

PERSONAL QUALITIES

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I've been **LISTENING** well and it's my turn to go. I'm not too confident but I am **DETERMINED** to give it a try.

It's my **RESPONSIBILITY** to be safe and control my speed.

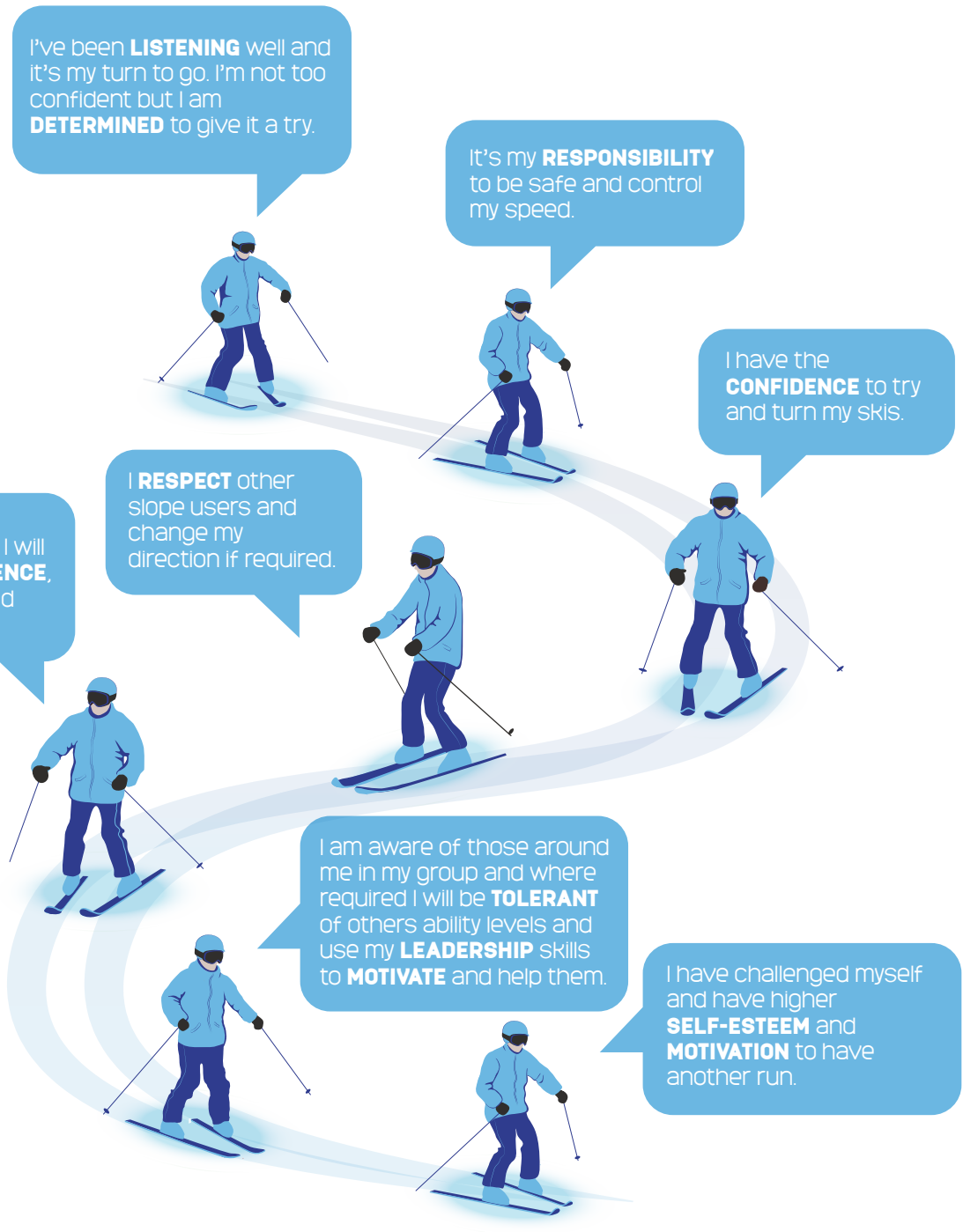
I have the **CONFIDENCE** to try and turn my skis.

If I fall or don't make the turn, I will use my **RESILIENCE**, get back up and keep trying.

I **RESPECT** other slope users and change my direction if required.

I am aware of those around me in my group and where required I will be **TOLERANT** of others ability levels and use my **LEADERSHIP** skills to **MOTIVATE** and help them.

I have challenged myself and have higher **SELF-ESTEEM** and **MOTIVATION** to have another run.



PHYSICAL COMPETENCIES

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I have a good stance,
therefore I am **BALANCED**.



I know how to **CONTROL**
my speed using body
position.



I have the
COORDINATION to
turn my skis when I
want.



I can use my **FINE
MOTOR SKILLS** to
make adjustments
to my balance and
speed.



I can change the
TIMING of my
movements to turn
between cones.



I can use my **KINAESTHETIC
AWARENESS** and am aware
of what my skis are doing
without looking at them.



I can use my **GROSS
MOTOR SKILLS** by using
my whole body to
perform challenges such
as hops and jumps.



COGNITIVE SKILLS

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I have to **CONCENTRATE** on the instructions in order to perform the task.



I can **DECIDE** what speed I need to go at to perform the task.



I have to **FOCUS** to make movements at the right time.



I use **PROBLEM SOLVING** to work out what I have to do to make it through the cones.



I can **DECIDE** what adjustments I need to make with my body position to control my direction.



I need to **CONCENTRATE** on what I am feeling through my body.



I can be **CREATIVE** to perform challenges such as hops and jumps.



PHYSICAL FITNESS

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My joints are stacked over the skis and am using **CORE STABILITY** to maintain position.



I have the **FLEXIBILITY** to move my legs in to a snowplough position to control my speed.



I can adjust the **SPEED** of my movement to change the shape of my turn.



I have the **STAMINA** to keep actively moving throughout the whole run.



I can use my **STRENGTH** to make big movements if required.



I can use my **CORE STABILITY** to respond to the effect of the forces created between my equipment and the ground.



I can use **ALL ASPECTS OF PHYSICAL FITNESS** to perform challenges such as hops and jumps.

