

MY SKI BOOK



ENGLISH



Penguin



- ☐ can walk with skis
- ☐ can turn around and face the other way with skis
- ☐ can climb up the hill with skis
- ☐ can ski straight down with French fries
- ☐ can make a pizza
- ☐ can ski straight down with French fries and stop with a pizza
- ☐ can ski straight down with a pizza all the time
- ☐ can follow the safety rules for Penguins and enjoy skiing with friends

All done? Great job!! Go for
the junior **GREEN** medal!

School :

Instructor :

Koala



- ☐ can ride the lift
- ☐ can turn left and right with a pizza
- ☐ can draw a snake in the snow with a pizza
- ☐ can draw a very curvy snake in the snow with a pizza
- ☐ can turn and stop with a pizza at any time
- ☐ can also follow the safety rules for Koalas and enjoy skiing with friends



All done? Wonderful!! Go for
the **junior YELLOW** medal!

School :

Instructor :

Squirrel

- ☐ can turn while moving up and down
- ☐ can make the outside ski so heavy that the inside ski goes up
- ☐ can turn in control with a tiny pizza
- ☐ can start a turn with a pizza and make French fries at the end of the turn

OR

- ☐ can ski freely down the slope in a pizza, faster than the Koala
- ☐ can also follow the safety rules for Squirrels and enjoy skiing with friends



All done? Excellent!! Go for
the junior RED medal!

School :

Instructor :

Elephant

- ☐ can ski faster than the squirrel
- ☐ can jump with the skis parallel
- ☐ can do parallel turns while moving up and down
- ☐ can pick up the tail of the uphill ski at the end of the turn
- ☐ can ski down some of the steeper slopes in a parallel
- ☐ can also follow the safety rules for Elephants and enjoy skiing with friends



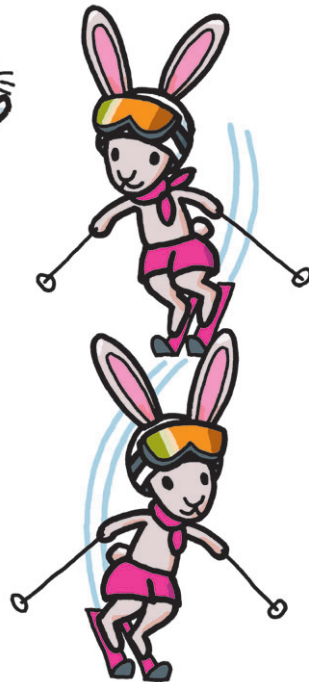
All done? Fabulous!! Go for
the **junior BRONZE** medal!

School :

Instructor :

Bunny

- ☐ can parallel turn with a pole plant
- ☐ can parallel turn using the edges
- ☐ can jump and turn
- ☐ can side slip onto the edges of the skis
- ☐ can do a hockey stop
- ☐ can side slip down a corridor
- ☐ can side slip and turn down a corridor
- ☐ can do short turns with a relaxed rhythm
- ☐ can also follow the safety rules for Bunnies and enjoy skiing with friends



All done? Brilliant!! Go for
the junior **SILVER** medal !

School :

Instructor :

Cheetah

- ☐ can lift the inside ski up while turning
- ☐ can carve the skis while turning
- ☐ can ski with speed
- ☐ can ski down steep slopes in control
- ☐ can do short turns with a pole plant
- ☐ can change rhythms while skiing
- ☐ can ski down bumps
- ☐ can also follow the safety rules for Cheetahs and enjoy skiing with friends



All done? Amazing!! Go for
the **junior GOLD** medal!

School :

Instructor :

GOLD



SILVER



GREEN

RED



BRONZE

YELLOW



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