SKIER ASSESSMENT/Movement Analysis/ Lesson Plan

Student Profile/Diagnosis:______________________________________________________________
Age: _______ Skiing Experience: ______________________________________________________

1. What do you think this student expects from a lesson (according to the description at the start of the video) and why?______________________________________________________________

2. Describe what you see relative to:
   Does the skier look balanced with joints evenly flexed?
   ______________________________________________________________
   How does the skier complete and enter a new turn?
   ______________________________________________________________
   Do guiding movements of both skis originate in the lower body?
   ______________________________________________________________
   Are turn shapes consistent and round? What is the skier doing to control the shape of the turn?
   ______________________________________________________________

3. What did the student do well and how did you describe this to your student?
   ______________________________________________________________
   ______________________________________________________________

4. Based on your observations above and the student profile, what was your overall goal for the lesson? (Discuss in terms of Balance and Stance, Turn Entry, and Turn Shape)
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

5. What specifically did you work on to achieve the goal above? (Technical focus; skills, skill blend, movement pattern)
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
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6. Describe what your plan was to progress the student:
   What was the optimal terrain and snow conditions for your lesson plan? ________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________

   What did you focus on in your demos? What did you want them to see? ________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________

   What kinds of drills, activities, games and/or exercises did you use to reinforce movement pattern change or improvement? How did you use visual, auditory, or kinesthetic cues to enhance the process? ________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________

   How did you set up practice time during the lesson? ________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________

   How did you summarize the key point of the lesson? What should the student do next? ________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________

   How might you adapt your lesson plan for a different aged/ ability student? Use the CAP model to organize your thought.
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________