

**Suggested Pre-Field Trip Activities  
for Cross Country Skiing at Wood Lake Nature Center**

***Vocabulary***

<ul style="list-style-type: none"> <li>•Force</li> <li>•Kick and glide zone</li> <li>•Center of gravity</li> <li>•Lever</li> </ul>	<ul style="list-style-type: none"> <li>•Simple machine</li> <li>•Camber</li> <li>•Friction</li> <li>•Nordic vs Alpine skis</li> </ul>
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- \*Review vocabulary.
- \*Research the difference between Nordic and alpine skiing.
- \*Discuss how to appropriately dress for cross country skiing (i.e. wicking layers if possible).
- \*Watch footage of cross-country skiing and downhill skiing and have students explain how the body works different simple machines and overcomes different laws of physics to successfully ski.
- \*Have students research the history of the sport of cross country skiing.
- \*Make a chart comparing how many calories you can burn cross country skiing compared to other recreational activities.
- \* Have students stretch before field trip (show a children's yoga video).

**Suggested Post-Field Trip Activities  
for Cross Country Skiing at Wood Lake Nature Center**

- \*Review vocabulary.
- \*Discuss as a group what aspects of skiing were easy and what some of the greater challenges were.
- \*Wood Lake rents skis throughout the winter (if conditions permit), so encourage students to come back after school or on the weekends to continue practicing and for great exercise!
- \*Review what were the main parts of the body that worked as levers and what forces were acting on the body as students were skiing.
- \*Make a class list of simple machines that are used by students and teachers throughout the school day.
- \*Ski equipment rental is free for Friends of Wood Lake (FOWL) members. Consider asking PTO or other such supportive organizations to help supplement family memberships if financial assistance is needed.