

ACTIVITY
SKI/BOARD/SLEDGE

Key Skills			National Curriculum		Q.C.A.	
Communications	Working with others	Problem Solving	Physical Education	PSHE	Physical Education	Outdoor and Adventurous Activities
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Learning Objective: To introduce pupils to Skiing, Boarding or Sledging.

Description: An opportunity to learn basic mountain skills and basic skills involved in the chosen discipline through a variety of games and exercises that take place on our dry slope or at the Scottish resorts of Cairngorm and the Lecht.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • Recognising the importance of group control and the dangers or being in a mountain environment. • Knowledge of the BASI fundamentals and the central theme • Keywords: Straight run, Side slip, plough, falling leaf, stopping. Side step. 	<ul style="list-style-type: none"> • To recognise the perceived risk of the activity and how this is controlled by safety equipment and instructions • Correct use of equipment Bindings, brakes, poles, helmets, gloves. • To be able to respond to instructions when asked to. 	<ul style="list-style-type: none"> • To prepare physically for the activity in hand • To demonstrate basic riding techniques including Stopping and turning. • To work towards achieving one of the snowlife awards by the end of the chosen activity session.