

Roller Skating

Belt Loop

Complete these three requirements:

Choose either roller skating (traditional or in-line) or ice skating as your interest area.

1. Explain ways to protect yourself while skating, and the need for proper safety equipment.
2. Spend at least 30 minutes practicing skating skills.
3. Go skating with a family member or your den for a total of at least three hours. Chart your time.

Sports Pin

Earn the Skating belt loop, and complete five of the following requirements:

1. Participate in a pack or community skating event.
2. Demonstrate how to care for your skates.
3. Explain the proper clothing (including any safety equipment) needed for skating.
4. Find out about some stretching exercises to do as a skating warm-up, and spend at least 10 minutes, on two occasions, practicing them.
5. Play a game of ice or roller hockey.
6. Learn how to do two new skating skills in the area of skating you have chosen (traditional or in-line roller skating, or ice skating) (e.g., for roller skating, forward scissors and crossover; for ice skating, forward and backward swizzles and glides).
7. Participate in a skating skills development clinic.
8. Draw a layout for an ice hockey arena.
9. Explain skating safety/courtesy rules to your adult partner and *always practice them!*