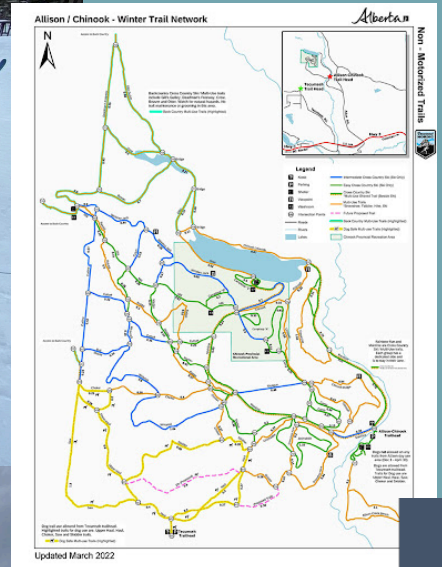


CROSS-COUNTRY SKIING



PEAKS CAMPUS



Livingstone
Range
SCHOOL DIVISION

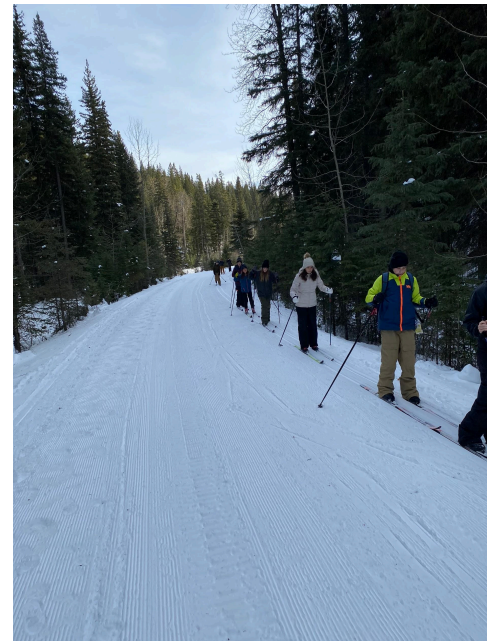


Cross-Country Skiing

Join us for a day of learning, adventure and fun in this thrilling winter activity. Cross-Country skiing will challenge your students in a variety of ways. We are proud to help make this activity more accessible by providing the equipment and resources required to try it out. Your students will see significant improvements in skills, attitudes, communication, collaboration and student leadership. Students will leave smiling and empowered after a day on the trails. Get outside, try something new and learn lots with us at PEAKS.

- **Grades:** 5-12
- **Duration:** Min. 1.5 Hours, Half-Day, Full Day
- **Dates:** Available during winter season.
- **Where:** PEAKS Campus, or another location per discussion.
- Materials will be provided.

***Let's collaborate to ensure we maximize connection, safety and educational value. If you have interest or have any questions about this program, please contact [PEAKS Campus](#)**



Learning Outcomes

PEAKS Campus utilizes the following Alberta Education competencies as guiding principles to student education:

CRITICAL THINKING**COMMUNICATION****PROBLEM SOLVING****COLLABORATION****MANAGING INFORMATION****CULTURAL AND GLOBAL CITIZENSHIP****CREATIVITY AND INNOVATION****PERSONAL GROWTH AND WELL-BEING**

Click [Curricular Links](#) for more information.

The following is a list of learning objectives we aim to accomplish:

- Safety protocols and what not to do with cross country skis and poles.
 - Lead and Sweep Roles
 - Practice Leave No Trace principles.
 - Develop an understanding of group cohesion and staying together.
 - Mapping, navigation
 - Decision making processes
- Foundations
 - Cross ski trail and equipment etiquette
 - How to fall down and get up safely
 - How to stride and glide
 - Gliding techniques
 - Effective ski pole techniques
 - Trail Navigation
 - Snow-plough/pizza