

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

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

# Teacher Sheet: Bird Olympics

✓Nestlings  
✓Fledglings

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



## Station 1: Bald Eagle

A Bald Eagle has a wingspan of 8 feet.

I have a wingspan of 3 feet and 2 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 25 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, an Rufous Hummingbird can beat its wings 700 times,

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



## Station 5: Prairie Falcon

A Prairie Falcon can fly up to 45 miles per hour while cruising for prey.

I can run 20 yards in 4.2 seconds.

This is equal to 9.7 miles per hour.

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# Teacher Sheet: Bird Olympics

✓ Fledglings

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 Prairie Falcon and be able to run downhill at 45 miles per hour!*