



First Day of Skating

Setup: Have several tumbling mats laid out along the floor in the middle, from the corner of each side of the mat place a cone 4-5 steps away to create the 3 lane progression (diagram page 3).

Introduction: students sit in front of cabinets

-brief students on what you'll be teaching today (safety, basic skills, equipment care)

Equipment care and organization:

- proper skate size (no half sizes, girls adjust 1 size down from shoe size)
- make sure you have a matching pair
- after taking skates out, put shoes exactly where you got the skates from
- assign designated area to put skates on, usually middle of gym on or around the mats

Safety: explain common sense rules such as "hands to yourself, skate under control"

- no drinks from the water fountain while on skates
- demonstrate correct way to fall (knees bent, body lower to floor to minimize impact)
- demonstrate correct way to stand up (from the kneeling position: pick 1 knee off the floor, put both hands on that knee and push yourself up)
- T-position- heel of 1 skate touching the inside-middle of the other skate, in the shape of a "T"

Forward skating and T-stop:

- point toes out, short small steps, knees slightly bent
- t-stop- bend knees, pick 1 skate up, extend leg behind you and place the skate sideways on the floor so that 2 wheels are dragging behind.
- explain 3-lane progression and have students skate around the gym in the appropriate lane.
- Practice t-stop every time teacher blows the whistle.

Putting equipment away:

- Tuck laces inside skates
- Put left skate on left side right on right
- locate your shoes in the cabinet and replace with skates
- equipment- make sure to secure velcro straps to avoid tangling



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ADDITIONAL SKILLS:

These skills can be taught the first day if time allows, or feel free to add them later during your skating unit.

Forward Cross-Over

- when turning pick up outside foot and step across in front of the inside foot
- have students practice cross-over step going both directions around the gym

Backward skating: always look over shoulder at where you are going!

- keep toes pointed in while taking small steps backward
- figure 8's- point toes in and push legs apart, then point toes out and pull them back together.
- S-curves- make the letter 'S' with your skate on the floor

Backward cross-over:

- this skill is the same as forward, pick up your outside leg and step across your inside leg

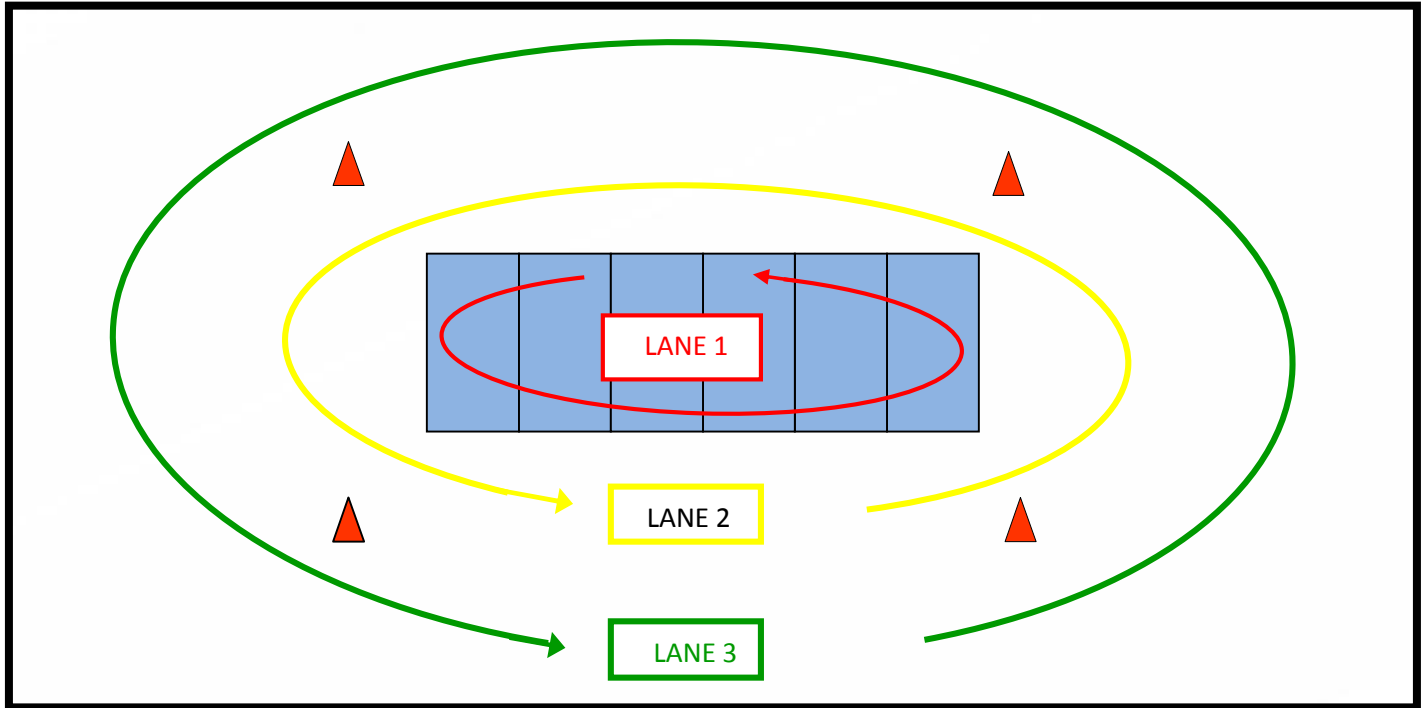
Mohawk turn:

- change direction from forward to backward skating (180 degree turn)
- pick 1 foot off the floor then rotate 180 degrees toward the direction of the foot you picked up (i.e. if you pick up your right foot, rotate to the right).
- after rotating put that foot back on the floor, shift weight, then bring the other foot around



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3 Lane Progression:



By simply using your Gym Mats and 4 Cones, you can create a safe environment for ALL students with various skill levels!

Lane 1 (on the Mats) – For beginners, You can have students start on the mat just to make sure they can balance on their feet and show proper technique (See Forward Skating instructions on Page 1 of First Day Outline)

Lane 2 (between mat & cones) – for those who are ready to start “rolling.” Students will now practice what they learned on the mats and start moving across the floor. Remind students to slightly bend their knees and point their toes as they take small steps across the floor.

Lane 3 (outside of the cones) – for students who are comfortable balancing and taking controlled “strides” on their skates. This will obviously be the faster of the 3 lanes. Make sure students stay at a speed where they can control their bodies.