

## **Electives Ski Program Lessons 1 to 4**

### **Lesson 1**

Put Skis and Poles on properly  
Falling and Getting up  
Star Turn  
Walking on Skis  
Herringbone  
Snowplow

### **Lesson 2**

Review Lesson 1  
Weight Shift  
Snowplow turns

### **Lesson 3**

Review Lesson 2  
Double Pole  
Continue work on Snowplow turns

### **Lesson 4**

Review Lesson 3  
Double Pole with kick  
Continue Snowplow turns  
Step turns for advanced skiers

### **Last Lesson – ski a Loppet!!! - IF REQUESTED by the teacher in charge!**

Loppet in the afternoon approximately 1 hour before bus departure.

Use GREEN trail. Students should pre-ski it in the morning.

Allow half hour to organize the kids, hands out bibs.

Longest time is approximately 30 minutes, shortest time is 10 minutes.

### **Equipment:**

Bibs  
2 stop watches  
Timing sheets  
Clip board  
People – starter, bib caller, time caller, bib recorder, bib collector (use parents)

### **Procedure:**

1. Get list of students from teachers in the morning.
2. Set up a start list with bib numbers while students are skiing in the morning.

After lunch:

1. Have kids meet back at the chalet approximately 1 hour before departure.
2. Hand out bibs. Adults may participate.
3. Draw a start line in the snow and line up Students in rows.
4. Go over rules:  
stay on Green, no skiing over top of fallen skier, race against clock not each other.  
Have an adult as a 'sweeper'.
5. Ready, set, go!!
6. Catch bib numbers and times as they come in.
7. Print a results page and give to teachers.