



Junior School Skating
2009-2010

Skating Dates for Grade 3, 4 & 5

Grade 5	Grade 4	Grade 3
October 6 th	November 24 th	January 26 th
October 13 th	December 1 st	February 2 nd
October 20 th	December 8 th	February 9 th
October 27 th	December 15 th	February 16 th
November 3 rd	January 5 th	February 23 rd
November 10 th	January 12 th	March 2 nd
November 17 th	January 19 th	March 16 th

Sample Areas of skill development

	Agility	Balance	Coordination
Stance & Control	Lateral step over	Basic stance 1 foot balance 1 & 2 foot glide	
Edge Control	High Step over	1 & 2 foot Slalom Crouch slalom	2 Foot C-Cut
Starting & Stopping	T & V Starts Crossover start Bkwd starts		Outside leg stop 2-foot parallel stop 1 & 2 leg Bkwd stop
Fwd Skating & Striding		Weight transfer	1 leg Skulling Fwd striding - side Scissor movement
Bkwd Skating & Striding			Weight transfer start Bkwd Striding mvmts
Turning & Crossovers	Tight Turns Pivots - Mohawk	Glide turns	C-Cuts on circle Fwd X-Over heel/toe Bkwd X-Over reach/grab