



USA Nordic Physical Education Distance Learning Recruiting Program

Video Outline:

00:00 – 02:37: Ski Jumping/Nordic Combined video montage

02:37 – 03:30: Introduction by Jed Hinkley (USA Nordic Sport Director)

03:30 – 04:21: Virtual Nationals videos of skiers ages 8-9 years old on hills 20 meters size and smaller

04:21 – 04:45: Jed introduces the skiers featured in the previous montage

04:45 – 05:01: Videos of skiers ages 12-13 years old on hills 40 meters and larger

05:01 – 05:26: Jed introduces the skiers featured in the previous montage

05:26 – 05:58: Jed talks about preparation and exercises that skiers will do to make them a healthy, well-rounded, athlete

05:58 – 6:03 **For each section you can follow along or watch, pause, and then try the exercise with your students. The exercises are broken out into 4 blocks. You may use them as separate lessons, bundle some of them together, or observe all sections based on the time you are allotted**

06:03 – 8:44: Block #1 – Warm-up

- **This should be done every time before proceeding to blocks 2-4**
- **10-minute Cardio:** light jog, jump rope, soccer, etc.
- **Deep Squats:** student should squat as far down as they are comfortable/able
- **Leg Swings:** Students should find a secure railing, wall, or ledge to put their hand on to maintain balance during this exercise
- **Hip Rotation (Forward):** Students should find a secure railing, wall, or ledge to put their hand on to maintain balance during this exercise
- **Hip Rotation (Backward):** Students should find a secure railing, wall, or ledge to put their hand on to maintain balance during this exercise
- **Arm Swings**
- **A-Skip:** Will need long, open, space
- **B-Skip:** Will need long, open, space
- **Butt-Kicks:** Will need long, open, space. This could be adapted for a small space by doing stationary butt-kicks while not moving in a forward motion

08:49 – 11:11: Block #2 – Speed, Agility, Strength, and Balance Exercises

- **Shuffle Acceleration:** Will need long, open, space
- **Agility Zig-Zag:** Will need long, open, space. This could be adapted for a small space by shuffling in a side-to-side motion, not moving forward
- **180° Jumps**
- **Bounding:** Will need long, open, space
- **Sit-Up Hip Flexion**
- **Jump Rope:** Students can jump an invisible jump rope, practicing the motion if they don't have a jump rope or don't have the space to use a jump rope.
- **Hanging Hip Flexion:** This exercise requires a secure place to hang from. If that doesn't exist, a safe alternative would be leg lifts - <https://www.wikihow.com/Do-Leg-Lifts>
- **Lateral Bound Balance**
- **Lunge Walks:** This could be adapted for a small space by doing stationary lunges by alternating legs while not moving in a forward motion

11:18 – 14:05: Block #3 – Speed, Agility, Strength, and Balance Exercises

- **Carioca:** Will need long, open, space
- **Accelerations:** Will need long, open, space
- **Barrier Jumps:** For barrier jump box can use imaginary lines or have students make a square in masking tape
- **Kneeling Arm-Leg Raise:** If outside, grass is soft to kneel on. If inside do exercise on carpet or use a towel to cushion the knees
- **Stair Jumps:** Will need access to a small set of stairs
- **Supine Spine Rotation**
- **Tuck Jumps**
- **Deep Squats:** students should squat as far down as they are comfortable/able
- **Lateral Lunges:** This could be adapted for a small space by doing stationary lunges by alternating legs while not moving in a forward motion

14:06 – 16:24: Block #4 – Speed, Strength, and Balance Exercises

- **Sprints:** Will need long, open, space
- **180° Single Leg Jump**
- **Side Lying Stabilization**
- **Step-Up Box Jumps:** Will need stable, exercise, box or a step
- **Sit Up:** If they don't have someone to hold their feet, tucking them under the couch or cabinet will work. If none of those are options this exercise can be done without their feet being held down
- **Single Leg Squat Jumps:** Students should jump as high as they are comfortable/able
- **Climber Walk:** Will need long, open, space
- **Hamstring gluteal Stretch**

16:24 – 16:42: Jed speaks to exercises and crossover in many other sports

16:42 – 20:42: Ski Jumping safety and video created by the ski club in Anchorage, Alaska

20:42 – 21:42: Closing statements