

PARA CROSS-COUNTRY SKIING

STUDENT TARGETS

- ✓ **Skill:** I will use proper signals to give help guide my partner.
- ✓ **Cognitive:** I will communicate with my partner in order to keep her/him safe.
- ✓ **Fitness:** I will remain actively engaged and stay aware of my surroundings.
- ✓ **Personal & Social Responsibility:** I will follow etiquette for Para Cross-Country Skiing.

TEACHING CUES

- ✓ Lean Forward Slightly
- ✓ Feet Slide Skis Forward
- ✓ Communicate with Your Partner
- ✓ Wait Patiently at Each Gate

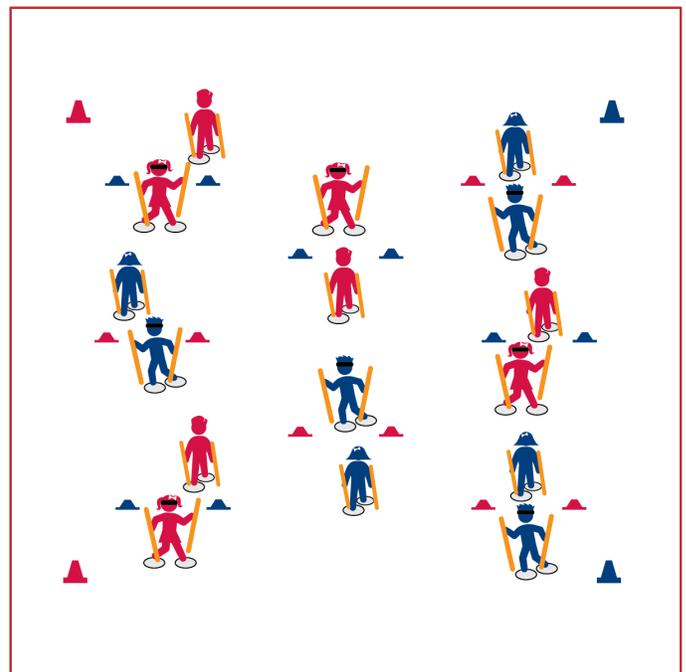
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 1 blindfold per 2 students
- ✓ Paper plates to serve as skis (2 per student)
- ✓ 2 noodles (or safe substitute) per student to serve as ski poles
- ✓ 24–48 low-profile cones or spot markers

Set-Up:

1. Place cones or spot markers around the activity area to serve as gates.
2. Pair students, each pair starting at a different gate.



Activity Procedures:

1. Activity Today’s activity is called Para Cross-Country Skiing. When Para athletes with a visual impairment compete in this event, they have a sighted guide to help them maneuver the course. Today you will be split into pairs and will take turns guiding your partner through the course.
2. 1 student in each pair will be blindfolded. The student with the blindfold will be the Para Athlete and the student without the blindfold will be the guide.
3. Pairs will line up at a starting gate, and on the start signal, they will begin to navigate the course. The guide will be in front and will give signals to their partner such as “left,” “right,” and “follow my voice” to help them navigate through all of the gates.
4. As you arrive at the next gate, wait for the pair ahead of you to reach the opposite gate.
5. When you return to your starting gate, the athlete and the guide will switch roles.
6. For safety, all students freeze if the teachers call, “EMERGENCY BREAK!”

Grade Level Progression:

- 3rd: Move without skis. Students walk with “ski poles” in order to practice student communication skills.
4th-5th: Play the activity as described.



PARA CROSS-COUNTRY SKIING

UNIVERSAL
DESIGN
ADAPTATIONS

- ✔ Place gates in straight lines or in a perfect circle.
- ✔ Increase or decrease the size of the gates.
- ✔ Place rubber penguins or other critters around the course that students must avoid.
- ✔ Set up 2 courses side by side and play relay-race style.

ACADEMIC
LANGUAGE

Communication, Guidance, Guide, Outrigger Ski, Safe, Sit-Ski

STANDARDS
& OUTCOMES
ADDRESSED

- ✔ **Standard 3 [E2.3-5]:** Engages in the activities of physical education class without teacher prompting (3); Actively engages in the activities of physical education class, both teacher-directed and independent (4); Actively engages in all the activities of physical education (5).
- ✔ **Standard 4 [E6.3-5]:** Works independently and safely in physical activity settings (3); Works safely with peers and equipment in physical activity settings (4); Applies safety principles with age-appropriate physical activities (5).
- ✔ **Standard 5 [E4.3-5]:** Describes the positive social interactions that come when engaged with others in physical activity (3); Describes/compares the positive social interactions when engaged in partner, small-group, and large-group physical activities (4); Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport) (5).

DEBRIEF
QUESTIONS

- ✔ **DOK 1:** What is dedication?
- ✔ **DOK 2:** How would you summarize the role of a guide in Para Cross-Country Skiing?
- ✔ **DOK 3:** How is dedication of both the athlete and the guide related to Paralympic success?

TEACHING
STRATEGY
FOCUS

Manage response rates with tiered questioning techniques. Utilize the debrief questions above. They are tiered in complexity, based on and created using Webb’s Depth of Knowledge question stems. These questions will help students process and understand the discussion as it’s happening, therefore participating with more interest and success.