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Professional Ski Instructors of America
American Association of Snowboard Instructors

CHILDREN'S VIDEO MOVEMENT ANALYSIS PRACTICE SHEET

Child's Name: _____ Child's Age: _____

Child's Goals: _____

Cause and Effect: How is this child's body moving and what is their equipment doing?

Select a turn phase for your answer: Initiation Phase / Shaping Phase / Finishing Phase

Based on your cause and effect observations, identify what skiing or snowboarding fundamental(s) you will focus on:

How does this child's age and stage of development influence how they learn motor skills?

Is this child's equipment appropriate for their goals? Why or why not?

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CS1 MA/TECH LESSON PLAN

Child's Name: _____ Child's Age: _____

Child's Goals: _____

Ski/Snowboard Fundamental: _____

Outline a brief prescription for change that addresses one fundamental in one phase of the turn for the child in this video. This prescription should be based on:

- The Student Interview
- The Student's Age and Stage of Development
- Your Movement Analysis