

Bunny Rabbit Lesson# 1

Activity	Description/ Location	Time
Warm Up	<p>Get the skiers moving – jumping, balancing on one foot, clapping hands, wiggling like jello</p> <p>Trains, Planes and automobiles -move like vehicles (airplanes, motorcycle, bus etc.)</p> <p>Popcorn -skiers crouch down and pop up on 3</p>	5 min.
New Skill	<p>Falling and Rising -leader falls over by sitting down to the left then demonstrates how to get up – tuck skis close to bum, lean forward with hands on skis, crawl forward and stand up Skiers practice with help –helpers put skier in the correct position and let the skier stand up</p>	5 min.
New Skill	<p>Movement on skis -have skiers start with small steps, try walking, try sliding, encourage bent knees and a forward stance</p> <p>Pick Up -mark an area with cones, place easy to pick up objects at one side of area and skiers at the other side. Have skiers walk to pick up an object and bring it back</p>	5 min.
Game	<p>The Animals Have escaped from the Zoo – toss small stuffed animals (softball size) in all directions, skiers return them to the (hoola hoop) zoo, skiers carry one animal at a time</p>	10 min.
Game	<p>Follow the leader- leader leads the group around an area, skiing in a crouched position, little steps, big steps, in a curvy line, around objects etc.</p>	5 min.
Other/ Event/ Ski Destination	<p>Ski to snack area – snack treasure hunt or look for a stuffed animal that has the snack (this could become a regular routine)</p>	10 min.
Snack	<p>Choose a sunny location, or a protected location, or a fun location (under a tree!)</p>	10 min.
Free Play/join another group	<p>Catch the bubbles -Blow bubbles and have the skiers try to catch them</p>	10 min.
Extra activity	<p>What time is it Mr. Wolf? Make sure all who want to get a chance to be the wolf, two wolves at a time works well</p>	

Notes or Comments on lesson:

Bunny Rabbit Lesson# 2

Activity	Description/ Location	Time
Warm Up	Pack a Suitcase -skiers form a circle -skiers take turns to ski forward to put something in the suitcase that they will take on the trip (chocolate, bathing suit, toothbrush etc.) then ski backwards to their place Take a trip -you can fly to get there or take the train, motorcycle etc.	5 min.
Review Skill -falling and rising	Practice falling and rising -as in first lesson -add an unexpected fall where skis may be tangled -roll on back to untangle skis, put both skis to one side and close to bum, put hands on skis, crawl forward to stand up	5 min.
Review Skill -movement on skis	Snakes (follow the leader) -lead the group changing directions, skiing low and tall etc. Encourage -small steps to start, -bent knees -balanced stance	5 min.
New Skill -Star turn -Movement on skis (herringbone on flat terrain)	Demonstrate star turn -arms out for balance -stepping in one direction -tips apart and tails together Duck parade -have skiers walk with their skis in a "V" to follow mother duck -tips apart, tails together	10 min.
Other/ Event/ Ski Destination	Nature ski - ski around a group of trees taking note of different trees, different snowflakes or types of snow have the skiers crouch down to go under branches or to look at something in the snow(this gets the skiers to bend their knees)	15 min.
Snack		10 min.
Free Play/join another group	Save the ducks -Toss rubber ducks in an area have skiers collect them (one duck per skier) and put them in the pond (hoola hoop)	10 min.
Extra activity	Chase the dragon - leader or adult wears a rope around their waist, skiers try to catch the rope	

Notes or Comments on lesson:

Bunny Rabbit Lesson# 3

Activity	Description/ Location	Time
Warm Up	<p>Jungle Walk -in a circle move like an elephant, tiger, giraffe, monkey, etc.</p> <p>Animals in the woods -walk like a fox, bear, deer, mouse, skunk, beaver etc.</p>	5 min.
Review Skill Star turn	<p>Twinkle, twinkle little star -each time you sing "star" skiers do a star turn</p>	5 min.
New Skill side stepping skiing in the tracks	<p>Tunnel ski -lay two ropes on the snow in parallel lines with something to block one end (another rope) have skiers ski between ropes and step sideways over the rope to exit the tunnel -skis stay parallel -arms out for balance</p> <p>Tracks in the tunnel -Place the ropes on either side of a set of tracks, have the skier side step into the tracks, ski to end of tunnel and sidestep out of tracks and out of tunnel</p>	10 min.
Practice -movement on skis, -falling and rising	<p>Games for practice: Herring Bone Limbo Ring around the Rosie Obstacle course for faster group (ski around cones, sidestep rope, ski under rope, through two poles etc.)</p>	10 min.
Other/ Event/ Ski Destination	Snack Ski – Ski altogether in a line to find parent with the snacks	15 min.
Snack		10 min.
Ski Play	<p>Ski through the hoop -Set up a hoop on a slope, have skiers glide through the hoop, hands on knees</p> <p>Toss -throw a soft ball (or a stuffed animal) in an arc to skier, such that they have to move forward to catch it -skier does a star turn when they catch the ball</p>	10 min.
Extra activity	<p>Simon Says -If leader says "Simon says jump" skiers jump -if leader says "jump" skiers do not jump</p>	

Notes or Comments on lesson:

Bunny Rabbit Lesson# 4

Activity	Description/ Location	Time
Warm Up	Obstacle Course: ski under a rope between two poles, side step a log, ski under rope, herring bone on flats (duck walk to the duck pond)	5 min.
Review Skill -side stepping, -skiing in the tracks	Pond and shore -Have skiers sidestep into the tracks (the pond) then ski to a set of cones. - Have skier sidestep out of tracks (onto the shore) and duck walk back to start (be sure to have the skiers stepping in and out of tracks on both sides).	5 min.
Practice Skill -falling and rising, -star turn, -movement on skis	Timber -skiers are trees, when leader calls "timber" they all fall over and get up Toss -throw a soft ball (or a stuffed animal) in an arc to skier, such that they have to move forward to catch it -skier does a star turn when they catch the ball	10 min.
Game	Egg Hunt -skiers find a hidden Egg and bring it to Mother Rabbit, -Obstacle course for those who finish faster	10 min.
Other/ Event/ Ski Destination	Giant Rabbit Chase -use snowshoes to make giant rabbit prints in the snow -skiers follow prints to the snack area	15 min.
Snack		10 min.
Free Play/join another group	Obstacle Course- continue same course or alter slightly to make it more interesting (add a hoop to go through while gliding down a slight slope)	5 min.
Extra activity	Red Light/Green Light Leader calls Red light skiers stop, Leader calls yellow light skiers duck walk, Leaders calls green light skiers ski with skis parallel	

Notes or Comments on lesson:

Bunny Rabbit Lesson# 5

Activity	Description/ Location	Time
Warm Up Balance	<p>Stork stance Skiers stand on one leg only then switch to the other leg</p> <p>Tippy toes -skiers rock forward and back between their toes and their heels -skiers try to find the best balance point</p> <p>Reach for the sky -skiers reach for the sky going up on their toes</p>	5 min.
Practice Skill falling and rising, star turn, side stepping	Practice Circle Form a circle and practice standing on one foot, running on the spot, jumping, falling and rising, side stepping, star turn and herring bone position	5 min.
More Practice Skill -movement on skis, -skiing in the tracks.	Tunnels- skiers follow leader on a ski in tracks and out through a series of tunnels (some natural, some made by placing ski poles etc.)	10 min.
Game/ Ski Destination	Troll bridge -Ski a distance to have snack in a different area -at "bridge" (real or imaginary) skiers must answer a riddle that the troll asks (ex. What can you do to keep warm while skiing?)	15 min.
Snack		10 min.
Free Ski	Ski back from snack area	15 min.
Extra activity	<p>Fire Engine -divide group in two -place bucket with red paper at opposite end of the playing field -each group has an empty bucket -skiers take turns filling bucket with snow and emptying the snow onto the "fire"</p> <p>Gliding Glide down a slight slope in different ways:</p> <ul style="list-style-type: none"> • through a hoop • sitting on skis • with hands on knees 	

Notes or Comments on lesson:

Bunny Rabbit Lesson# 6

Activity	Description/ Location	Time
Warm Up Balance	<p>Hokey pokey -"you sidestep left and you sidestep right, you do the hokey pokey and you turn yourself around, that's what it's all about" CLAP!</p> <p>Flea Leaps Skiers leap off snow, keeping their knees flexed when landing</p> <p>Marching Soldiers Skiers walk on the spot lifting knees high in front of chest</p>	5 min.
Review Skill	<p>-review skills that the group finds challenging</p> <p>-repeat a drill or activity to reinforce this skill</p>	5 min.
Practice Skill movement on skis, falling and rising, star turn, side stepping, skiing in the tracks.	Throughout the session include situations where the skiers will need to practice all of their skills	
Game/ Ski Destination	<p>Adventure ski leader takes group on a ski pointing out</p> <ul style="list-style-type: none"> -trees, -snow types, -wild life -wild life signs (tracks) <p>alter the terrain by:</p> <ul style="list-style-type: none"> -taking group off trail, -skiing around a tree etc., <p>interesting objects can be placed around trail to keep skiers interested in what they will see next</p>	30 min.
Snack	Take snack on adventure ski	10 min.
Free Play/join another group	Ring the bell - attach a bell to the top of a hoop or archway in the snow- skiers ring the bell as they glide through the arch	10 min.
Extra activity	<p>Rubber Glove Relay Race</p> <ul style="list-style-type: none"> -Two teams carry a rubber glove filled with sand. -First person skis carrying the glove and puts it in a pail at the top of a hill (herring bone practice) and skis back to start. -The next person skis to get the glove and carries it back to start. Repeat for rest of team 	

Notes or Comments on lesson:

Bunny Rabbit Lesson# 7 Evaluation

Activity	Description/ Location	Time
Warm Up	Favourite warm up activity	5 min.
Evaluate -falling and rising -star turn -side stepping Skiers form a Practice circle:	Falling and rising <ul style="list-style-type: none"> • fall to side and back • fall in a sitting motion Rising <ul style="list-style-type: none"> • bring skis together side by side under body • skis flat on snow by moving to hands and knees • crawls forward • slide one ski forward to rise up Star turn <ul style="list-style-type: none"> • arms out for balance • stepping in one direction • tips apart and tails together Side stepping <ul style="list-style-type: none"> • skis parallel • able to balance on one leg, step, then balance on other leg to bring skis parallel • able to sidestep in both directions 	5 min.
Evaluate -skiing in tracks -movement on skis (walking step, duck walk) Have skiers ski a loop in tracks and out of tracks with a section to duck walk while leader looks for:	movement on skis <ul style="list-style-type: none"> • skis parallel • walking motion with some gliding • balanced stance • small steps with bent knees movement on skis (herringbone) <ul style="list-style-type: none"> • tips apart, tails together • balanced stance skiing in tracks <ul style="list-style-type: none"> • skis parallel, • walking motion with a bit of glide 	10 min.
Game	Snow Bowling -make a trough in the snow -place the ball at one end of the trough - skiers take turns skiing from start line to the ball -skier crouches to pick up ball (with skis in a "V") and rolls it down the trough to hit a bowling pin at the far end of the trough -skier returns to end of line	10 min.
Other/ Event/ Ski Destination Snack	Ski to favourite destination time permitting	20 min. 10 min.
Free Play	Obstacle course -add in all of the favourite activities ring the bell, side step over log etc.	

Notes or Comments on lesson: