

## Going on Ski Trip!

1. **Wake up:** Stretch on tiptoes, raising hands high above head.
2. **Eat breakfast:** Sit with no chair (squat) or wall sit.
3. **Go outside** and find car buried in the snow:  
Shocked look on face, brush off car, bend knees, keep back straight and pretend to dig out car (could also do it with a partner and work together).
4. **Load skis** on car roof rack: Bend down, lift up skis on top of car, do calf raises.
5. **Say "hi"** to your neighbours before you leave and wish them a good day:  
Shake the hand of the students on either side of you and say something positive to each of them.
6. **Bumpy car ride:** Up and down knee bends.
7. **Get on the chairlift:** Squat or wall sit, move arms down to pull bar down, move arms up to push bar up.
8. **Top of the hill:** Do a few stretches (trunk rotations).
9. **Ski:** Ski jumps for at least one minute.  
Variations: Dropped pole (climb back up the hill), lose a ski (hop on one foot), moguls (high jumps), fast and slow (change pace of jumps), tricks (spread eagle, scissor kicks) back scratcher's (jump with legs behind, scratch back with skis).
10. **Celebrate** a great day skiing: High-five five students in the class.
11. **Load up** car again: Load skis on roof rack, bend down, lift up skis on top of car, do calf raises.
12. **Bumpy car ride:** Up and down knee bends.
13. **Stiff muscles:** Stretch (focus on stretching leg muscles: quadriceps, hamstrings, calves, ankles).
14. **Hot tub:** Relax in a chair.

