



# SAMPLE LESSON PLANS

## BEGINNER SAMPLE LESSON PLAN

Goal: Basic skating movements & safety.

Length of class: 40 minutes

Steps	Benefits
<p>1 Warm up activity (4 minutes): Jog 3 laps around gym Carioca length of gym and back</p>	Increased temperature of muscles & greater elasticity.
<p>2 Stretching exercises (6 minutes): Found on page xx</p>	Flexibility, Reduced risk of musculoskeletal injury.
<p>3 Students get skates &amp; put them on (2 minutes): Found on page xx</p>	
<p>4 Practice recovery from sitting position; once standing practice squat and fall; repeat (5 minutes) Found on page xx</p>	Safety
<p>5 Practice extended length T - stance (3 minutes): Found on page xx</p>	Balance
<p>6 From extended length T-stance, create forward movement (10 minutes): Found on page xx</p>	Balance and basic movement.
<p>7 Forward movement to a brakepad stop (7 minutes)</p>	Balance & basic movement.
<p>8 Return skates to cabinet and put on shoes (3 minutes)</p>	



# SAMPLE LESSON PLANS

## INTERMEDIATE LESSON PLAN

Goal: Intermediate skating movements, skill drills, increased confidence and skill level.

Length of class: 40 minutes

Steps	Benefits
① Students get skates and put them on (2 minutes)	
② Free skate warm-up (5 minutes)	Increase core temperature
③ Stretch (5 minutes)	Flexibility
④ Practice connecting turns using cones (8 minutes)	Movement skills
⑤ Practice forward crossovers using cones (8 minutes)	Movement skills
⑥ Play four corners game (9 minutes)	Fun!!
⑦ Return skates to cabinet and put shoes on (3 minutes)	



# SAMPLE LESSON PLANS

## ADVANCED SAMPLE LESSON PLAN

Goal: Advanced skating movements, advanced drills, sport activities which incorporate skating skills.

Length of class: 40 minutes

Steps	Benefits
① Students get skates and put them on (2 minutes)	
② Free skate warm-up which includes slow, elongated, exaggerated skating movements. Forward skating, backward skating, squat skating. Movements need to be slow and controlled. (5 minutes)	Increased internal temperature and flexibility with exaggerated movements.
③ Stretch (5 minutes)	Flexibility
④ Adductor/Abductor strengthening activity with skates on (2 minutes)	Sport Specific Strength
⑤ Advanced skills stations (4 minutes each) Connecting turns using cones or cans station Forward crossovers station using cones Circle free skate station Backward crossovers station using cones Hockey puck passing station Hockey puck shooting on goal station	Movement and sport skills
⑥ Return skates to cabinet and put shoes on (2 minutes)	



# SAMPLE LESSON PLANS

## *FITNESS SAMPLE LESSON PLAN*

Goal: To improve cardiorespiratory endurance via inline skating.

Length of class: 40 minutes

Steps	Benefits
1 If possible, students put on heart rate monitor.	Accurate heart rate monitoring and recording.
2 Students get skates and put them on (2 minutes)	
3 Free skate warm-up (5 minutes)	Increased temperature and elasticity of muscles.
4 Stretch (5 minutes)	Flexibility
5 50 crunches (2 minutes)	Core strength/endurance
6 5 minute skate with heart rate in target training zone	Cardiorespiratory endurance
7 2 legged squat with skates on strengthening exercise (1 minute)	Proprioception and kinesthetic awareness, muscular strength/endurance.
8 10 minute skate with heart rate in target training zone	Cardiorespiratory endurance
9 Strengthening exercise – push-ups (1 minute)	Muscular strength/endurance
10 5 minute interval skate: Speed skate for 30 seconds Stroke and glide for 30 seconds Repeat	Utilization of anaerobic energy system via interval training.
11 Return skates to cabinet.	