



Cross-Country Skiing

Class Outline

Brief Synopsis: Cross-country skiing has been around for thousands of years and historically was an important means of winter transportation. In modern days, it is not only great exercise, but also an excellent way to observe the beauty of the winter landscape! Participants will learn the history of the sport, the correct fitting and usage of the equipment, and the safety and etiquette of skiing before gliding across the glistening snow. Skis, poles, and boots provided.

Outcomes:

1. Students will examine the origins of cross-country skiing to better gain knowledge of the sport's evolution throughout history.
2. Students will become familiar with the equipment and gear needed in order to ski effectively and safely.
3. Students will observe and practice the skills of kick gliding, double polling, turning, climbing and descending hills.

Outline:

I. Skiing: Past and Present (20 min.)

The sport of XC-skiing dates as far back as 2000 B.C.! Students will determine its origins and the importance skis played in the lives of humans and their survival when compared to the use today.

II. Equipment and Fitting (25 min.)

Skis—*check*, poles—*check*, boots—*check*, snow—*check*!

Not much is needed to enjoy winter gliding over white powder.

Through demonstration and instruction, students will learn the equipment needed for Nordic or traditional style skiing and how to fit each piece properly. Add a layer of snow and a new exhilarating adventure awaits.

III. Skills Practice (30 min.)

Cross-country skiing can be enjoyed by people of all ages and ability levels. Eagle Bluff's trained staff will guide and coach the students through a series of engaging games and drills that will help each participant become more comfortable on their skis. Maneuvers such as kick-gliding, turning, and getting up after a fall will be practiced before the students venture on the trail.

IV. Let's Go Skiing (1 hr. 45 min.)

Gliding across snow-covered fields and through the woods will allow students to see the outdoor environment in a unique way. Skills such as kick gliding, double polling, traveling both uphill and down hill will be practiced in route. Pursuing activities that are physical in nature promotes healthy lifestyles.

Quick Facts

Class length: 3 hours

Ages: 5th grade or older

Season offered:

January through mid-March
(conditions permitting)

Time outside: 2 hrs. 15 min.

Hike length/physical activity:

High, approx. 1-3 miles

Pre-requisite/prior knowledge:

None required

Minnesota Graduation Standards:

Science: 5.II.D.2, 9-12.I.D. 1

Language Arts: 5.III.A.2, 6.III.A.3
8.III.A.2

Physical Ed: 5.1.2, 5.2.2, 5.3.2&3,
5.5.3, 5.6.5, 6.1.2, 6.4.1, 6.5.5,
6.6.1&4, 7.4.1, 7.5.1, 7.6.3, 8.3.4,
8.5.1