**Cross-Country Skiing**

**Description:** Students are taught how to cross-country ski in an open field using different techniques like the glide and herring bone. As skills progress the group will move onto forest trails, combining physical activity with fresh air.

**Learning Skills: Self-Regulation, Independent Work**

**Grade 5- 8: Health and Physical Education**

**Overall:**

Living Skills:

Personal Skills

Interpersonal Skills

Critical and Creative Thinking

A. Active Living

A1. Active Participation

A2. Physical Fitness

A3. Safety

B. Movement Competencies: Skills, Concepts, and Strategies

B1. Movement Skills and Concepts

B2. Movement Strategies