



Inline Skating – Grades 3 & 4

NAME _____

Managing My Equipment

1. I can put on and take off my own safety equipment correctly, quickly and efficiently.	2. I can help a friend learn to manage his/her equipment efficiently.
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Safety Skills

1. I can demonstrate how to correctly put on protective equipment and skates.	3. I can demonstrate how to fall down safely
2. I can demonstrate how to get up safely.	4. I can V- March

Beginning Skating Skills

1. I can V-Walk – Slow Roll with basic stop – Toes In	3. I can turn corners by dropping the inside shoulder.
2. I can skate the length of the gym and stop before crossing the black end line.	4. I can use the ATB Brake to Stop on command

Always

I am working to turn my stride into a longer glide. I am bringing each skate to the midline and spending the same amount of time on both skate.

Choices

I can smoothly Slalom Skate the Cones.	I can swizzle forward.
I can crossover turn smoothly both left and right.	I can swizzle backwards.
I can jump a small obstacle and land with balance.	I can skate backwards with Cs.
I can smoothly duck and pop the obstacles with balance & control.	I can jump 180 and land on the mat.
I can toe roll right and left.	I can jump 180 and land on the floor then transition to backward skating.