

Teaching the young ones skiing and boarding:

Rules to Apply:

1-PATIENCE

2-Do not expect a young child to have all the motor skills movements needed.

3-Keep on snow sessions short 30 minutes to 45 minutes. Then break

4-Hot cocoa is a nice reward.

5-Build up learning like a pyramid

6-Professional lessons

MOTOR SKILLS:

Before a child becomes active in sports tumbling and balance exercise can help.

- Gross motor skills include lifting one's head, rolling over, sitting up, balancing, crawling, and walking. Gross motor development usually follows a pattern. Generally large muscles develop before smaller ones, thus, gross motor development is the foundation for developing skills in other areas (such as fine motor skills). Development also generally moves from top to bottom. The first thing a baby usually learns to control is its eyes.

By 2 years the child can

- jump in place
- jump from a low step with both feet together at the same time
- kick a ball and momentarily balance on one leg while swinging the other to kick an object
- run forward
- stand up easily from a sitting position
- throw a ball overhand

Between 25 and 30 months the child can

- walk up and down stairs alone.
- jump in place 2 or more times with feet landing at the same time
- run or walk on tiptoe
- climb on a jungle gym
- walk backward 10 or more feet to pull toys, arrange things or to move out of the way

Between 3 and 4 years the child can

- jump forward with both feet together
- stand on one foot unsupported for 2 or more seconds
- steer and pedal a tricycle
- throw a ball underhand
- walk upstairs one foot on each step

Motor Skill Development:

One- to 3-year-olds

- Provide pull toys that make noise. Encourage your child to walk forward and backward while pulling the toy.
- Help your child walk up and down stairs.
- Help your child jump off the first or second step.
- Help your child jump over a small object such as a book.
- Provide opportunity for your child to climb up and through things. If there is a playground with appropriate equipment nearby, it would be the perfect place.
- Provide both large and small balls for throwing and kicking.
- Provide a wagon for pulling and carrying objects from place to place.

Four- to 6-year-olds

- Have your child walk along a line drawn on the floor — a good way to learn balance.
- Provide a mat for tumbling play such as rolls and somersaults.
- Play catch with your child — this provides throwing and running practice. Start by using a large ball. Once your child can throw and catch it, try it with a smaller ball then another ball a size smaller and so on.
- Tossing balls or bean bags into a container will develop your child's aim. As skill improves, use a smaller container or increase the distance to it.
- Provide dress-up clothes and other props so your child can pretend. Lots of large motor exercise occurs in games such as bus driver, fire fighter or astronaut

Basic Motor Skills exercises:

log rolls tuck rolls seal walks kicks bunny hops crab walks
marches forwards and backwards walking a line standing on one leg

I recommend these Guides

Skiing -

www.specialolympics.org/uploadedFiles/Alpine+Skiing+Coaching+Guide.pdf

Snowboarding -

www.specialolympics.org/uploadedFiles/Snowboarding+Coaching+Guide.pdf

Teaching Tips:

People are individuals and their individuality comes in part from how they prefer to learn. Learning styles fall into four main categories:

THINKER

Analytical learner who asks questions and needs explanation.

WATCHER

A visual learner who asks, "Can you show me that again?"

FEELER

Learns by repetition. Terrain selection can make or break a lesson for a Feeler

DOER

Gets bored easily; needs mileage.

Most students are a combination of all four styles, but usually strongly favor one or two styles.

Pyramid Learning:

- 1-First time out to resort. Go early in the season just to walk around the beginner slope at the bottom. Walk around the lodge. Show them other kids having fun.
 - 2-First Real day. Warm is the key. Pick a decent non windy not too cold of day.
 - Short Sessions 30 mins then break
 - Flat area -----
 - Try to get the child used to putting on gear.
 - Single leg movement, single leg glide not far 5 feet
 - You may have to help – A hula Hoop can help for stability
 - Glide with adult holding up down small slope
 - 3-Second day - Find a Parent/Child Instructor lesson and take it.
 - lesson then work on points with child again short 30 to 45 min session Then Break
 - 4-Third time out, fourth and fifth time out
 - Ride the regular lift when child is ready
 - You will still need to control speed, may need to hold with hands
 - Between legs, with poles or hula hoop.
- If the child is 5+ years old get them a private lesson mid season