

# SNOW PARK CHALLENGE

## NO-SNOW SKIING!



Skiing is possibly one of the most well known sports at the Olympic and Paralympic Games. Athletes tackle different courses, gliding across the snow and ice on skis. In the Paralympic Games athletes are split into three categories: standing, sitting or visually impaired.

Skiing is a skill and you'll get the chance to move like an expert skier on your own skis in this fun activity.

### What do I need?

- Cardboard (from a big box is ideal)
- Scissors
- Sellotape

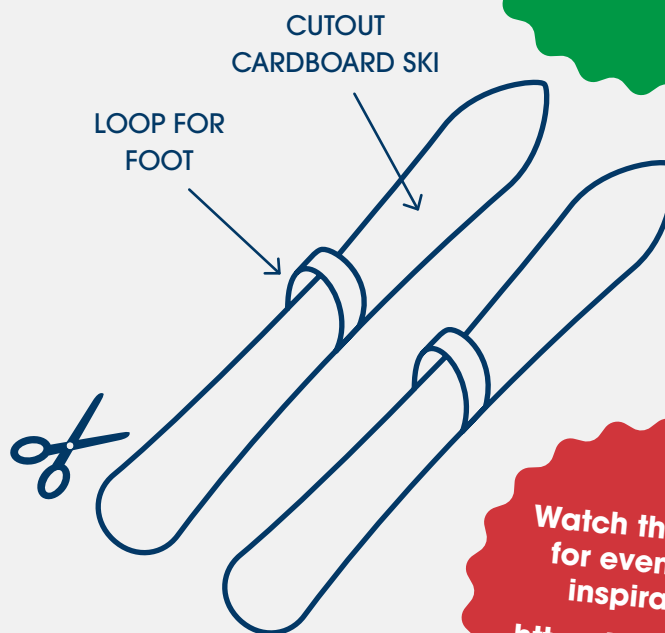
### How long will it take?

15 minutes



### What should I do?

1. Find some cardboard – the bigger the better!
2. Draw out 2 ski shapes.
3. Cut out the skis.
4. Cut out two smaller cardboard strips to loop together to make two circles.
5. Thread the circles onto the skis and fix them with Sellotape to the middle.
6. Put your feet in the hoop on each ski and ta-da you are ready!
7. Watch some footage of Olympic and Paralympic skiers and copy the way they move. Lean your body at the same time as them, move your arms in the same way. You are a skier!



Watch this video for inspiration:  
<https://youtu.be/PBnjfnqxmMk>

Watch this video for even more inspiration:  
<https://youtu.be/GhZMOcc1WOU>

## Extra challenge

1

Can you slide your skis on the floor to travel a distance?

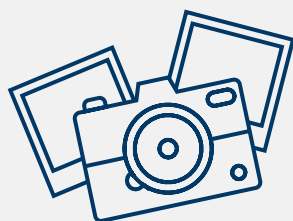
2

Can you challenge a friend or member of your family to do the same?

Why not decorate your skis too? You can use pens, pencils or even paint.



## Take it further



Can you think of a series of ski 'poses' to hold for several seconds as you pretend to ski down a mountain?

You could take photographs or video your skiing talent!

## Share with us

Share your photos or videos on social media or by email

 @GetSetCommunity

 @GetSetClub1

 @GetSetClub

 [getset@getset.co.uk](mailto:getset@getset.co.uk)