

JR1 or JR2

SAMPLE Lesson Plans

Lesson 1: Create a group meeting point (trees to the right of storage shed). Make sure kids equipment/clothing is suitable, make sure kids are comfortable and know they can tell us if they are cold/hot/hungry/need the bathroom etc, play a name game with a ball or stuffy, head towards troll bridge, review Bunny skills (falling and rising, star turn (everyone who likes chocolate do a star turn, etc), falling and rising on a hill, ready position, 90 jumps, duck walk, side step, snowplow, diagonal stride) Other ideas: Stork stance (standing on one leg), Soldiers (stand at attention with knees locked, and then 'at ease' into ready position knees), Snake game (skiers in a line, last skier in group snakes through the others and stops at the front). Notes: **Pancake breakfast at 9am**

Extra game idea: Fish Gobbler (mark out a square, one end is the shore, one end is the ship. Call out ship or land and all fish need to get there before being tagged by the gobbler. When "Fish Gobbler" is called, they need to link arms all together before the count of 20 or be gobbled. When "sardines" is called they need to cram into a small square at one corner before the count of 20. Bring a ball, dragon juice.

Lesson 2: Focus on balance: stand on one ski, glide on one ski, jump up high, ski through deep snow, play tag with only one ski on. Introduce poles and pole safety. Game: Treasure hunt. Make clues. A reindeer Blitzen gave me a clue last night. Here is the first one:

- There's a roadway that reindeer like to ramble along. Look for a tree with a clue, but you may need a snowball to get it out!
- When we reindeer get cold, we like to hoof it to Bev's Bungalow. The only way to get there is to do the biggest glides we can do! There's a clue on the wall.
- Even reindeer need to walk like ducks on the uphill. Quack like a reindeer up Main Loop, and see if you can find a clue on a light post.
- Sometimes we go fast, sometimes we go slow. Head down the hill, going fast for 5 seconds, and then do a snowplow stop. Then fast for 5 seconds, and another snow plow stop. At the pole barn, have a snack and search for a clue!
- I've never seen a troll, but I know that my reindeer friends and I like to drink from under the troll bridge. On your way, step in and out of the track as many times as you can. Look for a clue at the bottom of the Titan trail. You may find a pole or two as well!
- Reindeer like stickers! Did you know that Brendan and Simone forgot to tell you about your ski stickers? Look downstairs in the lodge and you'll find them.
- I have opened the big shed with a special code. Try the door to check out the groomer.

Lesson 3: Focus on diagonal stride: march on the spot, marching forward (talk about 'power button' under ball of foot), then marching with a small glide (1, 2, 3, 1, 2, 3, etc), have skiers

jump off snow from one ski to the other (only one ski on the ground at a time). Game: 1) How few strides can you take from here to there? 2)Snakes, skiers in a line with about 2 meters between, back skier snakes through skiers and stops at front. 3)Tip and Tail touch: ditch poles, on small decline ski down and touch front of skis, back of skis, front of skis, etc 4)Slide Tall Slide Small: same as 3 but stand up really tall, and then crouch down small. Throw a ball to balanced skiers to catch while doing this.

Then, do a proper diagonal stride demonstration with poles (at jackrabbit flats) Kids can practice this back and forth on Jackrabbit flats a few times while we give bits of individual feedback.

Main things to watch for: Some glide occurs with each stride, the skier lifts off the ground while kicking, poling is opposite of stride, body is upright in ready position. Notes:

Lesson 4: OK Cup race, no lesson. Offer to support kids during event, or take them there if parents can not attend.

Lesson 5: Focus on hills (up and down Titan?), stopping on a hill, turning on a hill, practicing duck walk and side step. Game: What time is it Mr. Wolf up hill sidestepping. Game: Clock (jump turns or star turns inside a circle to point to 12, 3, 6 or 9) Notes: **Bring dragon juice**

Lesson 6: Distance Day: bring a map of trails, and discuss with kids where they want to go. Marching songs, have checkpoints with stuffies hidden in trees Notes: **we are responsible for group game. Bring a map of trails.**

Lesson 7: Focus on diagonal stride: march with a small glide, jogging with a small glide, Game: skiers glide around, we yell 'freeze', they have to freeze in their glide until we release them! Game: throw tennis balls at a series of coloured targets while diagonal striding by. Notes: **Bring dragon juice and tennis balls**

Lesson 8: Downhill Day: Ski to Little Dippit. Ski loop (in prep for Loppet). Set up turning downhill lines with coloured lines Notes: **Bring dragon juice**

Lesson 9: Focus on Balance: One walker pushes one skier on hips along track. Practice star turn on a hill, using poles for balance, turn from perpendicular to down hill and then go down. Game: go down a hill, coach yells tall, and you need to stand tall while descending, coach yells small and you need to crouch down while descending.

Lesson 10: Little Dippit Loppet Notes: **we are responsible for group game.**

Lesson 11: Explore the woods day. Mostly just skiing off the groomed trails, hopefully in the Little Dippit area. Hide stuffies in trees. Notes: **Talk to parents about Team Scream, bring stuffies.**

Lesson 12: Team Scream, no lesson.

Lesson 13: Pendulum swing: stand on one leg, swing the other leg. Then do it while swinging right leg and left arm together and the right arm opposite. Game: Horse and Carridge: one skier double poles, with a rope between them and a second skier who gets pulled. Set up 50 and 100 meter sprints: record times. Notes: **Bring rope, pen, paper.**

Lesson 14: Mini Olympics

Ideas for fastest kids:

- Snake game
- Leap frog
- Follow the leader
- Simon says

Extra ideas:

- Stand in ready position. Yell 'go'. Skiers skid one ski sideways on the spot to try to make a pile of snow. Yell 'switch'. Skiers use the other ski. Try to make big piles beside your skis
- Fast/Slow. Ski down a hill slowly until you cross a coloured line, then go as fast as you can until the next coloured line, then go slowly again.
- Freeze tag with only one ski on.