



## Teaching Cross-Country Skiing (Paperback)

By Bridget A. Duoos, Anne M. Rykken

Human Kinetics Publishers, United States, 2012. Paperback. Condition: New. New.. Language: English . Brand New Book. Teaching Cross-Country Skiing will instruct, reinforce ski skills and build confidence and physical conditioning! This winter get your kids out of the classroom and into the snow with Teaching Cross-Country Skiing . This complete teaching tool includes foundational information, teaching aides and lesson plans, everything you need to teach this fun and physically active winter activity! Teaching Cross-Country Skiing provides 30 detailed lesson plans to progress children and young adults from beginning to advanced levels. Each lesson follows a consistent format, which includes lesson goals, introductory activities, lesson focus, review, games and assessments. For those new to cross-country skiing, this book presents the basics of ski mechanics, history and benefits of cross-country skiing, and clothing and equipment selection information. Detailed illustrations, photos and straightforward descriptions help you understand and convey the critical parts of each skiing skill. Publicity of this title is through relevant publications and websites including Ski + Board and Snow Magazine . Email to contacts interested in skiing. This title is featured in Human Kinetics monthly PE E-Newsletter sent to over 5,000 subscribers and Fit News sent to 10,000 subscribers. It...

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