

# Cross Country Skiing

## Synopsis

### 3rd—6th, upper



#### Summary:

*Learn to swish with the best of them in this introductory ski lesson. Class may be done in conjunction with another 1/2 day environmental class. Full day incentives apply. Rental fee \$2.50/student. Limited class size (depending on age).*

#### Authenticity

Participants will learn the fundamentals of classic cross country skiing, a life-long athletic activity that provides opportunities for enjoyment of the natural world.

#### Goals & Objectives

##### **This program will:**

- Introduce basic techniques and tips for efficient skiing.
- Give students a chance to practice proper skiing on state trails.

##### **Students will be able to:**

- Correctly put on boots, poles and skis.
- Use proper ski form to navigate trails
- Follow basic trail etiquette while skiing.

#### Activities

##### **In the classroom:**

- A basic introduction of skiing history and the two styles will be demonstrated.
- Properly sizing skis and poles will be shown and students will be fitted with boots.

##### **In the field:**

- Skis and poles will be distributed and trail etiquette discussed.
- Basic form will be demonstrated, and technique vocabulary introduced as it becomes pertinent on trail.
- Students will put in to practice ski technique and map reading while on trail.
- Games focusing on building skiing skills and increasing comfort level may be played at instructors discretion.

#### Bad Weather Alternative

This program cannot be conducted indoors. Skiing can happen in any winter weather, but will be cancelled at the discretion of the field trip leader or Hartley educators if extreme weather threatens the safety of the students.