



WHAT ARE THE BENEFITS OF SCHOOL SKI TRIPS?

PHYSICAL FITNESS

Core stability

You'll be working your core to ensure you stay up on your skis...as much as possible!

Flexibility

Everything about skiing requires flexibility, from getting your ski boots on to making tight turns.

Strength

Skiing is an all-over body workout, with almost every muscle put to use – and you'll feel it!

PHYSICAL ABILITY

Balance

The key to skiing is staying on your feet and the sport is great for improving balance.

Coordination

In order to stay on your feet, you'll have to improve your coordination.

Develop fine motor skills

You'll constantly be making slight adjustments to improve balance and speed.

CHARACTER BUILDING

Responsibility

You'll need to be responsible for your speed and be aware of what's going on around you to avoid injuring yourself or others.

Resilience

It's tough to get back up after falling for what seems the millionth time – but you will, and you'll become more resilient for doing so.

Communication

You'll need to listen carefully to your ski instructor and group leader, and communicate with others when carrying out any group tasks.

COGNITIVE SKILLS

Concentration

You'll have to concentrate on what your body's doing, what's going on around you and what your ski instructor/group leader is asking you to do.

Decisiveness

You'll need to make quick decisions regarding your speed and direction, to avoid any possible accidents.

Problem-solving

If there's an obstacle blocking your way, you'll need to work out the safest way around it.