




## Cross Country Skiing

Week 1			
Activity	How many or how long	How many days	Instructions
Cross Country Skiing or Hiking 	30 mins	Total for the week	<p>See if you can try cross-country skiing. If there isn't any snow, go for a hike with your family or go ice skating instead. When you go to the ski centre, make sure that you rent "no wax" skis. <b>To get started, ask the people at the ski centre to show you where the beginner trails are (the ones with only small, gentle hills).</b></p> <p>When you ski, imagine that you are walking. Take steps on the skis the same way that you would take steps if you were walking on a hike. If you have to go up a gentle hill, you have to march on your skis instead of walking. March all the way up the hill so that your skis will stick to the snow and not slide backwards. If there is a gentle hill to go down, you don't have to walk but make sure to keep your knees bent and relaxed. Your skis will slide down the hill (just like a toboggan does). All you have to do is enjoy the ride, and make sure your skis stay pointed in the right direction.</p>


## Cross Country Skiing

Week 2			
Activity	How many or how long	How many days	Instructions
Cross Country Skiing or Hiking 	30 mins	Total for the week	<p>See if you can go cross-country skiing. If there isn't any snow, go for a hike with your family or go ice skating instead. This week before you get started, put on your skis and find a place with nice snow (not ice). <b>Then fall down so you are sitting or lying on the snow and practice getting back up.</b> When you fall, try to lie on your back so that your legs and skis can be lifted in the air. Get your legs untangled and both skis together before you try to stand up. If the snow is solid you can use your arms to push yourself up onto your skis. If the snow is soft, you'll have to hold onto your ski poles and push the poles into the ground to lift your body (otherwise your arms will just sink into the snow). Ski again on beginner trails that have only small, gentle hills). <b>This week when you ski, try to glide a little bit instead of just walking.</b> For each step, imagine that you are jumping over a puddle of water on the sidewalk. Push off with one leg and jump over the puddle so that you land on the other leg. The push from the jump will make your skis slide on the snow with each step. Remember to march when you have to go up a gentle hill and keep your knees bent and relaxed when you are sliding down a hill.</p>

## Cross Country Skiing

Week 3			
Activity	How many or how long	How many days	Instructions
<div>Cross Country Skiing or Hiking</div> <div></div>	30 mins	Total for the week	<p>Go cross-country skiing or hiking, depending on what suits the weather. Practice the “puddle jumping” you did last week so that you glide a little bit on your skis with each step.</p> <p><b>If you think you can do it really well, try skiing without using your ski poles.</b> If you really are jumping over puddles with each step, you should be able to ski easily without using your poles.</p>

## Cross Country Skiing

Week 4			
Activity	How many or how long	How many days	Instructions
Cross Country Skiing or Hiking 	30 mins	Total for the week	<p>Go cross-country skiing or hiking, depending on what suits the weather. Practice skiing without your poles like you did last week. If you want to try some bigger hills, the way to go up is to step up sideways. Stand at the bottom of the hill and turn sideways so that if someone else skied down the hill they would go right across your skis. Put your ski pole that is closest to the top of the hill about 20 cm away from your skis (so there is a space between your ski and pole). Lift the ski that is closest to the top of the hill and put it beside your pole on the downhill side. Then lift your other ski and bring it up so your skis are together again and then finally move your pole that is farthest down the hill so it is beside your skis. The secret trick to climbing the hill is to keep your skis perfectly across the hill. If your skis end up pointing a little bit uphill or downhill, the skis will start to slide and you'll probably fall over. If that happens, just get your skis across the hill (like you practiced in Week 2) and then stand up and keep going. To go down a bigger hill, you can slide down on your skis the same way you did on the smaller hills as long as you can keep your skis pointed in the right direction. If you have to turn on the hill or if the hill will make you slide too fast, then you can walk down the hill sideways the same way that you walked up.</p>