



alpine skiing

A slalom course where you zigzag between obstacles while crossing varied sections as quickly as possible. This activity promotes the development of motor skills and spatial awareness.

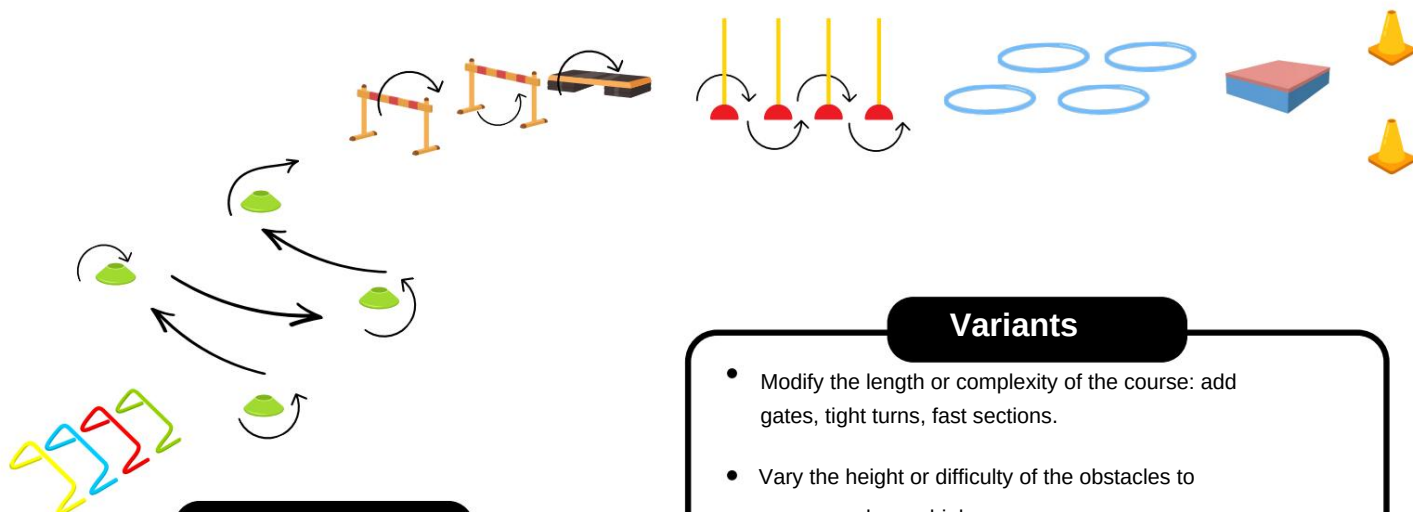


SET UP

1. Mark out a zigzag slalom course using cones, blocks, mats or other obstacles.
2. Vary the width of the corridors by alternating wide and narrow passages.
3. Adds obstacles to overcome: moving on to above or below.
4. Draw a start line and a finish line.
5. Specify a rule for each penalty.
Example: knocking over an obstacle adds 2 seconds to the time.

MATERIAL

- ~~Cones, blocks, mats or obstacle course~~ markers to create the slalom course.
- Obstacles to overcome above: small mats, low hedges, soft blocks.
- Obstacles to overcome below: raised elastic bands, sticks placed on supports.
- Materials for marking the start line and the finish line.
- Stopwatch for measuring time and applying penalties.



Procedure

1. At the signal, start from the starting line and follow the indicated zigzag slalom route.
2. Overcome the obstacles according to the Established course.
3. Avoid touching or knocking over obstacles to avoid accumulating penalties. 4. Upon arrival, your time is

recorded, then adjusted according to the penalties.

Variants

- Modify the length or complexity of the course: add gates, tight turns, fast sections.
- Vary the height or difficulty of the obstacles to overcome: lower, higher, narrower.
- Impose a different mode of movement: side steps, light running, giant strides, brisk walking.
- A fun version: the last two skiers complete the slalom connected by a strip of school toilet paper, which they must keep intact until the finish line.
- Inclusive version: you complete the course with reduced vision (blindfold) while a partner guides you verbally from the edge or by running in a safe zone.





Alpine skiing

Alpine skiing is a sliding sport where the athlete **descends a snow-covered mountain as quickly as possible** along a **course**. It is characterized by **high speeds** and **precise turns**.

The difference between races is determined by the distance between the gates and the number of gates on the course. A "gate" is one or more **poles** that the skier **must pass through**. The fewer gates there are and the further apart they are, the faster the athlete will go.



It is a demanding discipline which includes Downhill, Super-G, Giant Slalom, Slalom and Combined, combining speed and technique on complex slopes.

The events at the 2026 Olympic Games will be as follows:

- Men's and women's downhill
- Men's and Women's Super-G
- Men's and Women's Giant Slalom
- Men's and women's slalom
- Alpine Combined by Mixed Teams

Did you know?

Did you know that the word "ski" comes from the Old Norse word **skíð**, a Nordic language used by the Vikings, which means "split wood"?





SKI ALPIN

