

Fundamentals Snowboard Levels - Sheet1

| Snowboard Core Fundamentals | Instructor information, Learning outcomes | Skill acquisition |
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| Snowboard level one core skills | | |
| I can safely carry my equipment and know how it works | <ol style="list-style-type: none"> 1. Carry their equipment 2. Name the parts of the board and binding 3. Know how their bindings work 4. Have awareness of clothing and protective gear | <ul style="list-style-type: none"> • Coordination with bindings. |
| I know my basic stance and the four ways to move. | <ol style="list-style-type: none"> 1. Stand in a balanced position 2. Show movement in a vertical, lateral, rotational and longitudinal direction. 3. Focus on what these movements feel like and different options to move | <ul style="list-style-type: none"> • Stance • Movement awareness |
| I can skate, glide and climb with the front foot strapped in. | <ol style="list-style-type: none"> 1. Balance and move around on flat terrain with the front foot strapped in, pushing with the back foot. 2. Stand in a balanced position looking towards the nose of the board in a straight glide. 3. Understand that dragging the foot will help to slow and stop them. 4. Climbing should include awareness of the tilted edge to create grip. | <ul style="list-style-type: none"> • Flatland mobility • Balance while moving • Flat base balance. |
| I can straight run and change directions with the front foot strapped in. | <ol style="list-style-type: none"> 1. Make a direction change to the heel and toe side from a straight glide. 2. Use on small lateral and rotational movements to gently edge and steer the board. | <ul style="list-style-type: none"> • Lateral • Rotational • Edging • Steering |
| I can strap in both feet, stand up by myself and move around on my bo | <ol style="list-style-type: none"> 1. Stand up on the heel and toe side edge. 2. Encourage independence. 3. Explore movements and the effect on the board. | <ul style="list-style-type: none"> • Awareness of movement and the effects on the board • Edge-Pressure- Steer |
| I can side slip on the heel and toe edge and control my speed. | <ol style="list-style-type: none"> 1. Balance on toe and heel edge using lateral and vertical movements 2. Increase and release edge grip and remain in balance. | <ul style="list-style-type: none"> • Lateral • Vertical • Edging • balance |
| I can do a floating leaf on both edges and move left and right across th | <ol style="list-style-type: none"> 1. Make movements to allow the snowboard to move left and right down the slope linked with a side slip 2. Movement options may vary for this task 3. Focus on what the board is doing and that the child remains in balance. | <ul style="list-style-type: none"> • Independent lateral • vertical • Edging • Direction control. |
| I can ride the Beginner lift and get on and off safely. | <ol style="list-style-type: none"> 1. Get on and off the beginner lift, either walking on or carrying their equipment. 2. This will be determined by the lift available, age, ability and conditions. | <ul style="list-style-type: none"> • Safely use appropriate lift equipment. |
| Snowboard level two core skills | | |
| I can do a skidded traverse on both edges. | <ol style="list-style-type: none"> 1. Traverse on toe and heel edge using lateral and vertical movements 2. Adjust edge angle and remain in balance 3. Alignment and looking at focal points | <ul style="list-style-type: none"> • Lateral and vertical movement • Edging and forward direction control. |
| I can steer my board using garlands or chicken turns on both edges. | <ol style="list-style-type: none"> 1. Perform garlands on both edges using independent lateral movements decrease and increase edge gri 2. Rotational movement to steer the board 3. Vertical movement to help balance and blend other movements. 4. Alignment and looking at focal points. | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Edging • Steering |
| I can do a heel side C-turn. | <ol style="list-style-type: none"> 1. Heel side turn, where the edge change is progressive and near the fall line 2. Use the lateral, vertical and rotational skills acquired in the garlands 3. Focus on the timing of the edge change and progressive lateral balance | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Timing • Edging • Steering |
| I can do a toe side C-turn. | <ol style="list-style-type: none"> 1. Toe side turn, where the edge change is progressive and near the fall line 2. Use the lateral, vertical and rotational skills acquired in the garlands 3. Focus on the timing of the edge change and progressive lateral balance. | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Timing • Edging • Steering |
| I can link skidded turns on the beginner slope. | <ol style="list-style-type: none"> 1. Link their first turns 2. Focus here on a finishing the turns across the slope 3. Begin to develop rhythm and flow | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Timing • Edging • Steering |
| I can ride in a balanced position. | <ul style="list-style-type: none"> • Comfortably balanced while making turns • Focus on balanced and aligned movements | <ul style="list-style-type: none"> • Balance and blending of movement • Edging • Steering |
| I can do a hop while moving on my snowboard. | <ol style="list-style-type: none"> 1. Hop while moving on their snowboard 2. This can occur at any part of the turn and should be up to the child to decide 3. Focus on alignment and vertical/lateral balance | <ul style="list-style-type: none"> • Lateral • Vertical • Alignment • Pressuring • Balance |
| I know how to ride the lift (chair lift or T-bar) | <ol style="list-style-type: none"> 1. Understand how to safely load – ride and off load the lift. | <ul style="list-style-type: none"> • Safely use appropriate lift equipment |
| Snowboard level three core skills | | |
| I can change the size of my turns, small, medium and large. | <ol style="list-style-type: none"> 1. Alter the size of their turns through the timing (faster or slower) of rotational movement 3. Use a progressive blend of vertical, lateral and rotational movement to edge and steer | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Timing • Edging • Steering |
| I can change the shape of my turns, closed and open. | <ol style="list-style-type: none"> 1. Alter the shape of their turns through the timing and the amount of rotational movement 3. Use a progressive blend of vertical, lateral and rotational movement to edge and steer | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Timing • Edging • Steering |
| I know how to change my turns to ride all green terrain. | <ol style="list-style-type: none"> 1. Understand where to use different size and shaped turns to manage speed 2. Focus on decision making from the children | <ul style="list-style-type: none"> • Decision making |
| I know how to change my turns to slow down and get around other pec | <ol style="list-style-type: none"> 1. Adjust speed and direction early, through the size and shape of their turns to safely avoid other people 2. Focus on decision making from the children | <ol style="list-style-type: none"> 1. Decision making 2. Visual awareness |
| I can hop on toe and heel edge between my turns and stay in balance. | <ol style="list-style-type: none"> 1. Hop and land in a balanced position through the completion of both turns 2. Focus on lateral balance, edge awareness and vertical range of movement | <ul style="list-style-type: none"> • Timing • Lateral • Vertical • Edging • Pressuring |
| I can lift the nose and tail off the snow while riding with a flat base. | <ol style="list-style-type: none"> 1. Shift their weight towards the nose and tail of the board 2. Focus on longitudinal awareness and balance | <ul style="list-style-type: none"> • Longitudinal • Vertical • Pressuring • Flat base balance |
| I can ride my board down the hill and do an ollie. | <ul style="list-style-type: none"> • Ride on a flat base, pressure the tail and jump into the air, landing in a balanced position • Focus on the blend and awareness of longitudinal and vertical movement to take off and absorb the land | <ul style="list-style-type: none"> • Longitudinal • Vertical • Pressuring |
| I can ride my board in a switch traverse on my toe and heel edge. | <ol style="list-style-type: none"> 1. Ride in a balanced position while traversing switch on both edges 2. Focus on directional alignment and lateral balance | <ul style="list-style-type: none"> • Lateral • Vertical movement • Edging • Switch direction awareness |
| Snowboard level four core skills | | |
| I can change the size and shape of my turns to suit all green and blue | <ol style="list-style-type: none"> 1. Adjust the size and shape of turns to manage speed and direction on blue terrain 2. Focus on timing and range of rotational, lateral and vertical movement | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Timing • Edging, pressuring and steering |

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| I can carve the last part of both turns on a green run. | <ol style="list-style-type: none"> 1. Balance on a higher edge angle through the completion of larger turns 2. Focus on lateral and vertical movement 3. Balance to increase edge performance and speed | <ul style="list-style-type: none"> • Lateral • Vertical movement • Edging • Pressuring |
| I can turn on easy off trail terrain with relaxed legs to move over the bumps. | <ul style="list-style-type: none"> • Turn in a balanced position in very easy off trail terrain • Focus on vertical movement and balance to manage changes in terrain and pressure | <ul style="list-style-type: none"> • Lateral • Vertical • Balance • Pressuring |
| I can do flat land 360's in both directions. | <ol style="list-style-type: none"> 1. Flat land 360's in both directions 2. Lead into switch riding 3. Focus on rotational movement and lateral/edge awareness | <ul style="list-style-type: none"> • Lateral • Rotational • Timing • Edging • Steering |
| I can link switch skidded turns on an easy green run. | <ol style="list-style-type: none"> 1. Turn switch in a balanced position 2. Focus on finishing the turns across the slope 3. Beginning to develop rhythm and flow | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Edging • Steering • Switch direction control |
| I can do a hopped 180 from a traverse. | <ol style="list-style-type: none"> 1. Hopped 180 in a traverse, taking off and landing in a balanced position 2. Focus on the blend of vertical and rotational movement to pop and spin | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Timing • Edging, Pressuring, Steering |
| I can do a straight air on a small natural feature. | <ol style="list-style-type: none"> 1. Hoped straight air over a small natural feature 2. Taking off and landing in balance 3. Focus on lateral and rotational alignment and smooth vertical movement to take off and absorb the land | <ul style="list-style-type: none"> • Vertical • Timing • Pressuring • Flat base balance |
| I can do a 50/50 on a flat ride on box. | <ol style="list-style-type: none"> 1. 50/50 in a balanced position on an easy flat box 2. Focus on lateral and rotational alignment with a completely flat base | <ul style="list-style-type: none"> • Vertical • Timing • Pressuring • Flat base balance |
| Snowboard level five core skills | | |
| Instructor information, Learning outcomes | | Skill acquisition |
| I can use turn size to control my speed on black groomed runs. | <ol style="list-style-type: none"> 1. Turn and manage speed on black terrain 2. Focus on timing and range of rotational, lateral and vertical movement | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Timing • Edging, Pressuring, Steering |
| I can make switch turns on a blue groomed run. | <ol style="list-style-type: none"> 1. Adjust the size and shape of turns to manage speed on blue terrain 2. Focus on timing and range of rotational, lateral and vertical movement | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Timing • Edging, Pressuring, Steering • Switch |
| I can make carve turns on all green groomed terrain changing edges across the fall line. | <ul style="list-style-type: none"> • Make medium to large closed edged turns • Changing edge across the fall line • Focus on early edge change using lateral and vertical movement | <ul style="list-style-type: none"> • Lateral • Vertical • Edging • Pressuring • Steering |
| I can ride off trail making turns on bumpy and variable blue terrain. | <ol style="list-style-type: none"> 1. Children should be able to use appropriate turns in a balanced position 2. Absorbing bumps in the terrain 3. Focus on independent vertical and longitudinal movement and balance to manage changes in terrain | <ul style="list-style-type: none"> • Vertical • Longitudinal • Balance • Pressuring |
| I can do a nose roll. | <ul style="list-style-type: none"> • Nose roll from a heel side traverse, landing in a balanced position • Either forward or switch • Focus on the blend of vertical, longitudinal and rotational movement to lift and spin | <ul style="list-style-type: none"> • Vertical • Longitudinal • Rotational • Timing • Pressuring • Steering |
| I can do a 180 over a natural feature. | <ol style="list-style-type: none"> 1. Aired 180 using natural terrain to take off, landing in a balanced position 2. Focus on the blend of vertical and rotational movement to pop and spin | <ul style="list-style-type: none"> • Vertical • Rotational • Timing • Pressuring • Steering |
| I can do a straight air over a small park jump. | <ol style="list-style-type: none"> 1. Straight air over a small park or natural feature 2. Taking off and landing in balance 3. Focus on lateral and rotational alignment and smooth vertical movement to take off and absorb the land | <ul style="list-style-type: none"> • Vertical • Timing • Pressuring • Flat base balance |
| I can slide sideways on a flat ride on box. | <ol style="list-style-type: none"> 1. Shuffle/shift the board sideways in a balanced position on an easy flat box 2. Focus on lateral alignment with a rotational separation and a completely flat base | <ul style="list-style-type: none"> • Rotational • Timing • Steering • Flat base balance |
| Snowboard level six core skills | | |
| Instructor information, Learning outcomes | | Skill acquisition |
| I can ride all black groomed runs adjusting my turns to suit any snow conditions. | <ol style="list-style-type: none"> 1. Adjust the size and shape of turns to manage speed and direction on black terrain 2. Focus on timing and range of rotational, lateral and vertical movement | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Timing • Edging, Pressuring, Steering |
| I can make carve turns on blue groomed terrain changing edges across the fall line. | <ol style="list-style-type: none"> 1. Make medium to large closed edged turns, changing edge across the fall line on blue terrain 2. Focus on early an edge change with progressive edging and pressuring of the board | <ul style="list-style-type: none"> • Lateral • Vertical • Edging, Pressuring, Steering |
| I can make switch turns on a black groomed run and easy green off trail terrain. | <ol style="list-style-type: none"> 1. Turn switch in a balanced position in very easy off trail terrain 2. Focus on vertical movement and balance to manage changes in terrain and pressure | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Balance • Pressuring |
| I can ride off trail with good line choice on black terrain in most snow conditions. | <ol style="list-style-type: none"> 1. Adjust turns to ride in control, absorbing bumps in the terrain 2. Focus on independent vertical, lateral and rotational movement and balance to manage changes in terrain 3. Decision making should be based around snow conditions and terrain | <ul style="list-style-type: none"> • Lateral • Vertical • Rotational • Longitudinal • Balance • Edging, Pressuring, Steering • Line choice and decision making |
| I can do a variety of butters and ground tricks. | <ul style="list-style-type: none"> • Perform a few different ground tricks that utilise a variety of combined movements • Focus on independent and combined movement patterns to test their vertical, lateral, longitudinal and rotational | <ul style="list-style-type: none"> • Blending and exploring movement • Vertical • Lateral • Longitudinal • Rotational • Edging, Pressuring, Steering |
| I can do a straight air with a grab over a small park jump or natural feature. | <ol style="list-style-type: none"> 1. Straight air with a grab over a small park jump or natural feature 2. Taking off and landing in balance 3. Focus on retraction movements vertically through the lower body to get the grab and develop aerial awareness | <ul style="list-style-type: none"> • Vertical • aerial, awareness and balance |
| I can do two different 180s over a small park jump or natural feature. | <ol style="list-style-type: none"> 1. Two different 180s using natural terrain to take off, landing in a balanced position 2. Focus on the blend of vertical and rotational movement to pop and spin | <ul style="list-style-type: none"> • Vertical • Rotational • Timing • Pressuring • Steering |

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| <p>I can do a boardslide on a flat box.</p> | <p>1. Shift the board sideways to boardslide in a balanced position on an easy flat box 2. Focus on lateral alignment with a rotational separation and a completely flat base</p> | <ul style="list-style-type: none">• Rotational• Timing• Steering• Flat base balance |
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