

PERSONAL QUALITIES

Developed In Association With



It is my **RESPONSIBILITY** to behave in a safe and appropriate manner when waiting for my turn to come down the slope.



As I gain more control of my snowboard, my **CONFIDENCE** increases.



I can **COMMUNICATE** with my instructor to identify when I don't understand something.



I am **DETERMINED** and will use my **RESILIENCE** to get back up and keep trying despite falling.



I can use my **LEADERSHIP** skills when working in small groups on tasks given by my instructor, such as learning to side slip.



I can be **RESPECTFUL** and **TOLERANT** of others in my class if they take longer to grasp a new skill than me.



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



PHYSICAL COMPETENCIES

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I can **CONTROL** my body position to allow me to stay balanced on my snowboard.



I am in **BALANCE** above my snowboard to stay on either my heel or toe edge.



I can use my **FINE MOTOR SKILLS** by using movement in my feet and ankles to control my snowboard.



I can use my **KINAESTHETIC AWARENESS** to allow me to judge my lateral movement between heel and toe edge.



I can use **RHYTHM** and **TIMING** to control my flexion and extension during the turn.



I can use **COORDINATION** and **FLUENCY** to link my turns together.



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 have to **FOCUS** to make sure I move my feet at the right time to turn my snowboard.



I can be **CREATIVE** when deciding the line to take down the slope.



I can use vision to help me **DECIDE** what adjustments to make to my line down the slope depending on what hazards are in my way.



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



I can use **PROBLEM SOLVING** to decide how fast or slow to go over a jump or feature.



I have to **FOCUS** to make it to the bottom of the slope without falling over.



PHYSICAL FITNESS

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I have the **FLEXIBILITY** required to put my snowboard on.



I can use my **CORE STABILITY** to keep a good posture over my snowboard.



I can use the **STRENGTH** in my legs to absorb the pressures created between my snowboard and the ground.



I can adjust my body's **SPEED** of movement to recover balance on my snowboard.



I can use my **STRENGTH** to get back up after falling.



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



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

