

Skater

1. Describe where and when it is safe to skate.
2. Demonstrate the care of a pair of skates.
3. Learn to skate forward, backward, to the right, to the left, and how to cross over.
4. Skate through a curve, come to a full stop, and coast.
5. Skate a slalom course with at least six obstacles.
6. Participate in a game played on skates.



Helps

1. If ice skating, be certain an adult has told you the ice is safe. Never skate alone. Roller skating can be done at a gym, or rink or on a sidewalk, depending on the type of skates you have.
2. Dry and clean your ice skates after each use. Wipe your roller skates clean and check for loose wheels. Replace skate laces whenever needed. Wheel bearings may need to be oiled, depending on type of roller skate.
3. Practice skating so that the young people get a good feel for skating. Stress safety and caution to prevent injuries while skating.
4. Encourage the children to skate carefully, watching for other skaters at all times.
5. Use soft obstacles for your slalom course so if a child falls he/she will not be injured.