



Utilising the NZSIA Fundamentals in your children's lessons.

The NZSIA Fundamentals is a national framework and educational resource for children's skiing and snowboarding. The Fundamentals provides resources to Snow sports schools and instructors to assist in the delivery of their children's programs.

Fundamentals in its most simple form promotes better and safer skiing and riding with the aim of keeping children engaged in snow sports. The aim is for instructors to progress the children with a consistent progression and skill base. In doing this the children can easily move from one instructor to the next at any snow sports schools around New Zealand receiving similar information. Through the use of the Fundamentals card and tags that the children receive, instructors will be able to easily identify what level they are at.

Some tips to help use the Fundamentals

- Think **SAFETY** first. Always put a big focus on the safety and wellbeing of the children. Consider how and why specific tasks and skills make skiing and riding safer. Developing awareness of some of the hazards of environment they are in is a great starting point. Encouraging good decision making to keep themselves and their mates safe will help to reinforce safe skiing and riding habits. Let them know about the NZ Snow Safety Code.
- If the children are having **FUN** they will be more likely to engage in learning a new skill.
- Build skills through movement and performance of equipment. Develop the children's ability and understanding of both the movement and how it effects the equipment.
- Recognise the individual **ACHIEVMENT** of each child regularly. A lot of children are really keen to get to the next level, so they can collect the tag. It is important to keep this as a motivation. It is also very important take your time to develop ownership of the different skills before the skill is ticked off. If necessary let them know that "it is not a race to get the skills ticked off" and that it is more important to have fun and challenge the new skills so that they own them. Take them on an adventure and explore new places and terrain.



- Try to only tick off a skill when a child has some ownership of it. It does not need to be perfect, but it needs to be achieved and present with some consistency. This is about thinking of the next instructor that might be teaching the child. If you tick off a skill you are saying to the parent/teacher and next instructor that the child has some competence with that skill.
- There is enough room to put a couple of ticks in the getting it section on the card. This can help to let children know they are getting closer to completing a level.
- Have a good understanding of the Fundamental skills, movements and performance that are required for each task. This will help in your decisions to mark the skill as achieved on a class card.
- Most importantly, do what you always do and be a great teacher/role model and have fun with the kids and keep them **STOKED** on the mountains!