



Alpine Skiing

History:

Alpine ski races for people with disabilities have been held wherever there are snowy mountains since the late 1940s. Until the 1970s, ski races were limited to skiers who could stand or had a visual impairment. It was the invention of the mono-ski (a seat fixed on a single ski) that opened the sport to those athletes who were unable to stand to ski.

Classifications:

The athletes are classified as standing, sitting, or visually impaired, and compete against other athletes with a similar disability.

Events:

The alpine events for men and women are Downhill, Slalom, Giant Slalom, Super G, and Super Combined.

Description:

Athletes race down slopes while using speed and agility to navigate the course.



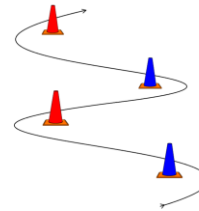
Photo courtesy of Disabled Sports USA (DSUSA)



For the Classroom:

- ✚ Create an alpine slalom course using cones, poly-dots, mats, jump ropes, or any other object that might help create boundaries.
- ✚ Set up wand posts in a slalom pattern throughout the course as gates. Students will have to touch each tumbler as they approach them.
- ✚ For a cheaper option use large cones and sticks instead of wand-posts.
- ✚ Use paper plates, scarves, or allow the students to slide around the course while wearing socks.
- ✚ Use scooter boards or a trash can dolly as sleds and toilet plungers as ski poles.
- ✚ Make sure that students are familiar with the ski course by marking it with bright colors and providing visual and voice cues to direct the students.
- ✚ Decorate the classroom with a winter theme and encourage the students to wear winter accessories such as hats, goggles, scarves, and gloves.

slalom pattern



wand-posts

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