



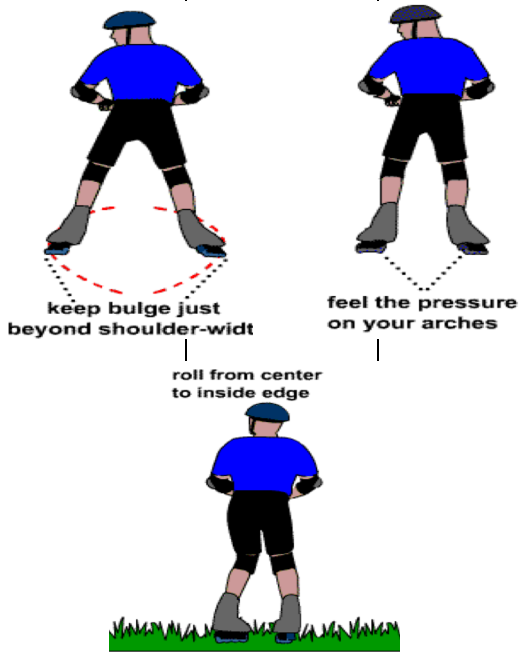
Activity Plan for Inline Skating

Week 1			
Activity	How many or how long	How many days	Instructions
Inline Skating Forwards 	10 mins	3 days/wk	<p>Inline skating is a great way to get around in the non-winter months. Start by working on your balance and taking steps with your skates on. Try this on flat ground slowly. As you become more comfortable try going a little quicker until you can run with your skates on.</p> <p>For more information on inline skating, visit: https://www.wikihow.com/Inline-Skate</p>


Week 2			
Activity	How many or how long	How many days	Instructions
Inline Skating Backwards 	10 mins	3 days/wk	<p>Knowing how to skate backwards is really helpful especially when playing inline road hockey. Just start by walking backwards with your skates on. Try this on flat ground slowly. As you become more comfortable try and walk backwards a little quicker. Take baby steps, and hold on to a wall if it helps you.</p>

Activity Plan for Inline Skating

Week 3			
Activity	How many or how long	How many days	Instructions
Inline Skating Backwards	20 mins	3 days/wk	<p>Now that you're a bit more comfortable. Try skating backwards slowly with these tips. While standing in one place on grass or carpet, roll your skates back and forth from centre edge to inside edge. This'll help you get a feel for the edging you need for backward skating.</p> <ul style="list-style-type: none"> - With both of your feet pointed inwards, push your skates out and back on their inside edges coming back up on the centre edges as they come together in a "V", heels almost touching. - Stop then roll forward until you come back to your original pointed toes stance. Repeat this over and over again. - Try to not make your "swizzles" (strides) too wide because it'll make you stall. And make sure you don't lean forward too much or you might lose balance. It takes practice to skate backwards in a straight line. Make sure to look behind you and practice in a clear area!



Activity Plan for Inline Skating

Week 4			
Activity	How many or how long	How many days	Instructions
Backwards & Forwards Inline Skating 	20 mins	2 days/wk	Now that you can skate forwards and are starting to skate backwards go out today and practice. See if you can skate forwards for 5 minutes and skate backwards for about 8 strides. Don't skate backwards too fast, just focus on doing it safely.