



Skiing at Key Stage 3, 4 & 16+ Beginners

Introduction to Learnlink™

PGL Learnlink™ is a unique resource designed to help you relate the content of your chosen course to the requirements of the national curriculum, QCA schemes of work and associated regulatory bodies.

This Learnlink™ focuses on skiing for beginners. It contains a short description of the ski course along with a guide to the objectives and expectations associated with participating in a residential, overseas course and learning to ski.

At the bottom we have listed specific links to the national curriculum and QCA schemes of work and have also included links for groups at 16+. Learnlinks™ for intermediate and advanced skiers are also available.

PGL Ski courses

Duration: 6 days with a minimum of 4 hours tuition per day.

About the course

The beginners course is aimed at pupils who have done very little skiing or have not skied before. Through expert instruction, pupils will be taught the basic techniques of skiing, on nursery slopes and blue runs. Pupils will learn about the equipment required for this activity, how it fits together and its proper and safe use. Pupils will also be introduced to the principles of mountain safety and the physical effects of skiing and the mountain environment on the human body.

Learning Objectives

- To understand and apply the basic techniques involved in skiing
- To be able to use snow-plough turns to change direction
- To be able to use snow-plough turns to regulate speed
- To be able to ski blue runs and some red runs by the end of the course.
- To understand the safety precautions necessary in a mountain environment
- To be familiar with basic ski equipment and how it operates
- To read a piste map

Language for learning

Pupils will have opportunities to use:

- Words relating to skiing e.g. snow-plough turn, parallel turn, ski bindings, release mechanism, ski poles:
- Words relating to the skiing environment e.g. glacier, piste, gondola, cable-car altitude, blue runs, red runs, green runs.
- Words relating to the physical nature of skiing e.g. muscles, balance, weight, coordination, gravity, flexibility; reactions.

Expectations

At the end of this course



Most pupils will:

Be able to stop safely; use equipment correctly including helmets (where used); use drag lifts (T-bar, button tow or rope tow); ski blue runs confidently, using snow-plough turns to control their direction and rate of descent; understand the safety precautions required when in a mountain environment; be familiar with the operation of their ski equipment.

Some pupils will not have made so much progress and will:

Be able to stop safely; be able to ski blue runs using snow-plough turns to control their direction and rate of descent; be aware of safety precautions required when in a mountain environment; be familiar with the operation of their ski equipment.

Some pupils will have progressed further and will also:

Have progressed from the beginners group to the intermediate group during the week; be able to ski blue runs and some red runs with confidence; use parallel turns to change direction and regulate rate of descent; be able to traverse to control speed.

Specific Links to National Curriculum for key stage 3

Main links

PE: Acquiring and developing skills: 1a, b, 3b

Breadth of study: Outdoor and adventurous activities: 11a

Wider links

Modern foreign languages: Developing cultural awareness: 4a, b

Modern foreign languages: Breadth of study: 5h

Geography: Knowledge, skills and understanding: 3c, 4b, 5b

PSHE: Developing a healthy, safer lifestyle: 2f

PSHE: Breadth of study: 4f

Main links to QCA schemes of work

PE at key stages 3 and 4 Unit 25: Outdoor and adventurous activities: Development

Specific Links to National Curriculum for key stage 4

Main links

PE: Acquiring and developing skills: 1a, b

PE: Outdoor and adventurous activities: 11a, b, c, d

Wider links

Modern Foreign Languages: Developing language skills: 2e, f

Modern Foreign Languages: Developing cultural awareness: 4a, b

Modern Foreign Languages: Breadth of study: 5a

PSHE: Developing confidence and responsibility and making the most of their abilities: 1a, c

PSHE: Breadth of Study: 4c

Science: Breadth of Study: Health and safety: 2b



Main links to QCA schemes of work

PE Unit 26: Outdoor and adventurous activities: Intermediate

PE Unit 27: Outdoor and adventurous activities: Advanced

AQA GCSE

Geography: Specifications A & B: Aims: 5b

Specific Links for 16+

Edexcel Advanced GCE in PE

Aims: To develop an ability to appreciate the relationship between theory and practice and to apply theoretical knowledge to develop understanding of practical performance in sport.

Knowledge and understanding skills: The learning of skilled performance:

The practice of skilled performance: Cognitive factors influencing skilled performance

Wider Links

OCR Geography: A/AS level: 5.4.9 Tourism and Recreation and their environmental impacts; a, e

OCR MFL A Level

1.4 Aims: Develop awareness and understanding of the contemporary society, cultural background and heritage of countries or communities where the language is spoken; study of the language in a broader context.

2.1.2 Language Topic Areas: Leisure and entertainment sub-topics: Sport (including national sporting concerns and traditions)

OCR GCE Science AS Level

Unit G642: Science and Human Activity

Weather, climate and climate change;

Please note: If you would like specific national curriculum links for skiing for pupils at key stage 2 please contact PGL customer support on 0844 371 1300.