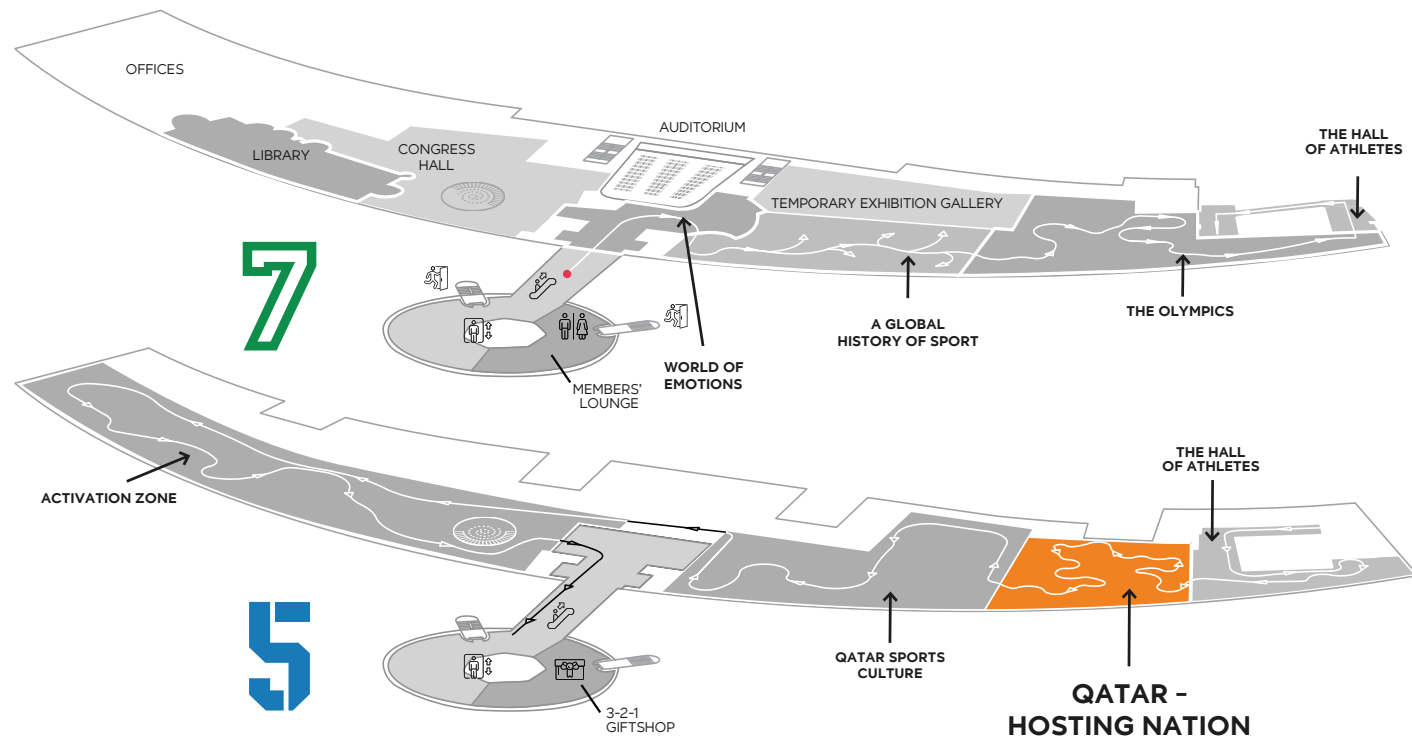
The story of the Khalifa International Stadium is another highlight - told through a must-see video display - showcasing Qatari hospitality, cultural interaction and development. Discover how Qatar's first football stadium hosted major football tournaments, including the 7th edition of the FIFA Arab Cup in 1998 (Qatar finished runner-up to Saudi Arabia) and more recently, the world's greatest sporting event, the FIFA World Cup Qatar 2022.



QATAR - HOSTING NATION CHALLENGES

Explore the seven containers and timeline wall displays to track Qatar's progress as an international sporting destination and see if you can find the answers to the following challenges!

What do you think it takes to host an international event? Apart from the athletes, a huge number of staff and volunteers are required to make any sporting event a success, including officials, judges, sponsors, media, stewards, caterers and more. Keep an eye out for evidence of this in Qatar - Hosting Nation containers!



2006 ASIAN GAMES - NAMING GAME

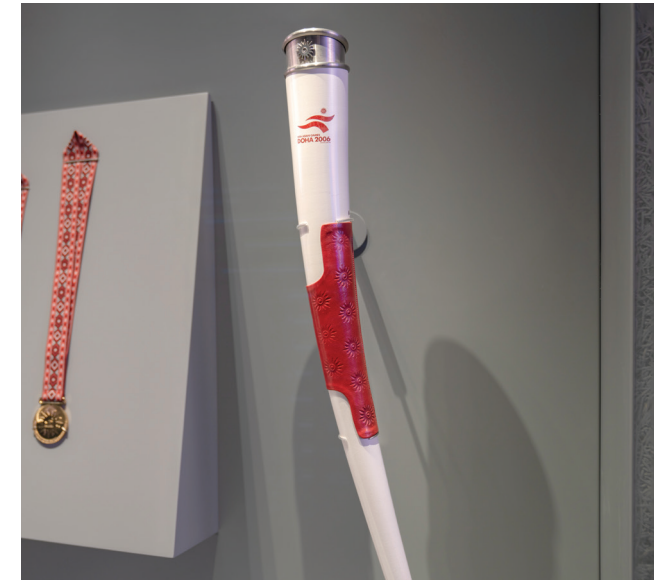
Name the following objects in the **2006 Asian Games** Container:

Souvenir Badge

Commemorative Stamp

Orry the Oryx

The Flame of Hospitality



MOTORSPORTS - MATCHING GAME

Top international rally drivers have been coming to race in Qatar since the late 1970s. The range of motorsports competitions expanded dramatically upon the construction of the Losail International Circuit in 2004 and the staging of the first motorcycle Grand Prix. In 2008 the circuit hosted the first ever MotoGP event to be held at night. Qatar is also a fixture in the world watersports calendar, first hosting the F1 Powerboat Grand Prix in 2005.

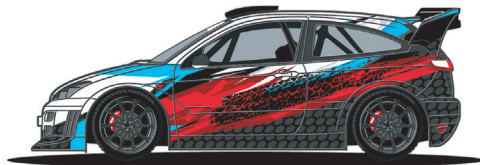
Match the motorsports icon with the race:

Racing Motorbike ●



● World Powerboating Championships

Rally Car ●



● MX Women's Championship

Grand Prix Racing Car ●



● FIM Road Racing World Championship 2004

Motocross ●



● GP2 Asia Series

Powerboat ●



● Middle East Rally Championship

FOOTBALL - QUIZ

Qatar has hosted many regional and international football tournaments, look through the container for clues to the answers to the following questions:

1. The 2011 Asian Cup had five mascots, four of them named after different locations in Qatar. Can you name them?

- A. Ahmed, Kamal, Mo, Latifah and Hamad
- B. Saboog, Tmbki, Freha, Zkriti and Traeneh
- C. Doha, Wakrah, Lusail, Al Rayyan and Khalifa
- D. None of the above

2. Apart from hosting several games in the FIFA World Cup Qatar 2022, Khalifa International Stadium has hosted which of the following international football matches:

- A. Fourth Gulf Cup in 1976
- B. FIFA World Youth Championship in 1995
- C. 2006 Asian Games
- D. All of the above

3. Which of the following items are on display in the Football Container:

- A. A football from the 16th FIFA Club World Cup 2016
- B. The 2022 FIFA World Cup Qatar trophy
- C. Medals from the World Military Football Championships 1981
- D. A volunteer vest from the Arabian Cup 2019

ATHLETICS

Qatar has hosted some of the most prestigious athletic events in the global calendar, notably the World Athletics Championships in 2019 and also the Diamond League, Indoor World Championships and World Para Athletics Championships.

Find the following objects in the container (compete with your family or friends, the first one to find them all is the winner of the athletic gold medal!):

- Batons
- Falah Falcon mascot
- Shot put ball
- Sword and medal

QATAR SPORTS CULTURE



Comprising six zones, the Qatar Sports Culture Gallery tracks the evolution of sports in Qatar and key moments in its sporting development. Many traditional Qatari sports are rooted in local customs and stretch back thousands of years. This begins with the advent of traditional cultural ‘heritage sports’ with their ancient origins in desert life, such as camel racing, falconry and horse riding, to children’s games.

Modern international sports, such as football and golf, were introduced to Qatar by oil industry workers in the 1940s. These were taken up by the local population, which resulted in the establishment of the first football fields and sporting facilities, clubs and associations in the 1960s and 1970s. Many of these still exist today.

Over the years several international sporting greats, such as boxer Muhammad Ali and football icon Pelé visited Qatar, further inspiring the continuation and development of the country's now-thriving sporting culture. The gallery

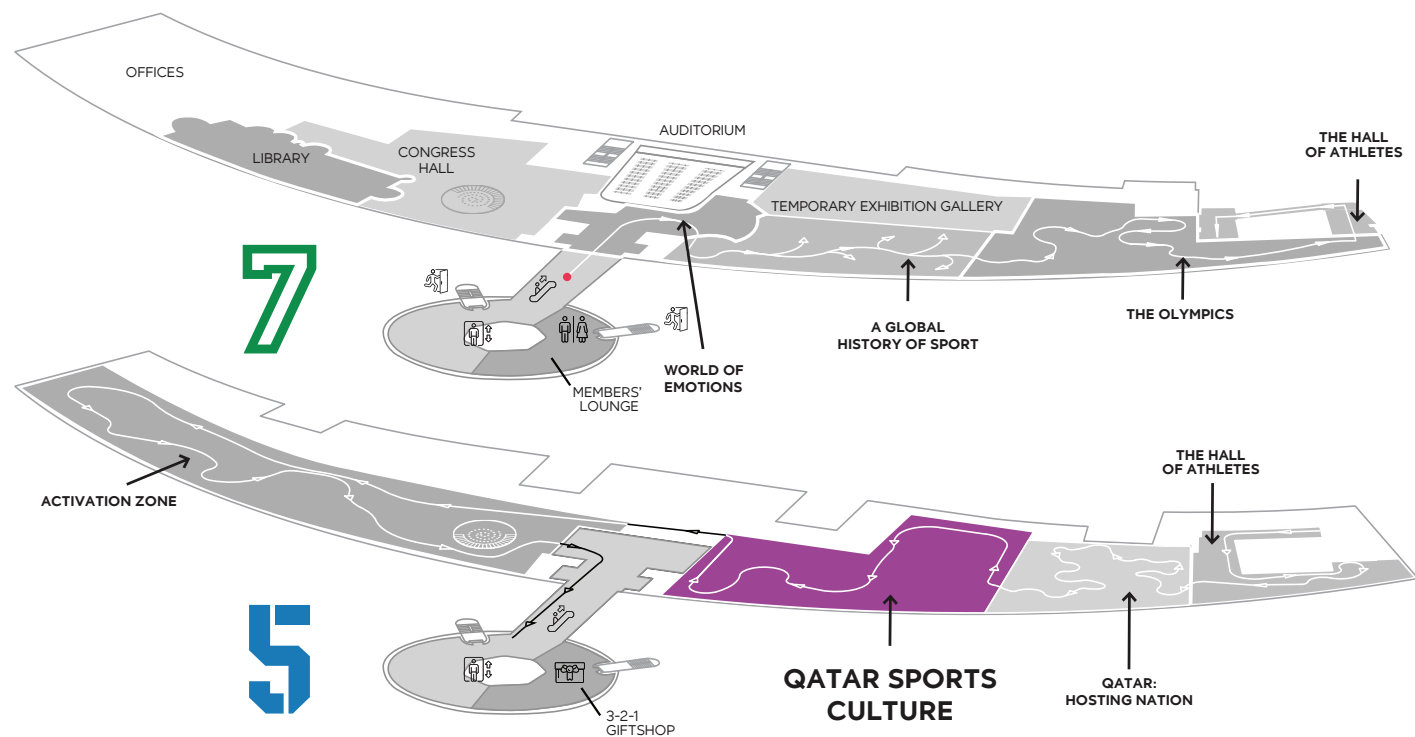
showcases how Qatar’s prestige as an international sporting country grew, including its acceptance as an Olympic nation in 1980, and its first appearance at the Summer Olympics in Los Angeles in 1984.

No timeline of Qatar’s Olympic story would be complete without its first medal winner, runner Mohammed Suleiman, who won bronze in Barcelona in 1992, and its first gold medal winners, Fares Ibrahim, who won gold for weightlifting, followed by Mutaz Barshim, who topped the podium for high jump, both in Tokyo in 2020 (2021). The Qatar Sports Culture Gallery also features many other remarkable Qatari male and female athletes, sporting achievements and international event highlights leading up to its greatest sporting moment, hosting the FIFA World Cup in 2022.

QATAR SPORTS CULTURE CHALLENGES

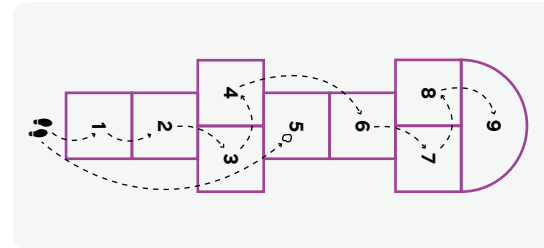
Explore the Qatar Sports Culture Gallery to relive the amazing story of Qatar's evolution as a sporting nation, discover its unique memorabilia and see if you can find the clues to completing the following challenges!

Did you know Qatar's participation in international sporting events began in part with school children when a team of Qatari students represented the country at the first Arab School Games in Kuwait 1963? Take a journey on a school bus to relive their experience firsthand! How do you think it would have felt to be one of the students on the bus, going to their first big tournament?



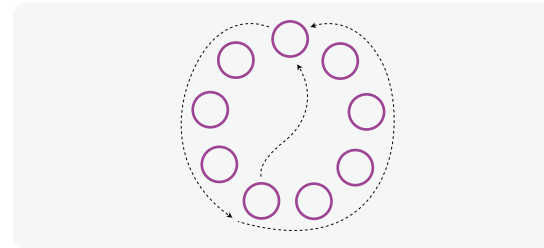
CHILDREN'S GAMES - MATCHING GAME

Match the Qatari Traditional Children's Game with the rules and icons:



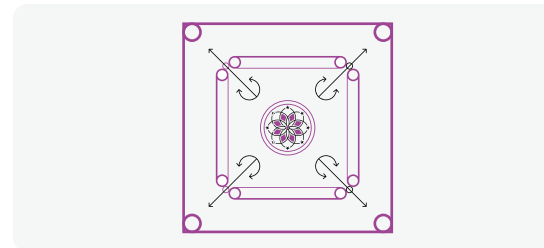
Al Gass (Al Hilal)

- A game played by two or four players, who take turns to use their striker to click the counters from the baseline along the edge of the board.



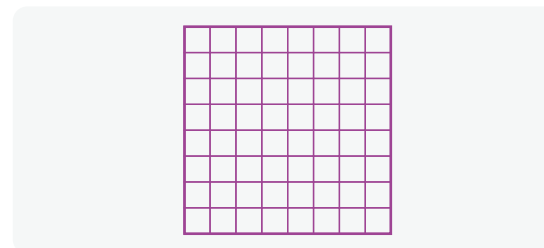
Taq Taq Taqiyah

- A game usually played by girls.
- A rectangle is drawn on the ground and divided into eight squares, with a semi-circle at the end.



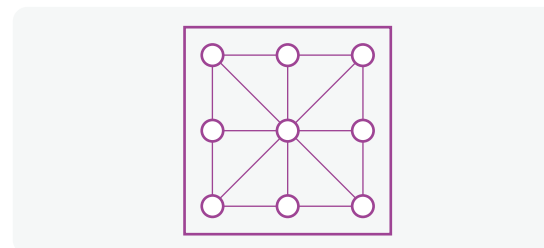
Carrom

- A game played with pebbles or small stones. The children sit in a circle on sandy ground, facing each other.



Dama

- A game where all but one player sits on the ground in a circle with their eyes closed.



Al Sabeeh

- A game for two players. One has light, the other has dark-coloured counters. Each player places their 16 counters along the second and third rows on their side of the board.

FIND THE ANSWER: HERITAGE SPORTS & MODERN TECHNOLOGY

Despite their origins in ancient traditions, in the modern professional era, some Qatari heritage sports rely on technology to enhance them. Can you find three examples of where modern technology is used in Qatar heritage sports today?

Here are some clues to help you in your quest!

Q **Clue 1:** A global technology used to find birds of prey.

Q **Clue 2:** A fake horned animal that dogs love to chase

Q **Clue 3:** A pretend rider that is controlled using a walkie-talkie and a whip

TREASURE HUNT

The Qatar Sports Culture Gallery has many wonderful sporting objects relating to the country's rich sporting history. Compete with your friends or family to see who can spot the following first. **Remember! No running in the galleries, they contain hundreds of fragile artefacts!**

- Italian épée (fencing sword)
- Amir of Qatar Cup
- Shirt, Mubarak Mustafa, Gulf Cup 1992
- Signed shirt, A. Al Shammari, Al Khor Sports Club Women's team
- Motorcycle helmet, Meshal Al Emadi
- IOC membership card, HH Sheikh Tamim bin Hamad Al Thani, 2012
- Ball, FIFA World Cup Russia 2018
- Adidas Predator football signed by Lionel Messi



KHALIFA INTERNATIONAL STADIUM QUIZ

Find the answers to the following quiz questions about Khalifa International Stadium in the Qatar Sports Culture Gallery:

1. Khalifa International Stadium was once known as:

- A. Khalifa Olympic Stadium
- B. Doha Stadium
- C. Aspire Stadium

2. Which legendary Brazilian soccer star played in the stadium in 1973?

- A. Ronaldinho
- B. Everaldo
- C. Pelé

3. What was the first football tournament played at Khalifa International Stadium?

- A. The 1976 Arabian Gulf Cup
- B. The 1976 FIFA World Cup
- C. The 1976 Africa Cup of Nations

4. Who is Khalifa International Stadium named after?

- A. The Father Amir HH Sheikh Khalifa bin Hamad Al Thani
- B. The Amir HH Sheikh Tamim bin Khalifa Al Thani
- C. Sheikh Abdullah bin Khalifa Al Thani, former Prime Minister of Qatar

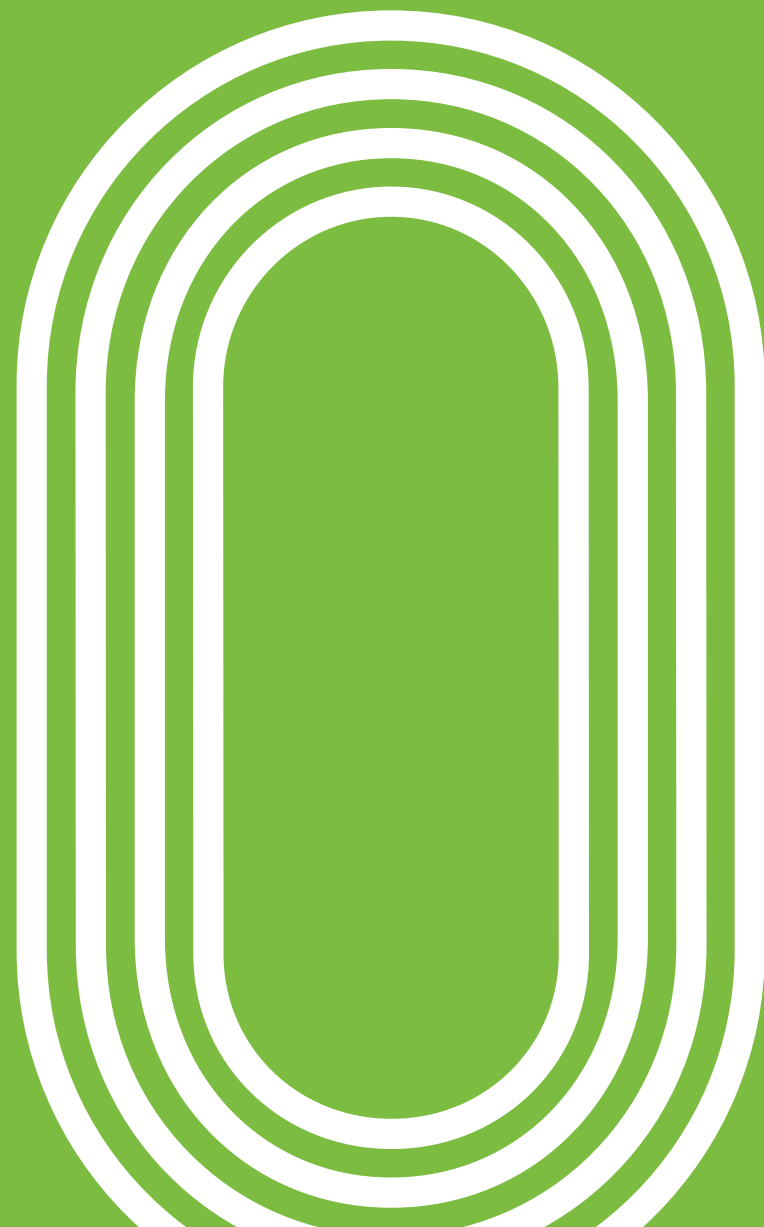
5. What part of the stadium was doubled to 40,000 to host the 2006 Asian Games?

- A. The stadium lights
- B. Car parking bays
- C. Spectator seats



What is your favourite object and why do you think is important to Qatar Sports Culture? What other interesting objects can you see in the gallery?

ACTIVATION ZONE



The fun and motivating 'Activation Zone' Gallery is designed to get you moving, help you find out more about your physical strengths and inform you more about vital aspects and benefits of sports, such as developing healthy habits, like good nutrition and hydration. The gallery also features inspiring physically challenged athletes to showcase that anyone can benefit from sport, and if they can, so can you!

Some of you might well go on to become sporting champions like those you have seen in the museum so far. But for most of us, sport simply represents a way to stay fit and healthy to experience the joy of living life to its fullest. To help you, we have devised a method to help you discover your level of 'physical literacy'. The more active you are, the better this will be. Are you ready to take on the challenge? Don't be scared - just go for it!

The Gallery features 18 physical challenges that will test you across five sporting competencies. You will receive a 3-2-1 tag to measure how you

score in balance, endurance, hand-eye coordination, speed, and reaction time, among other building blocks of physical literacy and fitness. Be sure also to check out the displays on nutrition, hydration, posture and more. Before you leave don't forget to collect your physical literacy profile at the download stations. This will recommend activities that we think you might enjoy based on your individual profile.

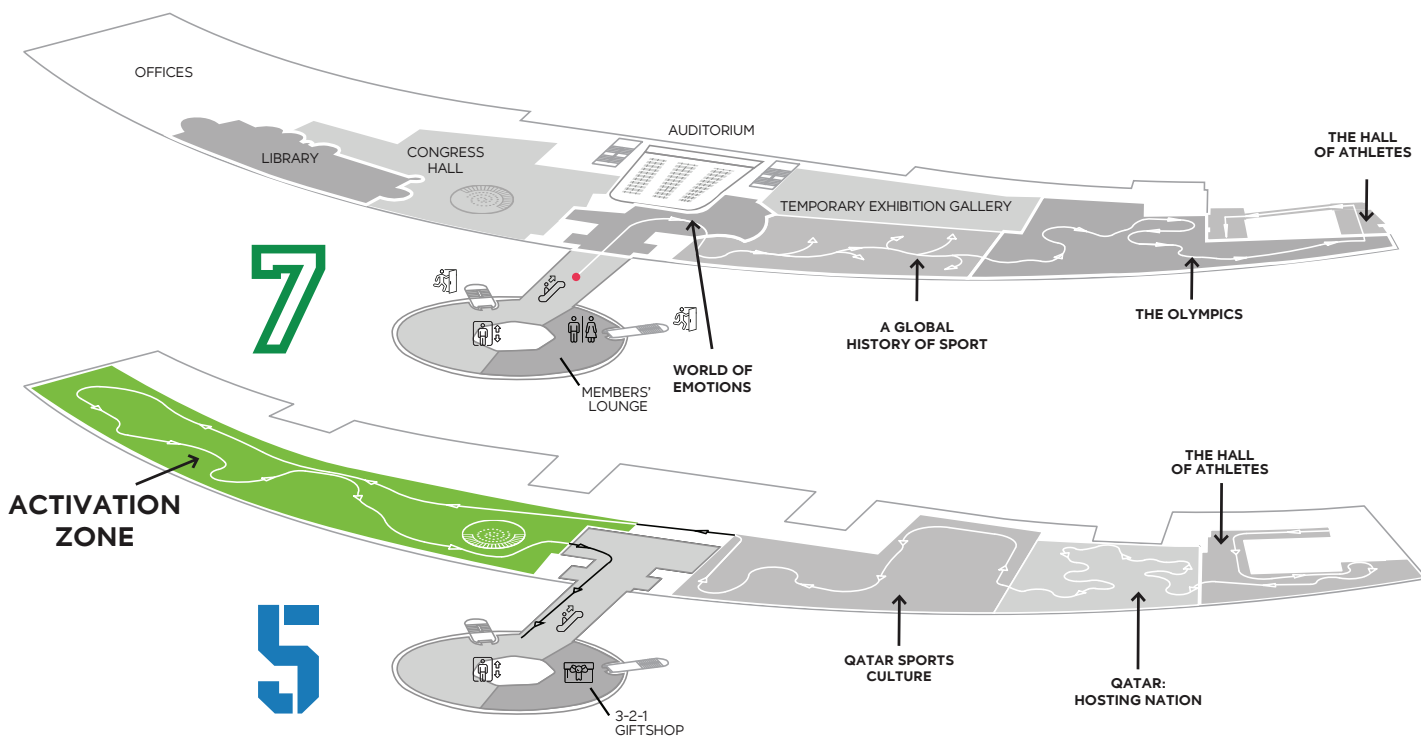


ACTIVATION ZONE CHALLENGES

Make sure you explore every activity in the Activation Zone. Watch the Heroes video and become inspired by these special athletes before you continue. Take your time, there is no rush!

Which activity did you find the most difficult? Which did you enjoy the most? What else did you learn? Above all, realise that exercise is good for you and that a healthy lifestyle will make you a much better person!

Once you have finished, complete the following challenges to help you to make sure you have remembered everything you have learned today:



ACTIVATION ZONE HEROES - QUIZ

Check out the Activation Heroes display and watch the video, then answer the questions below:

1. What caused para-athlete Ahmed Al Shahrani to need a wheelchair?

- A. Car accident
- B. Sports injury
- C. He was born that way

2. What position does Rashid Al-Hajri hold at work?

- A. Junior manager
- B. Company owner
- C. Senior manager

3. Ghanim Al Muftah was born with a rare condition that affected the growth of what part of his body?

- A. His arms
- B. His legs
- C. His feet

4. Which Activation Zone Hero suffered from asthma as a child?

- A. Hanoof bint Thani Al Thani
- B. Mubarak Al Khulaifi
- C. Ahmed Al Shahrani

5. Doaa Awed is one of our Active Heroes. What has she proved by taking part in triathlon events?

That it is _____ to take full part in the _____ she loves without compromising her _____.

- A. Impossible / sport / culture
- B. Possible / culture / sport
- C. Possible / sport / culture

NUTRITION - DRAW THE MAIN FOOD GROUPS

Visit the nutrition display and draw your favourite food from each of the food groups in the space below:

Carbohydrates

Fats

Dairy & Cheese

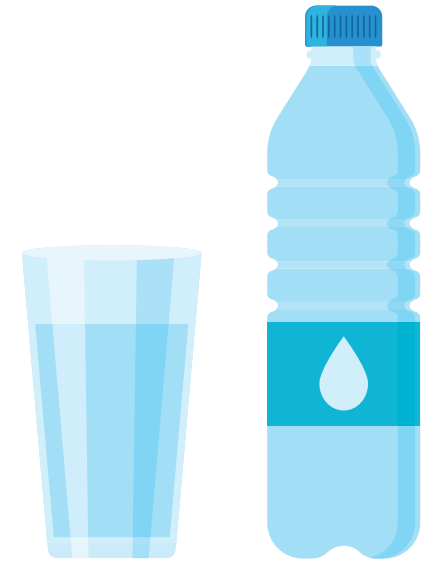
Proteins

HYDRATION - FILL IN THE MISSING WORD

When do you most need to drink water?

Fill in the correct answer:

1. When it is _____ outside
2. When the _____ is blowing
3. When you are training for _____.
4. High _____ training
5. When it is _____.
6. When you are wearing more _____.



PHYSICAL CHALLENGES

Go to the Beach display. How long can you keep your balance on the board?

Write your answer in the space below, and then try to beat your time!

Go to the Park display, and test yourself at the Hand Cycle. How far can you go in 30 seconds? **Write your answer in the space below, and then try to beat your distance!**

OPENING HOURS

Sunday	9:00 am - 7:00 pm
Monday	9:00 am - 7:00 pm
Tuesday	Museum will be closed to the public
Wednesday	9:00 am - 7:00 pm
Thursday	9:00 am - 9:00 pm
Friday	1:30 am - 7:00 pm
Saturday	9:00 am - 7:00 pm

Last admission to the museum:
30 minutes before closing.
Gift shop and cafe close at 6:45 pm.

TICKETING

Tickets are available at the reception desk.
Special discounts are offered for Culture
Pass members.

DISABLED ACCESS

The following facilities are available:
wheelchairs, allocated parking, ramps and
restrooms for disabled visitors. For more
information check at the reception desk.

LIBRARY

Dedicated to sports history, heritage
and traditions, the library is located on the
7th floor and is available for visitors,
students and researchers during museum
opening hours.

AUDITORIUM

This state-of-the-art theatre, located on the
7th floor, is equipped to host conferences,
lectures, plays and educational seminars.

GIFT SHOP

Located on the 5th floor, the 3-2-1 gift shop
offers visitors a wide range of exclusive
merchandise inspired by the legacy of
sports and the Olympic Games.

CAFE

The 3-2-1 Cafe, located on the 3rd floor,
offers visitors tasty, wholesome, freshly
made food and drink options as well as a
takeaway deli that promotes active
healthy lifestyles.

The menu is designed by Tom Aikens,
a UK-born Michelin-star chef and avid
marathon runner.

CONTACT US

For any queries email us at:
qosmeducation@qm.org.qa
or call us on: +974 4452 5192



321QOSM qosm.org.qa