

Initial Assessment & Lesson 2016

Use this page for first lesson of season.

Alerts & Cautions

Date: _____

Student Name: _____

Evaluators: _____

Capacity

- **Physical:** strength, balance, stance, gait...
- **Attitude:** motivated, fearful, happy, oppos...
- **Intellectual:** awareness, language, memory...
- Other Observations _____

Describe what is impacted.

Details

Lesson Input

Instructors: Primary _____ Secondaries _____

Lesson Goals
 Today _____
 Longterm: _____

Today's lesson goals achieved? Yes No Partial _____

Starting Skill Level: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

Equipment

Equipment: Owns Rents

Mono Ski Bi-Ski:
 model _____ # _____
 color _____ snow ski: _____

Outriggers # _____
 Rentals #/size _____
 Ski Bra type _____
 Tether _____

Describe settings, modifications, seating adj., issues, & other pertinent information helpful to lessons.

Details

Lesson Outcomes

Progression (worked on today)

- Equipment/Flatland Drills
- Gliding Wedge
- Wedge Turn - 1 Direction
- Linked Turns (circle):
 Wedge/W. Christie/Open Parallel/Parallel

Skills (worked on today)

- Balance
- Rotary Movements
- Edge Control
- Pressure Control

Chairlift Load/Unload
 Assist Independent

Environment
 Snow Conditions _____
 Trails/# Runs _____
 Skier Level ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 Duration _____

What you did out there.

Progression & Skill Development (focus on teaching, teaching adaptations, tricks, etc.).

Next time (things to try, what needs reinforcement, what can be progressed, things to be aware of).

Details

Lesson Input

Instructors: Primary _____ Secondaries _____

Goals Today _____

Today's lesson goals achieved? Yes No Partial _____

Starting Skill Level: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

Equipment

Mono Ski Bi-Ski:
model _____ # _____
color _____ snow ski: _____

Outrigger # _____

Rentals #/size _____

Ski Bra Type _____

Tether _____

Lesson Outcomes

Progression (worked on today)

- Equipt./Flatland Drills Gliding Wedge
- Wedge Turn - 1 Direction
- Linked Turns (circle):
Wedge/W. Christie/Open Parallel/Parallel

Skills (worked on today)

- Balance Rotary Movements
- Edge Control Pressure Control
- Skier Level ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

Chairlift Load/Unload

- Assist Independent

Environment

Snow Condition _____ Trails/# Runs _____ Duration _____

Details

Describe settings, modifications, seating adj., issues, & other pertinent information helpful to lessons.

Progression & Skill Development (focus on teaching, teaching adaptations, tricks, etc.).

Next time (things to try, what needs re-enforcement, what can be progressed, things to be aware of).

Lesson Input

Date: _____ Instructors: Primary _____ Secondaries _____

Goals Today _____

Today's lesson goals achieved? Yes No Partial _____

Starting Skill Level: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

Equipment

Mono Ski Bi-Ski:
model _____ # _____
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Skills (worked on today)

- Balance Rotary Movements
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Chairlift Load/Unload

- Assist Independent

Environment: Snow Condition _____ Trails/# Runs _____ Duration _____

Details

Describe settings, modifications, seating adj., issues, & other pertinent information helpful to lessons.

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