**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