



Nordic Combined PE Lesson Plan

Grade Level: K-5

Duration: 30-40 minutes

Objective: Introduce students to the fundamentals of Nordic Combined through ski jumping drills, endurance activities, and balance exercises.

Materials Needed:

- Yoga mats or foam pads
- Cones
- Jump ropes
- Balance beams or tape lines
- Stopwatch

Warm-Up (5 minutes):

- Light jogging around the gym or field.
- Dynamic stretches: arm swings, leg kicks, and squats.

Activity Overview:

Students will rotate through three stations that simulate key components of Nordic Combined.

Station 1: Ski Jump Drill (Power & Form)

- **Setup:** Place mats on the floor for safe landing.
- **Instructions:**
 1. Start in a crouched position (like ski jump in-run).
 2. Swing arms forward and jump as far as possible onto the mat.
 3. Land with knees bent and arms forward (telemark landing).
- **Focus Points:** Controlled arm swing, soft landing, balance.
- **Time:** 3-4 minutes per group.
- **Video:** How ski jumping works- <https://youtube.com/shorts/B8XXQJHTuB4>

Station 2: Endurance Challenge (Cross-Country Simulation)

- **Setup:** Cones spaced for shuttle runs; jump ropes for ski pole simulation.
- **Instructions:**
 1. Perform a “ski stride” drill using jump ropes as poles.
 2. Jog in place or between cones for 2–3 minutes.
 3. Older students can add short shuttle runs.
- **Focus Points:** Continuous movement, rhythm, stamina.
- **Time:** 3–4 minutes per group.
- **Video:** How cross country skiing/nordic skiing works
<https://youtube.com/shorts/3M5CinmNC8s>

Station 3: Balance & Core (Flight Stability)

- **Setup:** Balance beam or taped line.
- **Instructions:**
 1. Walk across beam or line with arms forward.
 2. Pause mid-way and hold a ski jump position for 5 seconds.
 3. Optional: Stand on one leg and simulate ski posture.
- **Focus Points:** Core engagement, steady posture.
- **Time:** 3–4 minutes per group.
- **Video:** How to train for Nordic combined- <https://youtube.com/shorts/TLHnXBGkpNO?feature=share>

Rotation Plan:

- Divide class into small groups.
- Rotate every 3–4 minutes.
- Total circuit time: ~15 minutes.

Cool-Down (5 minutes):

- Gentle stretching: hamstrings, quads, shoulders.
- Breathing exercises.

Discussion (5 minutes):

- Ask: “Which station was hardest? Why do ski jumpers need power, endurance, and balance?”
- Connect skills to real Nordic Combined events.

Safety Tips:

- Ensure mats are secure for jumps.
- Monitor balance beam activity closely.
- Encourage hydration and proper footwear.

Assessment: Observe technique at each station and participation level.

Extension: For outdoor settings, add a short run or relay to simulate cross-country skiing.

Teacher Notes: Emphasize fun and teamwork while introducing Olympic sports concepts.