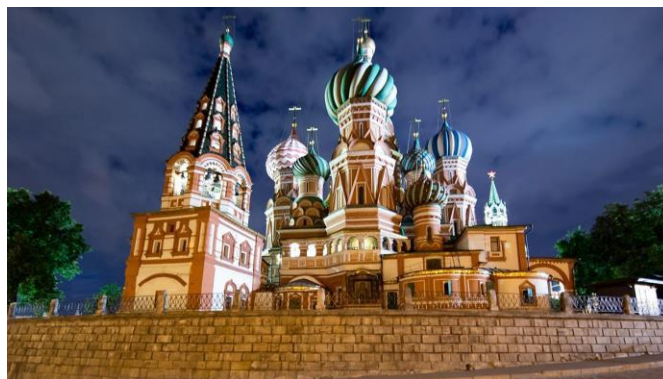


Post 16 —
'Around the world whilst staying at
home.'



RUSSIA



Post 16 – theme week 1 ‘Around the world whilst staying at home.’

Dear All,

I hope you are all well.

We are going to be putting together some themed weeks for you all to do.

Our First week is ‘Around the world whilst staying at home.’

After talking to your tutors- the country for your project this week is... **Russia**

Hope you all enjoy exploring Russia and don't forget to share your work with us at office@bwf.education or on the woodside twitter page.

Below is information about Russia- Can you make a poster or information leaflet or complete the fact file to advertise the amazing spaces and objects of interest to see in Russia?

Here are some websites and videos to look at too.

<https://www.kids-world-travel-guide.com/russia-facts.html>

<https://www.natgeokids.com/uk/>

<https://youtu.be/v2tOqmnWcYE>

<https://youtu.be/zJ-ZPv05cRc>



The official name for Russia is the Russian Federation.

Russia shares borders with many countries, including China, Ukraine, North Korea and Norway.

In terms of land area, Russia is the largest country in the world.

Russia is located across 9 time zones.

At the beginning of 2013, Russia was estimated to have a population of around 143 million.

Russian is the official language of Russia but there are many other languages used in various parts of the country.

The capital and largest city in Russia is Moscow. Other major cities in Russia include Saint Petersburg, Yekaterinburg and Novosibirsk.

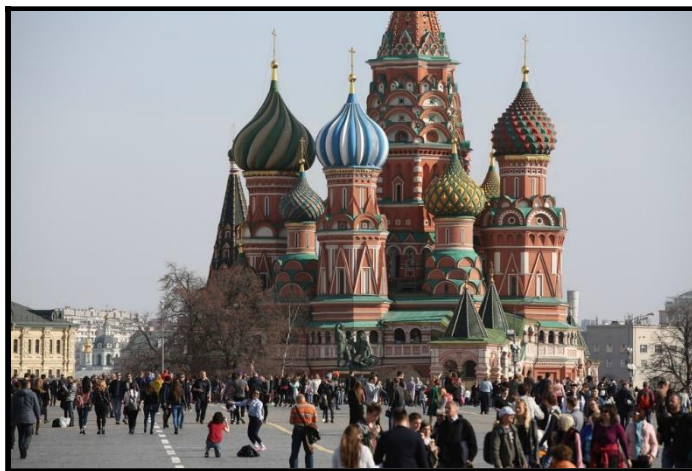
Russians drive on the right-hand side of the road.

The currency used in Russia is the ruble.

Russia has a wide range of natural resources and is one of the world's largest producers of oil.

The world's first satellite, named Sputnik, was launched by the Soviet Union in 1957.

The official residence of the Russian president is the Kremlin in Moscow. The name Kremlin means fortress.



The Kremlin

Russia has over 40 national parks and 100 wildlife reserves.

Lake Baikal is the largest freshwater lake in the world. It reaches 1642 metres (5,387 feet) in depth and contains around 20% of the world's unfrozen fresh water.

Mount Elbrus is the highest mountain in Russia (and Europe), it reaches a height of 5642 metres (18,510 feet).

Russia's Volga River is the longest in Europe, with a length of around 3690 kilometres (2293 miles).



The Volga River

Russia has the world's largest area of forests.

Moscow hosted the 1980 Summer Olympic Games.

Basketball, ice hockey and football (soccer) are popular sports in Russia.



The Russian Flag

Find out about different arts and crafts that the country of Russia here:

<https://www.youtube.com/watch?v=ZEIWVwDZKgk>

Can you have a go at some of the different arts and crafts?

Russian Dolls

What are they?

<https://kids.kiddle.co/Matryoshka>

<https://youtu.be/70scy4tFaUM>



Matryoshka dolls; also known as Babushka dolls, stacking dolls, nesting dolls, Russian tea dolls, or Russian doll)

They are a set of wooden dolls of decreasing size placed one inside another.

The name *matryoshka*, literally "little matron", is a form of Russian female first name

A set of dolls consists of a wooden figure, which separates at the middle, top from bottom, to reveal a smaller figure of the same sort inside, which has, in turn, another figure inside of it, and so on.

The first Russian nested doll set was made in 1890 by a wood turning craftsman and wood carver Vasily Zvyozdochkin from a design by Sergey Malyutin, who was a folk crafts painter.

Traditionally the outer layer is a woman, dressed in a sarafan, a long and shapeless traditional Russian peasant jumper dress. The figures inside may be of any gender; the smallest, innermost doll is typically a baby turned from a single piece of wood.

The dolls often follow a theme; the themes may vary, from fairy tale characters to Russian Leaders.

In the western Russia, Matryoshka dolls are often referred to as babushka dolls, *babushka* meaning "grandmother" or "old woman"

The dolls were presented at the Exposition Universelle in Paris in 1900, where the toy earned a bronze medal. Soon after, matryoshka dolls were being made in several places in Russia and shipped around the world.



These are the original dolls made in 1892.



How the dolls are stored

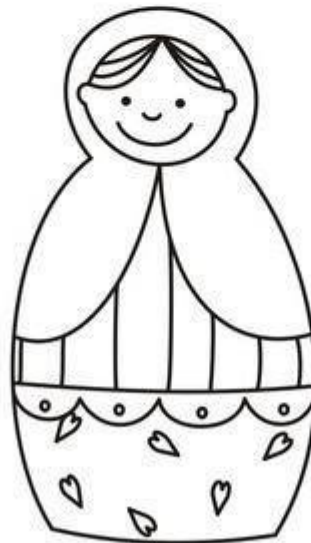
Matrioskas



Ale Balanzario Designs.



Have
a
Good Day



Dream



Happy
Birthday

<http://alebalanzariodesigns.blogspot.com/>

RUSSIA QUESTIONNAIRE- Can you use the information on Russia to complete the quiz?

1. What is the official name for Russia?

2. Name 2 countries that share a border with Russia?
3. What is Russia's estimated population?
4. What is the official language of Russia?
5. What is Russia's capital city?
6. What is the currency used in Russia?
7. The world's first satellite was launched by the Soviet Union in 1957. What was it called?
8. What is the name of the official residence of the Russian president?
9. What is the largest freshwater lake in the world?
10. What is the highest mountain in Russia?
11. What is Russia's longest river?

12. Which city hosted the 1980 Summer Olympic Games?

13. Name 2 popular sports in Russia?

RUSSIA AND ITS FOOD.



Did you know that most Russian foods don't include fresh vegetables? This is because the climate in Russia is very cold and harsh, so fresh vegetables are difficult to find most of the year.

Russia has the largest area of any country in the world. It covers 17 million square miles, which is almost twice as large as the USA. Because of this, Russia's population includes people from many different backgrounds, so there are lots of different kinds of food traditions.

Traditional foods are those that have been eaten in a country for a long time and are still eaten today.

Let's take a look at some of these traditional Russian foods.

SOUPS

Borscht is probably one of the foods most associated with Russia. It is a soup made out of beets combined with other vegetables and meat. As with many other Russian foods, it is usually served with sour cream.



Another traditional Russian soup is called **Shchi** , pronounced like the word 'she'. It is made in many different ways but always includes cabbage. Shchi has been eaten in Russia for over a 1,000 years!



Solyanka is a very unusual Russian soup made from meat and vegetables but what makes it so unusual is that it also includes chopped pickles, which makes it very sour.



OTHER TRADITIONAL FOODS

Pirozhki, pronounced 'pierogie' in English, are little pies or raviolis that can have many different fillings, including meat, cheese, prunes or potatoes. These are actually very popular in America.



Ikra, called 'caviar' in English, is a traditional Russian food that is very popular around the world. It is the roe, or eggs from a large fish called a 'sturgeon'. It is very expensive to buy!



Russian Blini are thin pancakes. They are cooked and rolled up to be eaten. Blini are filled with many different foods, such as jam, cheese or caviar. They are traditionally eaten to celebrate the first day of Spring, during a celebration called Maslenitsa.

Maslenitsa, also called the 'sun festival', celebrates the end of winter and the return of warmer weather. Because much of Russia has very cold, snowy winters, Russian's are glad to see winter end. They celebrate the return of the summer by eating 'blini' because they are round like the sun.



Russian Food: Quiz

1. Which of these traditional Russian foods is eaten to celebrate 'Maslenitsa', the sun festival, because they are round like the sun?

- Uzhin
- Shchi
- Blini
- Solyanka

2. Which of the following is a traditional Russian soup that is made from beets?

- Zavtrak
- Borscht
- Shchi
- Pirozhki

3. The traditional Russian soup 'Solyanka' is unusual because it contains?

- Pickles
- Beets
- Fish
- Flowers

4. What is usually served with many Russian foods?

- Tomato Ketchup
- Mayonnaise
- Salsa
- Sour Cream

5. 'Ikra' (caviar in English) is the roe or eggs from what fish?

- Sturgeon
- Cod
- Salmon
- Haddock

6. In which country are 'pirozhki' very popular?

- France
- America
- Spain
- Australia

Name: _____ Date: _____ Class: _____

Russia: Word Search Puzzle

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

Caspian Sea
Dniepr River
Duma
Moscow
Mount Elbrus

Novosibirsk
Russia
Saint Petersburg
Siberia
Soviet Union

Ural Mountains
Vladimir Putin
Volga River
Volgograd
Yekaterinburg

Russian Ballet



The History of the Russian Ballet

Think about what your life might be like if you didn't have TV, video games, mobile phones – anything that needs electricity. What would you do for fun? Back in the past people had fun by going to see live entertainment such as plays and dances – like ballet.

Ballet was first popular in countries like France and Italy and so almost 350 years ago, the Russian leader, Peter the Great decided to bring ballet to Russia. Today Russia is very famous for its ballerinas and its ballets.

Peter the Great first brought ballet to Russia because he wanted to show that Russia could be just like any other European country. It soon became very popular with royalty and other wealthy people, called the aristocracy. These people wanted to be entertained and they loved the beautiful productions with costumes, dancers, music and the stories they told.

One interesting fact about the Russian ballet is that it included bits of traditional Russian folk dance to the classical style of ballet.



Two large Russian cities, Moscow and St Petersburg, each had a ballet company and a ballet school to train the dancers.

Russian ballet became so successful that dancers from all over the world came to Russia to train. Even today, the style of ballet taught in Russia influences ballet all over the western world.

Ballet Dance Schools

Ballet is a form of art, that uses dance and music to tell a story.

The dancers must be very dedicated and work hard for many years to be able to successfully perform the technical and athletic moves to tell a story.

In Russia, the first dance schools begun in 1734. The dance schools wanted students to start between the ages of 10 and 12. If you were older than that, it was too late for you to train to become a ballet dancer.

They also wanted children who had never had lessons before so that the teachers could teach all the basics the way they wanted the children to learn. The dance training was very hard and most of the students had to leave their homes and families and live at the dance schools. Do you think you would be able to do this?



Quick Quiz

Russian ballet was successful partly because the _____ were looking for a way to be entertained.

- ☐ Ballerinas
- ☐ Composers
- ☐ People of the aristocracy
- ☐ Regular working people

What other style of dance is included in Russian ballet?

- ☐ Traditional Russian Folk dance
- ☐ Ancient Greek theatre performance
- ☐ Classical Russian Ballroom dancing
- ☐ Traditional English Morris dancing

What was the name of the Russian leader that first brought ballet to Russia?

- ☐ John the Fantastic
- ☐ Peter the Great
- ☐ Bob the Best
- ☐ Peter the Fabulous

What year was the first dance school open?

- ☐ 1743
- ☐ 1437
- ☐ 1347
- ☐ 1734

What are the names of the 2 Russian cities that first opened ballet companies and schools to train dancers?

- ☐ Moscow and St Petersburg
- ☐ Moscow and Smolensk
- ☐ St Petersburg and Leningrad
- ☐ Stavropol and Murmansk

Ballet is an art form that uses and to tell a story.

- ☐ Dance and singing
- ☐ Music and acting
- ☐ Dance and music
- ☐ A book and a microphone

Russian Revolution

(1917-1923)



Russian Revolution

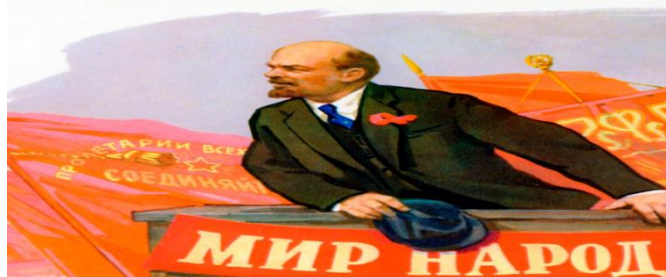
For 300 years Russia had been ruled by a royal family - The Romanovs. The Romanovs had been a very powerful family but the ruler at the time Tsar Nicholas II was seen by lots of the Russian people as a very bad leader. On 24th February 1917, riots broke out in the capital city of St Petersburg. The Russian people were very angry because there wasn't a lot of food to eat and World War I was going very badly for Russia.

What is a Tsar?

A Tsar is a ruler of Russia, similar to a king. It comes from the Roman word Caesar.

Tsar Nicholas II decided he could no longer rule in Russia because many of his soldiers refused to obey his orders. He stepped down on 2nd March 1917.

A group of people called 'The Provisional Government' took over the rule of the country. Russians hoped life would start to get easier and fairer for everyone now that the Tsar had gone. But many of the problems stayed the same and in October 1917 there was a 2nd revolution. In many ways, this revolution was more important because it started a new political system, never tried before. That system is called **Communism** and its first ruler was called Vladimir Lenin.



What is Communism?

It is an idea created by Karl Marx, who believed it would lead to a fairer society and make all the people in Russia equal.

Other important people who took part in the revolution were Leon Trotsky (2nd to Lenin) and Joseph Stalin (Took over as ruler when Lenin died).

After the communist party took over, Russia and some other countries it controlled were renamed The **USSR** – The **U**nion of **S**oviet **S**ocialist **R**epublics. You might sometimes hear it called the Soviet Union.

A new flag was created for the USSR, on it was the communist symbol, a sickle and hammer, which were seen as the tools of the working class.

During its years as a communist state, Russia had a huge impact on the rest of the world.

During this time a division grew between communist countries like Russia and other countries, such as the USA. This division was called the Cold War. It lasted a long time but ended in 1991 when the USSR changed from a communist state to a republic and the country went back to being called Russia.



Questions

1) What is a Tsar?

2) What happened on the 24th February 1917?

3) Who was the 1st ruler of communism in Russia?

4) The communist symbol is a _____ and _____

5) Name two other important people who took part in the Russian Revolution.

6) What does USSR stand for?

7) When did the Cold War end?

8) Why was the 2nd revolution more important?

EDUCATION IN RUSSIA

Education is compulsory in Russia for children between the age of six and fifteen. Primary school age six-ten followed by senior school aged ten-fifteen. If by the age of fifteen the student wants to go onto higher education they must remain to complete secondary school for two more years.



**Primary
Uniform**



Secondary Uniform

Holidays and school hours

Russian Schools have four terms with holidays in between; one week in November, two weeks in January, one week in March and nearly three months in the summer.

School Day

Children start school at 8am and finish between 1& 2 in the afternoon. Children attend five days a week, although some schools require extra study on Saturdays.

Lessons

A typical lesson lasts for 45 minutes with a break of 5-15 in between each lesson. Primary students have 4 classes a day. Secondary have 5-6 classes a day. After the age of 15 they have 6-7 classes a day.

A class consists of 20-30 students. Primary pupils have one teacher for all the subjects taught.

Students are graded on a scale from 2-5 with 5 being the highest. Each student has his or her own "diary"; a personal book of academic achievements in which teachers record the given grades.



A a	I i	M m	V v
B b	H h	Y y	W w
C c	A a	Q q	Z z
D d	M m	X x	J j
E e	K k	U u	L l
F f	O o	T t	N n
G g	P p	S s	R r
H h	C c	V v	

Questions

1. What ages are the children at Primary school?
2. What ages are the students at Senior School?
3. How long do the school children have for holiday in the Summer?
4. What time does school start?
5. How many students are in a class?

Can you copy the Russian Alphabet below?

А	Б	В	Г	Д	Е
Ё	Ж	З	И	Й	К
Л	М	Н	О	П	Р
С	Т	У	Ф	Х	Ц
Ч	Ш	Щ	Ъ	Ы	Ь
Э	Ю	Я			

SPORT IN RUSSIA



The most popular sport in Russia is football.

Ice hockey came in second with handball, basketball, boxing, auto racing, volleyball, athletics, tennis and chess rounding out the top ten rankings.

Russia competed in the Olympic Games for the first time at the 1952 Summer Olympics.

Russian athletes never finished below fourth place in the number of gold and total medals collected at the Summer Olympics in which they competed.

Russia has the most medals stripped for doping violations (51).

The Russian team was partially banned from the 2016 Rio Olympics and 2018 Winter Olympics due to the state-sponsored doping scandal.

Russian athletes were allowed to participate at the 2018 Olympics under a neutral flag with a name "Olympic Athletes from Russia".

Football is the number one sport in the country. A high proportion of men are interested in it to a certain extent (and many children play it regularly) and women also join men when it comes to the national team.

Russia was awarded the 2018 FIFA World Cup on the 2nd of December 2018, hosting the tournament for the first time. The event took place from 14 June to 15 July 2018, in which the Russian team had its best performance since the

[1966 tournament](#), reaching the quarter-finals for the first time since the breakup of the Soviet Union, where they lost to eventual finalists [Croatia](#).

One traditionally popular sport is [bandy](#) (informally called "Russian hockey").



It is considered a [national sport](#), and is one of the biggest spectator sports. According to one survey, it is the third most popular sport in Russia.

Questions

1. What is the most popular sport in Russia?
2. What is the second most popular sport in Russia?
3. In what year did Russia first compete in the Summer Olympic Games?
4. How many medals have been stripped from Russia?

5. What was the name of the neutral flag Russian athletes were allowed to participate under in the 2018 Olympic Games?
6. Who beat Russia in the quarter-finals of the 2018 FIFA World Cup?
7. What is the name of the traditional popular sport known as Russian hockey?

Animals in Russia

Try to draw these beautiful animals and find out what they are called!



