







Activity Plan for Ice Skating

Week 1			
Activity	How many or how long	How many days	Instructions
Ice Skating 	30 mins	Total for the week	Go ice skating 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). Remember, when you are skating, try to remember to: <ul style="list-style-type: none"> • Keep your feet about the same distance apart as your hips • Keep your arms out to the side for balance • Keep your knees slightly bent and relaxed • Look up ahead of you (where you are going) instead of at your feet
Ice Skating 	5 mins	1 day/wk	When you go ice skating, see if you can keep moving around the ice for 5 minutes before you stop for a rest. If someone gets in your way or you fall down it doesn't matter, just get going again as soon as you can. See if you can skate for 5 minutes without a rest break. If you fall down or someone is in your way, that's okay just get going again as soon as you can.



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Week 2			
Activity	How many or how long	How many days	Instructions
Skating	30 mins	Total for week	<p>Go ice skating 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).</p> <p>This week while you are skating, try to do some forward swizzles. To do a forward swizzle:</p> <ul style="list-style-type: none"> • Bend your knees and relax your feet so that you have your weight on the inside edges of your skates (instead of being flat on the whole blade) and your feet are about 20-25 cm apart (6-8 inches) • Let your skates slide forward and further apart until your feet are about 40 cm apart (18 inches) • Point your toes towards each other (pigeon-toed) and keep sliding forward until your feet come back together • Continue sliding as your feet go apart and together so that you gradually start to glide faster. <p>Your feet will make a pattern on the ice like the swizzle shown below.</p> 
Ice Skating 	5 + 5 mins	1 day/wk	<p>When you go ice skating, see if you can keep moving around the ice for 5 minutes before you stop for a rest. If someone gets in your way or you fall down it doesn't matter, just get going again as soon as you can. See if you can skate for 5 minutes without a rest break. After you do the first 5 minutes, have a rest and then see if you can do a second skate for another 5 minutes without resting.</p>

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Week 3			
Activity	How many or how long	How many days	Instructions
Skating 	30 mins	Total for week	<p>Go ice skating 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). This week while you are skating, try to do some backward swizzles. To do a backward swizzle:</p> <ul style="list-style-type: none"> • Bend your knees and relax your feet so that you have your weight on the inside edges of your skates (instead of being flat on the whole blade), your toes are pointed inward (pigeon-toed) and your feet are about 20-25 cm apart (6-8 inches) • Let your skates slide backward and further apart until your feet are about 40 cm apart (18 inches) • Pull your heels towards each other and keep sliding backward until your feet come back together • Continue sliding as your feet go apart and together so that you gradually start to glide faster.
Ice Skating Sprints 	5 times/day	1 day/wk	<p>When you are ice skating, try to skate as fast as you can from one end of the rink to the other (down one side). When you get to the corner slow down and go more slowly around the corner, back up the other side and then around the last corner. When you get back to where you started, skate as fast as you can again to the other end of the rink. Keep going around the rink until you have done 5 fast skates.</p>

Activity Plan for Ice Skating

Week 4			
Activity	How many or how long	How many days	Instructions
Skating 	30 mins	Total for week	Go ice skating 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). While you are skating, practice the forward and backward swizzles so that you can get moving pretty quickly either forward or backward. Remember to keep your knees bent and relaxed, and look where you are going (not at your feet)
Ice Skating Sprints 	10 times/day	1 day/wk	When you are ice skating, try to skate as fast as you can from one end of the rink to the other (down one side). When you get to the corner slow down and go more slowly around the corner, back up the other side and then around the last corner. When you get back to where you started, skate as fast as you can again to the other end of the rink. Keep going around the rink until you have done 10 fast skates.