

NZSIA FUNDAMENTALS

Information for primary and secondary schools.

The NZSIA Fundamentals is a national framework and educational resource for children's skiing and snowboarding. It was developed by the NZSIA & Snow Sports Schools in New Zealand to encourage participation in lessons & learning in the mountain environment.

Fundamentals in its most simple form promotes better, safer skiing and riding with the aim of keeping children engaged in snow sports. It's a nationwide programme promoting consistency of information through all the snow sport schools who are participating.



There are six levels for the children to move through which develop balance, movement and performance skills in a variety of terrain and situations around the mountain.



Children participating in lessons and programmes that utilise the Fundamentals receive a card that will indicate the level they have achieved. The card can be used at any participating snow sports school to help identify their level and record progress. (The card can be kept over multiple seasons) In addition, they also receive a smaller tag to reward and recognise the achievement of each level of ski and snowboard they have achieved. The cards and tags are given out by the snow sports schools and instructors

For more information about the Fundamentals.

Email; fundamentals@nzsia.org

<https://www.nzsia.org/fundamentals/>