

Outdoors for All

Clinics 2017

Teaching Cycle

Experience and understanding of teaching and learning gives you will find yourself continually adjusting where you are in the teaching cycle as that you learn about the needs of each student at that moment.

Related teaching cycles work as the **Teacher's Teaching Cycle** will contain instructional components from the **ATP** model.



Figure 6. The Teaching Cycle

Introduce

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

Assessment

C

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

A

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

P

Physical: How do they move.
What movements do they need.

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

Summarize

- 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

5 mechanics

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.

Skilling 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.