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 fail 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.
Alpine Skiing

**PHYSICAL COMPETENCIES**

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.
Significant Aspects of Learning in Physical Education

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.

Alpine Skiing

**COGNITIVE SKILLS**

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[Logos of Aberdeen Snowsports Centre and Scottish Snowsport]
My joints are stacked over the skis and am using **CORE STABILITY** to maintain position.

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

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

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

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.

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**Alpine Skiing**

**PHYSICAL FITNESS**

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**Significant Aspects of Learning in Physical Education**

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