

## Core Skills Analysis

### Physical Education

- Developed balance and coordination through navigating slopes and maintaining posture on skis.
- Learned basic skiing techniques such as controlling speed and making turns.
- Improved cardiovascular fitness and muscle strength from the physical exertion involved.
- Gained awareness of body control and spatial orientation in a dynamic outdoor environment.

### Personal Development

- Built confidence by overcoming challenges associated with learning a new physical skill.
- Enhanced risk assessment skills by judging safe routes and speed while skiing.
- Fostered perseverance and patience when mastering complex movements.
- Cultivated independence and decision-making when navigating varying terrain.

### Environmental Awareness

- Experienced the natural environment and understood the effects of weather and snow conditions on activity safety and performance.
- Observed the impact of seasonal changes on outdoor recreational options.
- Recognized the importance of dressing appropriately for cold-weather activities to maintain safety.
- Developed appreciation for winter landscapes and responsible interaction with nature.

### Tips

To deepen the student's understanding and engagement with skiing, consider combining physical practice with reflective and creative activities. Start by encouraging the student to track their progress and set small, achievable goals to build confidence and a growth mindset. Next, introduce lessons on the science of skiing—such as friction, gravity, and balance—through simple experiments or videos to connect theory with practice. Planning a mini research project on mountain environments or winter sports culture can broaden environmental and cultural knowledge. Finally, incorporate safety education with role-play scenarios on handling emergencies or cold-weather preparedness to build practical skills and awareness.

### Book Recommendations

- [Skiing Adventures: Exploring Winter Sports](#) by Barbara Greenwood: An engaging introduction to skiing and other winter sports, perfect for young readers interested in outdoor activities.
- [The Snowy Day](#) by Ezra Jack Keats: A beautifully illustrated story capturing the wonder and excitement of snow, fostering connection to winter environments.
- [Ski Science: A Guide to Gravity, Friction, and Movement](#) by Timothy J. Smith: Explores the physics behind skiing in an accessible way for middle-grade readers, linking sport to science.

### Learning Standards

- Physical Education (KS3 PE, National Curriculum): Develop overall body coordination, balance, and stamina through regular physical activity.
- Science (KS3 Physics 3.1): Understand forces including friction and gravity as they apply to motion and movement.
- Personal, Social, Health and Economic Education (PSHE): Build resilience, confidence, and risk management in outdoor activities.
- Geography (KS3): Recognise the impact of weather and seasonal changes on environments and human activity.

### **Try This Next**

- Create a goal-setting worksheet to track skiing skills progression and personal achievements.
- Design a short quiz on winter safety rules and basic ski terminology to reinforce learning.
- Draw a diagram labeling the parts of ski equipment and explaining their functions.
- Write a reflective journal entry describing feelings before and after skiing sessions to enhance emotional awareness.