



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.