

## **Motion on Skis Lesson Plan** –developed by Kary Hepworth

Outcomes: To increase the comfort level of students on their skis and snow.

To understand glide and grip and how it pertains to the skiing motion

To maintain balance and be proficient at getting up on their own

According to the Saskatchewan Curriculum, students should apply beneficial and safe strategies to improve flexibility and muscular endurance through participation and demonstrate a progression towards control in complex movement skills that combine locomotor skills. (This outcome can be adapted for a variety of age groups, recommended for grade 3-9)

- Students should be dressed appropriately for the weather and be wearing mitts or gloves.
- Go over the mechanism of the binding and make sure students' boots fit the binding.
- Poles should not be used for this lesson. However, for future lessons, children over 10 yrs. can start to try with poles.
- Instruct the students to wait or ski in a close area so that you can call them back when everyone is ready.

### Warm-Up Activities (5 mins)

- Poles are not used for this lesson.
- Form a circle with all ski tips facing in and everyone is well over an arm's length away.
- Simon Says is a good game to do this to. Smaller kids may stay engaged.
- Do some stretches. Eg. Lunge, spread feet apart and stretch to one side and the other, stretch arms and shoulders, neck circles.
- Jumping on both feet, one foot, spreading feet apart jumping from one to the other.
- Balancing on one foot and the other. Move unweighted foot forward, to the side, and back. Hint: Focusing on a spot in front of you on the snow helps to maintain balance.
- Fall down and demonstrate how to get up properly. If skis are tangled, have them roll onto their back, straighten skis and lay them down beside the skier. Then they move onto their knees in the crawling position. Slide closest foot underneath body while the other foot stays stationary and go up on one knee. Then stand up. Have everyone try it.

### Drills (10 mins)

- A large flat area is needed for this activity. Preferably, it will not have deep snow but if it does, the students can pack it down while doing the drills. Make sure the borders are clear and that students are within earshot.
- Walking on skis. Try walking with heavy steps. Have them turning with short steps moving their skis in a star formation (tails together, tips apart)
- Jogging. Keep a slow balanced motion. When turning, be sure to take short steps around. Emphasize the swinging arms and lean forward slightly to maintain balance.
- Running and gliding. Take about 3 running steps and glide on both feet. Putting hands on knees while gliding will help with balance lowering the centre of gravity. Try running and gliding on one foot and then the other.
- Scooter or skateboard drill. Explain that one foot will grip the snow (imagine that this foot is pushing off the pavement) and the other foot will glide (imagine that this foot is stationary on a skateboard). This drill emphasizes weight transfer as you push from one ski to the other. Try on both sides. Try alternating feet.

### Demonstration of the Diagonal Stride without Poles (5 min)

- Have students line up facing the track perpendicular. Make sure they all can see but that they don't have their skis in the way of the track.
- Explain that you will demonstrate 3 things in skiing that the body is supposed to do to achieve the grip and glide that the scooter/skateboard drill was teaching them.
  - The arms are swinging straight for momentum
  - The waist is bent forward
  - The knees bend slightly
- Do two or three passes in front of the students to show these motions. (Make sure you start far enough back to have good technique as you pass)
- Check in to make sure everyone saw and understood. Explain that it is called Diagonal Stride because the body position, when it is extended, looks diagonal from the side. Further explanation may be needed for older students.
  - The knee bend is called preload. The leg holds that energy until it is needed to push and extend in order to transfer the weight effectively to the glide ski.
  - The arms use the same swinging motion even with poles. The reason to swing them straight is for better balance and because eventually they will be using poles.
  - The bend in the waist is for momentum like a runner's position. The upper body should have very minimal movement.
  - The long extended glide and the fast recovery to switch sides is the goal making for an efficient, fluid motion.

### Practice (15 min)

- Ideally, tracks or a track grid is available, but a tracked loop will work too. Have students practice their newfound skills on their own and provide encouragement and help to as many individuals as you can.

### Game (10-20 min)

- Depending on time and the type of group you have, here are some suggestions for games on skis. Do not use poles!
- Keep in mind to give you and your students enough time to get back and change out of their equipment and put it away properly.
  - British Bulldog (Other versions are called Wolves and Caribou or Jackfish and Minnows)
  - Ski Handball
  - Freeze Tag (skiers might go under legs as an extra challenge)
  - Follow the Leader
  - Obstacle Course
  - Relay Races (ski backwards, use only one ski, three legged race, one pushes while the other glides and switch, etc)
  - Or just go for a nice nature ski

\*For the next lessons, the progressions should be diagonal stride with poles, double pole or hill techniques. More information can be provided to advance your skiers and make it an enjoyable experience for all. If you are interested in more information, contact Cross Country Saskatchewan. [www.crosscountrysask.ca](http://www.crosscountrysask.ca)

