

Health and Fitness



Skater Badge

(ice, roller skates or in-line skates)

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- _____ () 1. Know and discuss the safety rules for skating. For ice skating, include ice safety. For roller skating and in-line skating, include street safety and use of protective gear such as helmet, pads and gloves.
- _____ () 2. Show how to care for your skating equipment.
- _____ () 3. Demonstrate how to start and stop on a given signal. Then demonstrate any five of the following moves:
 - a) Skate forward with arms free pr behind body.
 - b) Skate backward.
 - c) Make turns to left and right, cutting corners.
 - d) Skate in a curve counter-clockwise.
 - e) Glide on one skate for three metres.
 - f) Forward and back edges on alternate feet on curves not less than five metres.
 - g) Forward cross cuts, clockwise and counter clockwise, on a circle three metres in diameter.
 - h) Back cross cuts, clockwise and counter-clock wise, on a circle three metres in diameter.
 - i) Two jumps with clean and controlled landings.
 - j) A simple spin on two feet.

I completed my Skater Badge requirements on: _____

Name : _____