



National Ski Jumping Physical Education Program

The Ski Jumping Physical Education Program teaches the benefits of being a well-rounded athlete. Key attributes of a ski jumper include strength, balance, agility and technique.

The week before physical education classes, PE teachers show each class a 7-minute ski jumping education DVD. See a low res version of the video at this link: [Ski Jumping Education Video](#) (Local club representatives provide the Physical Education teacher with a high res DVD).

Each class starts with a representative from a local ski jumping club giving a quick explanation of the local ski jumping program. He/she shows ski jumping equipment, trophies and explains that the take-off of the smallest ski jump is no higher than the seat of a chair. They explain, "If you can ski off a bump this high and jump four feet than you can ski jump. You can work your way up to our larger hills when you are ready."

Typically, classes are divided into three groups. Each group begins with a different activity. Groups rotate stations after each kid in the first group gets one or two turns on the roller jump (more turns if the groups are small).



STRENGTH

- Individual Hurdle Jumps – participants stand on the bottom seat of bleachers or on a chair then drop to the floor, landing with both feet together. They immediately jump over a hurdle (without pausing on the floor). Have Hurdles of three heights. Kids start at the lowest height and work their way up.
- Consecutive Hurdle Jumps – five consecutive hurdles. The best spacing between hurdles is about the height of the person using the hurdles. For example, a 5 ft tall person would space the hurdles 5 ft apart.
- 5 Consecutive Broad Jumps – stand behind a line and take five consecutive broad jumps without pausing. Have participants use any object to mark where they land after five jumps. Participants return to the line and try to beat their last distance with each subsequent attempt.



BALANCE & AGILITY

- The Woggler – This tool is fantastic for improving balance and agility. One Woggler is all you should need for an entire class. Kids take turns. This unusual, simple device gets lots of attention.



- Balance Platforms – One or more balance platforms, depending on the number of kids in each class.



- Balance Balls – Two or three “balance balls” are best. Place low cones on each side and in front of the participant. While balancing on one leg, participants reach down and touch the cone to the right, then stand up. Reach down and touch the cone to the left and stand up. Reach down and touch the cone in front and stand up. Try not to put the other foot down until finished. Switch legs and repeat.



- Agility Ladders – This simple agility exercise is fun and very effective. Arrange agility ladders on the floor in any pattern. Participants must touch down both feet between rungs before moving to the next space. Move through the entire arrangement of ladders as fast as possible without touching any part of the ladders.



TECHNIQUE

- Roller Jump – While the roller jump is slow moving and low to the ground, it is highly effective in improving ski jumping technique. The roller board is locked in place while the instructor helps the



participant find a proper inrun position. Once ready, the instructor gently flips a lever and releases the roller board. The instructor walks next to the participant as the roller board rolls down the ramp. At the end of the ramp, the participant jumps into a pile of pads/mattresses.

- Vinyl Pads and/or Mattresses – Most public schools have soft pads for physical education classes. It’s best to position these pads against a wall so they don’t move. Here is a good arrangement of pads for proper height and angle:



Balance, Agility and Strength Equipment Sources

Most public schools have some of the equipment you'll need for this educational program. Check with Physical Education Teachers. Equipment can also be acquired from the following sources.



TDmonthly: 12340 Santa Monica Blvd. Suite 237
Los Angeles, CA 90025. Phone: (424) 272-6854

<http://www.toydirectory.com/monthly/toyshow/toyshow.asp?id=201>



Agility Cone/Hurdle Set - Agility cone set with 12 cones and 6 poles. The cones are 12" diameter and 6" high, poles are 40" long. Poles adjustable to 4 different heights. features: cones 6" high 12" diameter. adjustable height - 4 positions.

<http://www.360fitnesssuperstore.com/Agility-Cone-Hurdle-Set.shtml>

-OR-



Cone Hurdles Plyometric Hurdles from Power Systems, Inc. Perform forward, backward, and lateral training runs and jumps. Ideal for agility, speed, and plyometrics. Adjust hurdle height from 4" to 26" in 2" increments to target specific training goals for any athlete. Multiple set-up options let you create different patterns for developing quick foot lift and control. <http://www.power-systems.com/p-3215-cone-hurdle-set-set-of-4.aspx>



POWER SYSTEMS BRAND. A 5-section agility ladder set up a variety of footwork patterns using 5 different ladder sections. Each section has fixed round rungs set at 20 inch intervals that provide instant feedback to athletes. Configure sections to promote forward, backward, and lateral movements in the same agility training run. <http://www.power-systems.com/p-3777-impulse-agility-ladder.aspx>



Balance Fit "Balance Ball"

Model: **Balance fit 35cm / 14"**, Blue, includes pump

Model Description: Versatile balance tool that can be used standing, kneeling, doing lunges, weight training or sitting. Improves balance and joint stabilization, strengthens and tones core muscles, and encourages proper posture. It has one smooth side and one knobby side to provide massage and more challenges for exercise. **Product Description:** The Balance Fit is a multi-functional balance tool to

improve balance, strength, core stability and blood circulation. It can be incorporated in workouts with proprioceptive exercises as well as rehabilitation in treatment of ankle injuries. Can also be used as active seat cushion when placed on a chair. http://www.theragear.com/models/937_bf_blue.php



Balance Boards – see a wide selection here:

<http://www.thefind.com/sports/browse-balance-board-exercises>

Together, we can share enthusiasm for our beautiful sport that teaches young athletes key life lessons.



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