

Class Summary

Quick Facts

Outside: 2 hours 15 minutes

Grade: 5th and older

Offered: January through mid-March
(conditions permitting)

Physical Activity: High activity over 1 to 3 miles

Concepts

- Cultural History • Movement
- Perseverance & Practice • Recreation

[Minnesota Academic Standards >](#)

- Science • Language Arts
- Physical Education

[Classroom Activities >](#)

- Pre-Activity: *The Evolution of Skiing*
- Post-Activity: *Fitness Face-off*

STEM Components

- Utilize
- Operate
- Practice

IB Profiles

- | | |
|--|---|
| <input type="checkbox"/> Inquirers | <input type="checkbox"/> Open-minded |
| <input type="checkbox"/> Knowledgeable | <input checked="" type="checkbox"/> Caring |
| <input checked="" type="checkbox"/> Thinkers | <input checked="" type="checkbox"/> Risk-takers |
| <input type="checkbox"/> Communicators | <input checked="" type="checkbox"/> Balanced |
| <input type="checkbox"/> Principled | <input type="checkbox"/> Reflective |

Revised Jan. 2015

Outcomes, student will:

1. Examine the origins of cross-country skiing to gain knowledge of the sport's evolution throughout history.
2. Become familiar with the equipment needed in to ski effectively and safely.
3. Observe then practice the skills needed to right one's self after a fall, kick glide, double poll, and climb and descend hills.

Brief Synopsis:

Cross-country skiing has been around for thousands of years and historically was an important means of winter transportation. Now, 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 etiquette of skiing before gliding across the glistening snow on trails around a prairie. Skis, poles, and boots are provided.

Activity Descriptions:

Skiing: Past & Present (20 minutes)

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 their uses today.

Equipment and Fitting (25 minutes)

Not much is needed to enjoy winter gliding over white powder. Through demonstration and instruction, students will learn the equipment needed for Nordic and traditional style skiing and how to fit each piece properly.

Skills Practice (30 minutes)

XC-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 out onto the trail.

Let's Go Skiing (1 hour 45 minutes)

Participants get a chance to practice their new skills by skiing around various loops in our prairie. As they ski, students are encouraged to participate in "Bluff Birkebeiner" a non-competitive scavenger hunt that allows participants to learn a bit more about the history of cross country skiing around the world.