

# CROSS COUNTRY SKIING

## LESSON PLAN



**WOLF RIDGE**<sup>SM</sup>  
ENVIRONMENTAL LEARNING CENTER

# CROSS COUNTRY SKIING



## CLASS DESCRIPTION: An Outdoor Recreation Class

This class will provide students with an introduction to the life-long skill of cross country skiing. While indoors, students will learn about the history of the sport and its equipment; including the diversity of materials and styles. Students will then travel outside to nearby ski trails where they will practice and develop specific ski skills that the instructor has demonstrated. Both trails at Wolf Ridge are designed for novice skiers and contain minimal uphill or downhill sections.

**Total time:** 3 hours (2 1/2 hours outdoors)

**Audience:** 6-20 students, 4th grade through adult

**Activity level:** moderate to strenuous

**Travel:** up to 2 1/2 miles

**Total uphill travel:** 150 feet from Raven Lake, 320 feet from Forestry

## GUIDING PURPOSE

To try cross-country skiing as a way to stay active and explore outdoors in winter.

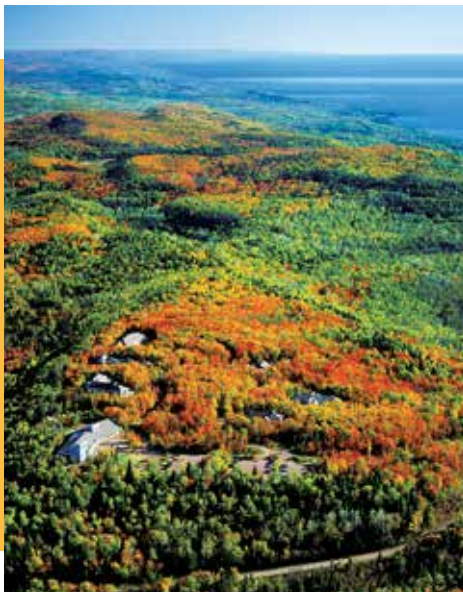
## CONCEPTS

1. Science and Technology: Humans adapt to their surroundings by experimenting and developing technology.
2. Outdoor Recreation: We all have the potential for physical activity and can improve our skills with practice and patience.
3. Outdoor Recreation: Human-powered sports promote healthy people and environments.
4. Stewardship and Ethics: Outdoor experiences promote an outdoor ethic of stewardship.

## OUTCOMES

Upon completion of the Cross Country Skiing class students will be able to:

- List several advances in the history of cross-country skiing.
- Demonstrate proper fit and use of one style of cross-country ski equipment.
- Demonstrate beginning cross-country skiing skills.
- Describe the value of cross-country skiing as a form of individual exercise and a lifetime sport.
- Explain the role of cross country skiing in developing an outdoor ethic of stewardship.



**Our mission** is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

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*Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.*



## Equipment

- demonstration wooden cross-country skis
- cross-country ski boots
- cross-country skis
- cross-country ski poles
- one trail map on lanyard for every two participants
- posters with maps of Wolf Ridge trails
- posters from professional cross-country ski races

## Appendices

- Glossary
- Additional Information
- Optional Activities
- References
- Sources
- Class Sheets
- Spiral Learning Sheet
- Planning Outline

## Set-up (15 min.)

- Classroom/class prep description
- Safety Management

### I. Travel to Ski Area (15 min.)

### II. Ski Equipment (20 min.)

- A. History of Skiing
- B. Equipment
  - 1. Skis and Poles
  - 2. Boots and Bindings
- C. Trail Map

### III. Beginning Ski Lesson (25 min.)

- A. Equipment Check
- B. Balance and Falling
- C. Forward Motion
- D. Stopping
- E. Turning
- F. Downhills
- G. Uphills

### IV. Trail Touring (90 min.)

- A. Starting out
- B. Advanced Techniques

### VI. Conclusion (15 min.)

- A. Ski Stories
- B. Advice

### VII. Return to Wolf Ridge (15 min.)

## Clean-up (10 min.)