

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Teacher Sheet: Bird Olympics

✓Nestlings  
✓Fledglings

*How do you match up with the Bird Olympic Champions? Move through the six stations and find out!*



## Station 1: Golden Eagle

A Bald Eagle has a wingspan of 7 1/2 feet.

I have a wingspan of 3 feet and 5 inches.



## Station 2: Great Blue Heron

A Great Blue Heron can stand on one leg for hours while sleeping.

I can stand on one leg for 6 minutes and 2 seconds.



## Station 3: Great Horned Owl

A Great Horned Owl can stare for hours while hunting.

I can stare for 5 minutes and 4 seconds without blinking.



## Station 4: Rufous Hummingbird

In 10 seconds, a Rufous Hummingbird can beat its wings 700 times,

In 10 seconds, I can flap my wings 20 times.



## Station 5: American Kestrel

An American Kestrel can fly up to 200 miles per hour in pursuit of prey.

I can run 20 yards in 4.0 seconds.

This is equal to 10.2 miles per hour.

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# Teacher Sheet: Bird Olympics <sup>✓Fledglings</sup>

Fill out the following information about bird adaptations.

**1. What is an adaptation?**

*An adaptation is a modification, or change, by which a species improves its condition in relationship to its environment over generations. An adaptation is a physical or behavioral characteristic that helps a bird better survive in its habitat.*

**2. What are two examples of a physical adaptation?**

*Size, plumage, bill shape and size, and feet shape.*

**3. What are two examples of a behavioral adaptation?**

*Migration, courtship displays, communication, nest-type strategy, and food-finding (foraging).*

**4. What is an adaptation of a bird that feeds on flowers?**

*Ability to flap wings 700 times in 10 seconds so it can stay in the air by the flower.*

**5. What is an adaptation of a bird that hunts at night?**

*Ability to stare for hours so it can see any movement in the dark. Large eyes allow night predators to see better and pick up small movements. The owls' feathers are very soft - another adaptation for quiet flight. The flight feathers are covered in a layer of tiny hairs that trap air within the feather surface and the foremost wing feather (the tenth primary) also has a row of tiny hooks that help to deaden the sound of air hitting the wings' leading edge. Almost-silent flight enables the birds to hear the tiny sounds produced by their small mammal prey and approach them undetected.*

**6. If you were a bird, what is an adaptation you would want?**

*If I were a bird, I would want to have similar adaptations to an American Kestrel and be able to go as fast in a dive as cars on the highway!*