

# Cross Country Skiing



Audubon Center  
of the North Woods

**Purpose:** The use of skis goes back to ancient times. Man had to hunt and travel across hostile terrain, so in order to ensure his survival; he had to create something that wouldn't sink down into the deep snow landscape of Scandinavia. In this class students will be introduced to the fascinating history of cross country skiing and enjoy what is now a popular recreational sport by skiing our beautiful trails at the Audubon Center of the North Woods.

### Concepts:

- Cross country skiing is a great way to explore the winter world with a low impact on the environment.
- Cross country skiing can provide aerobic exercise as part of a healthy lifestyle.
- Cross country skiing originated in Scandinavia as a method of transportation for travel, hunting and defense during winter.
- Cross country skiing is a physical skill which can help with balance, timing, and coordination.
- The many types of cross country skis are designed to maximize the efficiency of travel according to the specific conditions in which they are used.

### Learning Outcomes: Students will be able to

- Present an aspect of the history of cross country skiing.
- Demonstrate the physical skills necessary to cross country ski.
- Identify, practice, and present three ideas in one of the following areas: safety, teamwork, trail etiquette, group goals.

### Minnesota Academic Standards:

NASPE (National Association for Sports & Physical Education)

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**REVIEWER:** CLARISSA ELLIS, DECEMBER 2008

**CLASS LENGTH:** 3 HR

**AGES:** GRADES 4-12

**SEASON:** WINTER

**GROUP SIZE:** Up to 20 people

**SAFETY:** The cold is the most critical safety concern. Skiing generates body heat. Therefore, students should dress in layers that can be easily adjusted depending on temperature, wind, and activity level. Warm winter boots are required. Most of the ski will be on flat to slightly sloping trails. This activity requires upper and lower body mobility and strength.

**MATERIALS:** Skis, poles, laminated skiing history/today cards, globe, map of Western Europe, 5 pads of paper, 5 pencils, 5 clipboards, laminated cards with debriefing questions, container for hot and/or cold water, cups, hot chocolate, fire starting materials, padding kit, first aid kit, radio, cups.

**PRE-CLASS PREP:** Make a fire in the ski shed if it is cold out. Check to make sure that all the skis, poles, padding, and duct tape are available and ready to use. Organize cards for kids to read on history of skiing. Organize and prepare cups, hot water, and hot chocolate if you're going to use it. Track a circle with your skis in the snow for the students to practice. The circle should be in a flat place. A good place for it is in the grassy area just south of the old barn foundation.

### CLASS OUTLINE:

- I. Introductions
- II. History of Skiing
- III. Group Guidelines & Goals
- IV. Warm Ups
- V. Ski Instruction
- VI. Let's Ski!
- VII. Pointers & Tips
- VIII. Reflection