



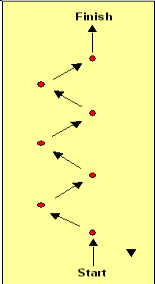


## Activity Plan for Inline Skating



Week 1			
Activity	How many or how long	How many days	Instructions
Inline Skating 	30 mins	Total for week	Go roller blading during the week. <b>Try to go for a total of 30 minutes</b> (either all at once or by adding up the time from different days).
Scooter riding or Inline skating 	20 mins	Total for the week	Go inline skating today or scootering with a friend or family member. <b>See if you can keep moving for 10 minutes without stopping. When you do stop, try to only rest for about a minute and then keep going for another 10 minutes.</b> You don't have to go very fast, just keep going!

## Activity Plan for Inline Skating

Week 2			
Activity	How many or how long	How many days	Instructions
Inline Skating 	30 mins	Total for week	Go roller blading during the week. Try to go for a total of 30 minutes (either all at once or by adding up the time from different days).

Week 3			
Activity	How many or how long	How many days	Instructions
Inline Skating 	30 mins	Total for week	Go roller blading during the week. Try to go for a total of 30 minutes (either all at once or by adding up the time from different days).
Side to Side Inline Skating	4 times each direction (about 20 feet) Repeat 6-8 times.	3 days/wk	Put 7 markers (they could be bean bags, rolled socks, anything that won't be blown away) in a zig-zag pattern (see the pattern the red dots on the picture shown). Make sure they're about 10 strides (or more) apart from each other so you have space to skate around them. To do the challenge, skate outside of each cone until you reach the net at the finish cone. Once you get to the last marker, run back. See if you can race a family member or friend. 

## Activity Plan for Inline Skating

Week 4			
Activity	How many or how long	How many days	Instructions
Inline Skating 	30 mins	Total for week	Go roller blading during the week. Try to go for a total of 30 minutes (either all at once or by adding up the time from different days). Head out today with a friend or family member and skate around. <b>Try and go up slopes and control your braking when going down them.</b> See if you can keep skating for 5 minutes without stopping.
Inline Skating Road Hockey Challenge 	15 mins	3 days/wk	Put 7 markers (they could be bean bags, rolled socks, anything that won't be blown away) in a zig-zag pattern (like last week's "Weave In Weave Out"). Make sure they're about 10 strides (or more) apart from each other so you have space to sprint between them. <b>To do the challenge, run forward to the first marker, then turn to side step (slide) to the 2nd marker leading with the left leg. Side step to the 3rd marker this time leading with the right leg.</b> Repeat this pattern again until you get to the last marker. You can put another marker or a net a few feet away to shoot at then run back to the start. To make it harder, try keeping the ball on your stick the whole time you do the drill. Now that's stick handling!

## Activity Plan for Inline Skating

Inline Skating:  
Around the World  
Street Hockey



5 mins

3 times/wk

Go outside today with friends or family to practice shooting on the net, but this time on inline skates. You can either practice with or without a goalie in the net. To improve shooting accuracy (where the puck goes in the net), you can put pylons or other markers and try to knock them over with the puck. **Try to shoot 5 times from different angles, set up markers with road hockey balls** (or tennis balls, whatever you have) going around in a semi-circle outside the net for you to run to and shoot.