



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

### **Intermediate**

#### **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 intermediate 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 have done some skiing before. Through expert instruction, pupils will be taught how to develop and improve their technique. Pupils will also be introduced to the principles of mountain safety and the physical effects of skiing and the mountain environment on the human body.

#### **Learning Objectives**

- To develop and improve technique
- To be able to use basic parallel turns to change direction
- To be able to use basic parallel turns to regulate speed
- To be able to ski blue runs, red runs and some black runs by the end of the course
- To understand the safety precautions necessary in a mountain environment
- To be able to use a piste map

#### **Language for learning**

Pupils will have opportunities to use:

- Words relating to skiing e.g. parallel turn, ski bindings, release mechanism, slalom
- Words relating to the skiing environment e.g. glacier, piste, gondola, cable-car altitude, blue runs, red runs, moguls, slush, off-piste
- Words relating to the physical nature of skiing e.g. muscles, balance, weight, coordination, gravity, flexibility; reactions.

#### **Expectations**

At the end of this course:

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



Be able to ski blue and red runs confidently, using basic parallel turns to control their direction and rate of descent; show significant improvements in technique and style; understand the safety precautions required when in a mountain environment.

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

Be able to ski blue and red runs using basic parallel turns to control their direction and rate of descent; 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:**

Have progressed from the intermediate group to the advanced group during the week; be able to ski blue runs, red runs and some black runs with confidence; show a major improvement in style and technique; be able to negotiate jumps;

**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.*