



## **Skiing at Key Stage 3, 4 & 16+**

### **Advanced**

#### **Introduction to Learnlink™**

PGL Learnlink™ is a unique resource designed to help you relate the content of your chosen course to the requirements of the national curriculum, QCA schemes of work and associated regulatory bodies.

This Learnlink™ focuses on skiing for advanced groups. It contains a short description of the ski course along with a guide to the objectives and expectations associated with participating in a residential, overseas course and learning to ski.

At the bottom we have listed specific links to the national curriculum and QCA schemes of work and have also included links for groups at 16+.

### **PGL Ski courses**

**Duration:** 6 days with a minimum of 4 hours tuition per day.

#### **About the course**

The course is aimed at pupils who can ski using good parallel turns. Through expert instruction, pupils will further develop their style and technique on more challenging runs. Pupils will follow the principles of mountain safety and understand the physical effects of skiing and the mountain environment on the human body.

#### **Learning Objectives**

- To further develop style and technique
- To be capable of skiing all runs by the end of the course
- To negotiate jumps - both natural and artificial
- To understand the safety precautions necessary in a mountain environment

#### **Language for learning**

Pupils will have opportunities to use:

- Words relating to skiing e.g. parallel turn, parallel skiing, ski bindings, release mechanism
- Words relating to the skiing environment e.g. glacier, piste, gondola, altitude, blue runs, red runs, black runs, giant slalom
- Words relating to the physical nature of skiing e.g. muscles, balance, weight, edging, transfer, nutrition, hydration

#### **Expectations**

At the end of this course:

#### **Most pupils will:**

Be able to ski all the blue, red and black runs confidently; show significant improvements in technique and style; understand the safety precautions required when in a mountain environment; be able to adapt technique to cope with varying terrain.



**Some pupils will not have made so much progress and will:**

Be able to ski all blue and red runs and most black runs; show some improvements in technique and style; be aware of safety precautions required when in a mountain environment.

**Some pupils will have progressed further and will also:**

Be able to ski all the runs available to them competently and confidently with good style and technique; be able to negotiate naturally occurring jumps; be able to negotiate artificially created jumps; be able to adapt technique to cope with steeper terrain and varying conditions.

**Specific Links to National Curriculum for key stage 3**

**Main links**

PE: Acquiring and developing skills: 1a, b, 3b

Breadth of study: Outdoor and adventurous activities: 11a

**Wider links**

Modern foreign languages: Developing cultural awareness: 4a, b

Modern foreign languages: Breadth of study: 5h

Geography: Knowledge, skills and understanding: 3c, 4b, 5b

PSHE: Developing a healthy, safer lifestyle: 2f

PSHE: Breadth of study: 4f

**Main links to QCA schemes of work**

PE at key stages 3 and 4 Unit 25: Outdoor and adventurous activities: Development

**Specific Links to National Curriculum for key stage 4**

**Main links**

PE: Acquiring and developing skills: 1a, b

PE: Outdoor and adventurous activities: 11a, b, c, d

**Wider links**

Modern Foreign Languages: Developing language skills: 2e, f

Modern Foreign Languages: Developing cultural awareness: 4a, b

Modern Foreign Languages: Breadth of study; 5a

PSHE: Developing confidence and responsibility and making the most of their abilities: 1a, c

PSHE: Breadth of Study: 4c

Science: Breadth of Study: Health and safety: 2b

**Main links to QCA schemes of work**

PE Unit 26: Outdoor and adventurous activities: Intermediate

PE Unit 27: Outdoor and adventurous activities: Advanced

**AQA GCSE**

Geography: Specifications A & B: Aims: 5b



## **Specific Links for 16+**

### **Edexcel Advanced GCE in PE**

Aims: To develop an ability to appreciate the relationship between theory and practice and to apply theoretical knowledge to develop understanding of practical performance in sport.

Knowledge and understanding skills: The learning of skilled performance:  
The practice of skilled performance: Cognitive factors influencing skilled performance

### **Wider Links**

**OCR Geography: A/AS level:** 5.4.9 Tourism and Recreation and their environmental impacts; a, e

### **OCR MFL A Level**

1.4 Aims: Develop awareness and understanding of the contemporary society, cultural background and heritage of countries or communities where the language is spoken; study of the language in a broader context.

2.1.2 Language Topic Areas: Leisure and entertainment sub-topics: Sport (including national sporting concerns and traditions)

### **OCR GCE Science AS Level**

Unit G642: Science and Human Activity  
Weather, climate and climate change.

*Please note: If you would like specific national curriculum links for skiing for pupils at key stage 2 please contact PGL customer support on 0844 371 1300.*