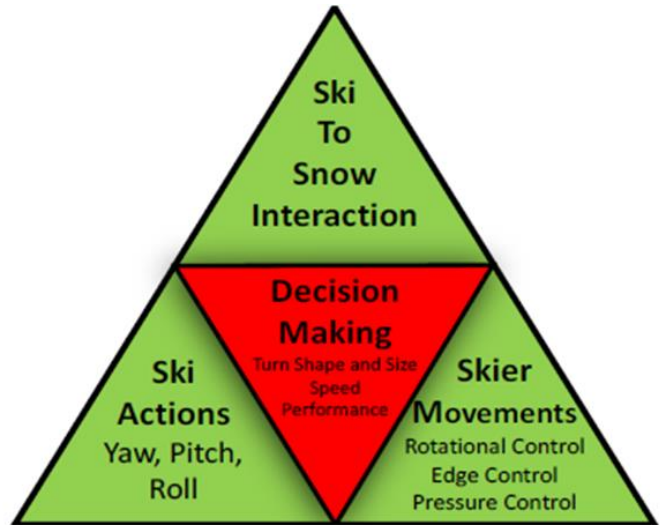
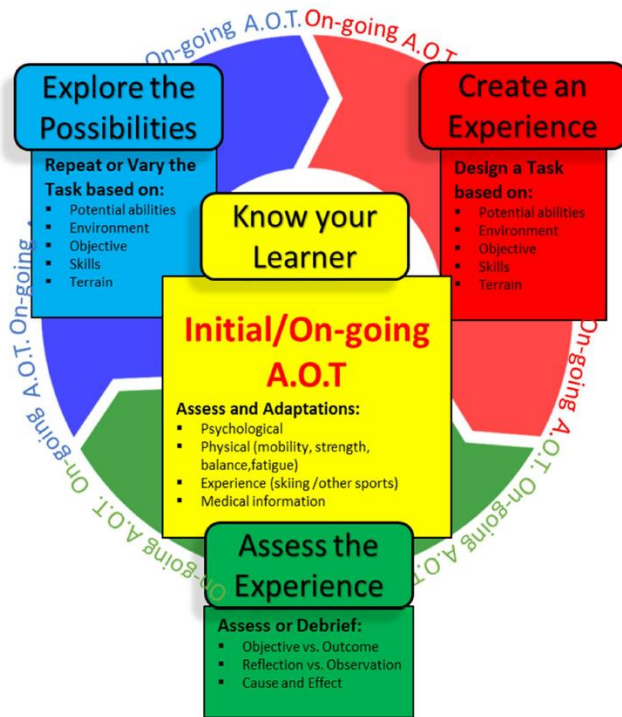


# CADS Ski Lesson Planning 2024



## Sample lesson plan

LEARNERS NAME:  
DATE:  
INSTRUCTOR NAME:  
LESSON TIME:

LEARNER INFORMATION (i.e. from registration form or medical form):  
INSTRUCTOR RESPONSIBILITY EACH LESSON:

- Weather forecast
- Grooming report
- Other safety concerns

AOT: ASK. OBSERVE. TEST

- Meet your learner. While moving through AOT, create opportunities to connect with your learner and develop trust and confidence.
- Discuss goals with your learner. Remember, many 1<sup>st</sup> timers may not know what they want! Others may tell you they want to be on the next Canadian Paralympic team! Goal set together as much as possible.
- Goals may include overall season, and then more specific to each lesson.

EQUIPMENT FOR THE LESSON:

POSSIBLE TEACHING AIDS:

TEACHING TECHNIQUES:

- Identify best terrain for task.
- Through each of the CADS teaching steps, focus on mobility and balance, as much as learner is able.
- Note successes and areas of improvement throughout the lesson. This will help to frame both your review and your next lesson.

IDENTIFY AREAS FOR IMPROVEMENT:

- i.e. lack of mobility - have games or exercises to develop

CREATE CONTINGENCIES:

- what if? Foul weather? No snow? Learner melt down? Equipment malfunction?

LEARNERS NAME:	
DATE:	
LOCATION/MOUNTAIN:	
INSTRUCTOR NAME:	
LESSON TIME:	
LESSON GOALS:	

## BEGINNER PROGRESSION

Current Methodology	Where	Objectives	Focused Skills
Equipment	Indoors	Get to know your student. Initial AOT = Select ski gear and teaching aids	Skier Movements  Rotational Control  Edging Control  Pressure Control
Mobility	Flat Terrain	<ul style="list-style-type: none"> <li>Move with balance</li> <li>Sliding/side slipping</li> <li>Hill climbing sideways</li> </ul>	
Gliding	Gentle Slope to Flat Terrain	<ul style="list-style-type: none"> <li>Guide with terrain assisted stop</li> <li>Guide to a stop in wedge</li> <li>Relaxed and mobile</li> </ul>	
Direction Change	Learning Terrain	Individual turns to linked turns	
Speed Management	Learning Terrain	Control/maintain speed with turn shape	