

# **BHS IN-LINE SKATING:**

Review/Skill Sheet

## **GRADING:**

PERS/SOC RESP/SAFETY (20)	/4	/4	/4	/4	/4	
SKILL (12/24):		APPLICATION 2 (4):				
APPLICATION 1 (4):		APPLICATION 3 (4):				
KNOWLEDGE (6)						
<b>TOTAL (50):</b>						

NAME \_\_\_\_\_

### **SKILL 1: Skating Forward**

- Is able to glide forward on the bottom edge of one skate.
- Gains momentum by pushing off using the inside edge of the skate.
- Bends knees & extends legs throughout the push and glide.

### **SKILL 2: Ability to Stop**

- Falls in a way that prevents injuries, gets up using the one knee method.
- Is able to slide brake foot forward in a practice setting.
- Is able to lift toe to engage brake in a practice setting.

### **SKILL 3: Backward Skating**

- Gains momentum by pushing off using the inside edge of the skate.
- Gains balance by staying low, bending knees, extending arms.
- Is able to maneuver through a straight path while skating backwards.

### **SKILL 4: Crossover Skating and Turning**

- Is able to perform an "A" frame turn.
- Crosses outside skate over inside and transfers weight to outside edge of skate.
- Is able to perform a parallel turn.



**TOTAL SKILL: /12 or 24**

### **APPLICATION 1: Application of Skills**

- 4** Applies effective skills safely with dynamic balance, fluid transitions, sustained rhythm and speed appropriate to the situation. Applies effective skills with few if any observable errors in technique.
- 3** Applies effective skills with balance and speed appropriate to the situation. Applies effective skills with errors in technique
- 2** Performs skills showing some elements of correct technique, but application is ineffective and inconsistent.
- 1** Attempts skills but technique is not yet sufficient, resulting in consistently ineffective performance.

### **APPLICATION 2: Personal Challenge, Decision Making and Preparation**

- 4** Consistently demonstrates a willingness to engage in the activity and challenge themselves to high levels of performance. Consistently demonstrates ability to make timely and appropriate decisions to negotiate the task. Makes appropriate choices during preparation for the activity. Performs without hesitation or reminders from others.
- 3** Engages in activity, but does not consistently challenge themselves to high levels of performance. May hesitate or seek confirmation before demonstrating the ability to make appropriate decisions to negotiate the task. May also hesitate or seek confirmation when making choices during preparation for activity.
- 2** Engages in the activity, but skills are not developed to a level whereby they can be utilized to challenge higher levels of performance or to make timely and appropriate decisions to adjust to changing circumstances. May make appropriate equipment choices. May need reminders and or assistance from others to participate.
- 1** Focus is primarily on basic skill performance and therefore is not ready to apply skills in a way to challenge high levels of performance or make appropriate adjustments. Needs directions or assistance from others to participate.

### **APPLICATION 3: Application of Safety, Etiquette and Conventions of the Activity**

- 4** Applies appropriate safe practices by following BCSD operating and safety procedures. Applies proper etiquette and conventions for the activity with no observable errors.
- 3** Applies appropriate safe practices by following BCSD procedures. Applies proper etiquette and conventions, but with errors and or hesitation.
- 2** Demonstrates a general understanding of the concepts of safe practices/procedures plus etiquette and conventions but may need reminders and or assistance from others in order to participate.
- 1** Lacks the knowledge or inclination to demonstrate appropriate safe practices/procedures/etiquette and conventions. Needs direction/supervision from others to participate.

**TOTAL APPLICATION: /12**

## **EQUIPMENT NEEDED FOR IN-LINE SKATING**

### **In-Line SKATES:**

4 Wheel –  
Most  
Common  
5 Wheels -  
Faster

### **PADS:**

1. Wrist Guards
2. Elbow Pads
3. Knee Pads

### **HELMET:**

Secure Fit



### **TYPES OF Skates:**

- Lace Up
- Buckle
- Combination
- 4 Wheel most common,  
5 wheel faster

### **PARTS OF THE IN LINE SKATE**

- Boot
- Laces
- Wheels
- Outside Edge
- Inside Edge
- Bottom Edge

RT FOOT

### **STOPPING:**

\*Slide brake foot forward and lift toe to engage brake.

\*'T' Stop – One leg forward, wt. on forward foot. Drag inside edge of back foot, forming a "T" with both skates

### **TURNING:**

\*"A" Frame Turn – Stroke, coast, separate foot, put weight on inside edges, point shoulders in direction of turn. Turn done by placing pressure on outside foot's outside edge.

\*Parallel Turn – Feet parallel apart, point shoulders in direction of a turn. Use inside edge of one foot and outside edge of other foot. Right foot forward for right turn, left foot forward for left turn.

### **SAFETY RULES:**

1. Skate within your abilities
2. Practice new skills in a controlled setting
3. Observe traffic rules
4. Use caution around cars
5. Pass pedestrians, bikes and other skaters on the left
6. Be alert to your surroundings
7. Hills – Start to control your speed at the very top. Let up on brake and ride it down hill or traverse the hill by turning all the way down it back and forth