



Sunbeams



Skier

1. Describe how to take care of your skis and boots.

2. Demonstrate the following:

- a. How to carry your skis
- b. How to put them on
- c. How to fasten them

3. Demonstrate how to climb in steps, in scissors and how to make a kick turn.

4. Perform the following movements:

- a. Continuous turns without stopping
- b. Sideslip and go over bumps

5. Ski on a beginners lift and hill under control and in good form.