Outdoors for All

Clinics 2017
Teaching Cycle

Experience and understanding of teaching and learning grow you will find yourself continually adjusting where you are in the teaching cycle so that you best meet the needs of each student at that moment.

An example teaching cycle is the Children’s Teaching Cycle which is a framework which incorporates the AT3 model.

Figure 4: The Teaching Cycle

[Diagram of the Teaching Cycle with connected circles labeled: Observation, Interpretation, Planning, Implementation, Evaluation, and Reflection]
Introduce

• Building trust
• Become a friend
• Share a little about yourself
• Get down on their level
• Find a common interest
Accessment

Cognitive: What do they understand and what do they need to know

Affective: What emotions do they have and are able to perceive

Determine Goals

• Attainable
• Realistic
• The students goals, their caregivers goals and your goals
Present and Share Information

• How do they learn
• VAK
• Watcher, doer, feeler and thinker
Guided Practice

• Exercise development
• Skill based vs outcome based
• Static
• Simple
• Complex
Check for understanding

• Utilize CAP and VAK
• Can be internal or external
• Feedback must be wanted
Summerize

• Review the day
• Preview tomorrow
• Invite them back
Alpine to Adaptive

• When looking at skiing remember that we are adapting to alpine. Everything we do should be as efficient as possible and start as close to the snow as possible. The body moves in 3 ways twists, flexes and extends, and tips. The ski mirrors what the body does. The only difference is the movements origin and its ROM (Range of Motion)
Skills

• Pressure
• Rotation
• Edging
• Balance is a result of these movements
Stance

• Using your bones to hold you up and your muscles to turn your bones.
• Doesn’t change sitting and standing
Fundamentals

The fundamental mechanics of SKIING, outlined below, remain consistent through all levels of Certification. The performance criteria for these fundamentals will vary based on the application to common beginner, intermediate, and advanced zone outcomes.

Skiing Fundamentals
• Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
• Control pressure from ski to ski and direct pressure toward the outside ski.
• Control edge angles through a combination of inclination and angulation.
• Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
• Regulate the magnitude of pressure created through ski/snow interaction.