

Red

Able to put on and take off skis unaided

1. Stickers/numbers to identify skies
2. Walking and/or running just with boots on, and/or then finding there skies
3. Create and analogy for aligning toe and pushing down heal (Squish the bug/Squeeze the tooth paste)

Able to manoeuvre on the flat, with skis unaided

1. One ski (switch foot)
2. Tag, races or relays
3. Herringbone (duck walk) and Sidestepping (crab walk)
4. Simon Says
5. Red light/Green Light

Able to make parallel runoff shallow slope

1. Hands on knees
2. Tall and small
3. Bouncing
4. Hopping/jumping

Able to make a gliding snowplough on easy terrain

1. Static exercise/practice
2. Difference between spreading or cutting
3. Instructor skies backwards
4. Edgie-wedgie

Able to vary the size of the snowplough on easy terrain for speed control

1. Green light, Yellow light
2. Big pizza slice, small pizza slice
3. Hands on knees/dragging poles
4. Following in pairs or the instructor

Able to stop by using a snowplough on easy terrain

1. Green light, Yellow light and Red light
2. Stop on a line or imaginary 'X'
3. Stop to pick up a snowball etc.

Able to make snow plough turns on easy terrain

1. Shallow turn one way then repeat for other side
2. Point skis (wedge) where you want to go
3. Both hands on outside knee
4. Follow the leader in pairs or instructor
5. External focus (markers etc.)

Green

Able to vary the size and shape of turns

1. Go faster and slower with same size wedge i.e. finish the turn more or less
2. Fast on the flats, increase speed on the flat by using a narrower wedge but still changing direction
3. Monkey trails (easy terrain)

Sometimes able to balance on the outside ski

1. Feeling a pinch or stretch
2. Dragging outside pole
3. Hands on outside knee
4. Aeroplane turns
5. Touching snow on the outside of the turn

Starting to use all Joints to maintain balance

1. Dancing or Wobbling whilst skiing
2. Rocking fore and aft
3. Bouncing, hopping and jumping around the turn
4. Rollers, variable terrain and sidehills

Able to skate on the flat

1. Balancing on one ski, switch foot
2. Gliding on one ski, switch foot
3. Gliding on one foot to the other
4. Rolling on to the edges/Big toe
5. Herringbone

Starting to match skis at the end of the turn

1. Tapping the tail of the inside ski
2. Pointing the tip of the inside ski round the turn
3. Lifting the inside ski
4. Round finished turns (feeling the forces acting)

Able to use turn shape to control Speed

1. Cat and mouse (pairs)
2. Varying speed in a set corridor
3. Varying the width of corridor with the same speed

Able to turn both skis together on easy terrain

1. Choose appropriate speed and terrain
2. Shallow turn on easy terrain (open turn shape)
3. Start turn with inside ski

Able to make a hockey stop in both directions

1. Tall and Small
2. Spray snow
3. Stop at a certain spot/target
4. In a corridor i.e. one groom track

Starting to learn short turns

1. Counting (Timing)
2. Windsheild wipers
3. Corridor
4. Markers
5. Natural contours and Berms

Blue

Able to show some turning with the lower body

1. Chin over downhill foot
2. Poles across chest and level
3. Window frame

Able to sideslip in both directions

1. Appropriate and safe terrain
2. Slip and grip
3. Hockey 'not' stops

Able to use all joints for a centred mobile stance

1. Poles above head
2. 360's
3. Switch skiing

Showing consistence balance on outside ski

1. Swords (Double pole drag)
2. Lifting inside ski tail
3. Power plough

Able to make coordinated pole plant

1. Pole plant at same place as instructor whilst following
2. Pole plant on a line
3. Pole plant on a berm or spine

Able to use terrain to make safe Jumps with good landings

1. Absorbing the roller/jump
2. Pre-jumps (jumping before the lip)
3. Silent landings

Starting to show increased edge grip through separation

1. Tug of war
2. Jumping sideways downhill
3. Hip to Grip (hand on outside hip other over head) and Variants

Able to make a hockey stop with pole plant in both directions

1. Sideslip with pole swings/touches
2. Edge check and pole touch
3. J-turn with pole plant

Black

Showing good steering effort with lower body (legs)

1. Turn legs/skis across direction of travel
2. Braquage
3. Static turn initiation

Able to maintain a centred mobile stance

1. Inside ski turns
2. Switch hockey stops
3. Falling leaf with ally-ooop

Able to ski bumps on intermediate terrain

1. Short turns on groomed beside bumps (same pitch)
2. In and out of the bumps
3. Stop on the tops

Able to control speed with short turns on intermediate terrain

1. Skies to trees
2. Synchronized skiing
3. Ski progressively slower on consistent slope

Able to grip with the outside ski on intermediate terrain

1. 10 and 2 on boot tops
2. Swords (Double pole drag)
3. Hip to Grip (hand on outside hip other over head) and Variants

Able to maintain separations edging increases

1. Drag outside pole
2. Lift inside ski
3. Long leg short leg

Able to make a hockey stop with good edge set and pole plant

1. J-turn with pole plant
2. Slip and grip with pole plant
3. Jump sideways down hill with pole touch

Able to direct momentum from turn to turn

1. follow me
2. Hop off edges and hop onto edges
3. Pole plant (co-ordinated with edging at the end of the turn)
4. Play with terrain and turn shapes

Able to carve on intermediate terrain

1. Traversing
2. Rollerblade turns on shallow terrain
3. 1000 Steps
4. Stepping uphill/inside during the turn