



USA NORDIC

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USA Nordic Physical Education Recruiting Program

Dear Educator,

On behalf of USA Nordic, I want to thank you for taking the time to utilize our physical education recruiting tool. We hope it will excite and spark interest in your students for the sports of ski jumping and Nordic combined and at the very least, create a positive experience learning different ways to exercise their body.

This video, lesson plan, and subsequent materials were created to aid your interpretation of how you run your class. It is a tool that you can use in the fashion that best fits the interest of your students. A video outline is included in the materials that will show minute markers for easy toggling through different sections depending on how you choose to conduct the class.

If a student expresses interest, we have included a resource for the local club(s) in your area.

Thank you!

Karin Bauer

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COURAGE CONFIDENCE CHARACTER