

Snowboarding Theme-based Lesson by Gabrielle Gaudreau

1. Assessment

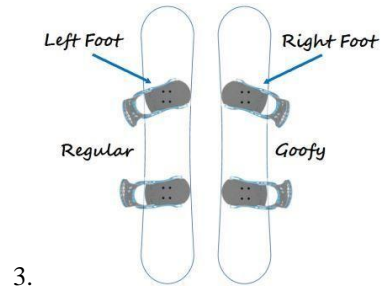
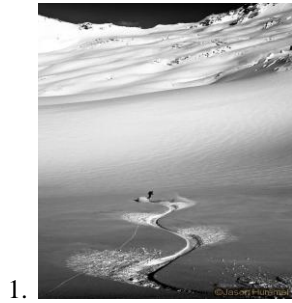
- A. Have you ever ridden a snowboard?
- B. When did you start snowboarding?
- C. Have you ever taken lessons?
- D. What is your favourite ski hill?

2. Theory

Match each vocabulary word with the right picture on the next page.

Vocabulary Words

- 1. **Backcountry** – Terrain outside of resort boundaries with no marked trails and natural obstacles like trees and cliffs.
- 2. **Carve** – A perfect turn where the edge of the board digs into the snow, causing the rider to gain speed with each turn.
- 3. **Chair lift** – A ski lift on which riders are carried up a mountain.
- 4. **Edge** – The smooth metal edges that run the perimeter of the snowboard.
- 5. **Faceplant** – When a rider falls on his or her face.
- 6. **Freestyle Snowboarding** – Mostly associated with riding the halfpipe, but which may also be used to describe jumps, tricks and riding on boxes or rails (in the snowpark).
- 7. **Goggles** – A special pair of eyeglasses.
- 8. **Goofy** – A person who is riding with the front foot facing down the hill.
- 9. **Halfpipe** – A U-shaped snow structure built for freestyle snowboarding (or skiing).
- 10. **Slopes** – A stretch of ground forming a natural or artificial incline



1. Are you a *goofy* or a regular snowboarder?



2. Have you ever done a *faceplant*?



3. Do you prefer riding the *slopes*, *backcountry* or more *freestyle*? Why?

4. What colour are your *goggles*?

5. Can you guess what happens when you put too much weight on the wrong *edges*?

6. On the opposite, when you use the edges the right way, you can make a perfect turn. What is the name of these turns?



3. Controlled and communicative exercises

Read the descriptions of these four different ski resorts and make a summary of the paragraphs.



Hakuba – Japan

There are nine ski resorts in the Hakuba valley. The lift pass covers eight resorts all connected by a free shuttle bus. Skiers have access to 135 lifts and more than 200 slopes. There are slopes for complete novice to experts. Hakuba provides some of the best skiing in Japan. The longest run is about eight kilometers long.



Chamonix- France

People come from all over the world to this beautiful mountain. Chamonix offers many slopes for all levels on four different sites. There are even great slopes for skiing through the trees. This site offers endless possibilities for all winter sports enthusiasts. You can find there the longest run in the world, the Vallée Blanche, that is about 22 kilometers long. However, you should attempt this slope only with a guide.



Aspen mountain – USA

Aspen Mountain and its famous black-diamond terrain, has kept the mountain on the map since 1947. It is located in the state of Colorado. There are 76 slopes, more than 50% of these are black-diamond or double black-diamond and 0% are for the level of a beginner. The longest run is five kilometers long.



Whistler Blackcomb – Canada

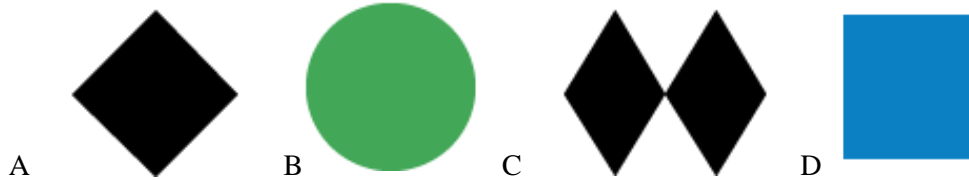
Whistler Blackcomb is a place where there is a beautiful mountain culture and a nice spirit of adventure. It is also the biggest ski resort in North America. There are more than 200 slopes in the resort. The difficulty of the majority of the slopes is an intermediate level. The longest run is 11 kilometers long.

4. Production task

- Which one of these four destinations would you want to go the most? Why?
- Which one would be the last you would pick? Why?
- Which ski resort in Quebec have you gone to and which one is your favourite?

5. Vocabulary review

A. Can you class these types of *slopes* by order, from the easiest to the most difficult?



Have you ever tried a double black diamond?

B. Can you describe what is *backcountry* snowboarding?

C. Can you point out the *edges* of the board on the picture?



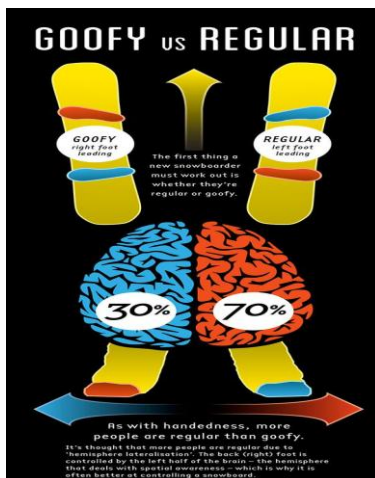
Discussion questions

Discussion questions

1. Tell me the funniest, the scariest or the best moment you experienced with friends while snowboarding.
2. Did you watch the *halfpipe* competition during the Olympics in Sochi?
Who is your favourite athlete?

(BEFORE LOOKING AT THE PICTURE BELOW)

3. Do you think there are more *goofy* snowboarders of regular snowboarders? Do you have any idea why?



“As with handedness, more people are regular than goofy. It’s thought that more people are regular due to “hemisphere lateralisation”. The back (right) foot controlled by the left half of the brain – the hemisphere that deals with spatial awareness – which is why it is often better at controlling a snowboard.”

Do you sometimes try to ride with the opposite foot face downhill?

Did you know that with practice you could ride both goofy and regular with equal strength?

6. Answer Key:

Associate every vocabulary word with the right picture on the next page.

Pictures

1: Backcountry

4: Slope

7: Carve

2: Goggles

5: Faceplant

8: Edge

3: Goofy

6: Halfpipe

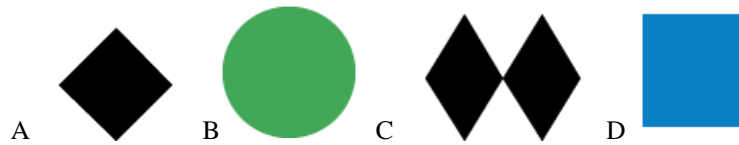
9: Freestyle

Questions

6. Perfect turn: carve

5. Vocabulary review

A. Can you class these types of *slope* by order, from the easiest to the most difficult?



B- D- A- C

C. Can you point out the *edges* of the board on the picture?

