

Level 5

Instructor:

Notes:

Go Forward

Crosscuts around the circle

- ☐ Clockwise
- ☐ Counter clockwise

Consecutive Edges

- ☐ Inside edge
- ☐ Outside edge

Change of edge

- ☐ Inside to outside
- ☐ Outside to inside

Go Backward

- ☐ Circle thrusts

Turn

One-foot turn on a curve from forward to backward

- ☐ Left foot
- ☐ Right foot

Turn on a curve changing feet

- ☐ Forward to backward (mohawk turn)
- ☐ Backward to forward (Step-out turn)

I can...

- ☐ Tell you the rules of the ice
- ☐ Get up unassisted immediately after falling down
- ☐ Skate safely and in control
- ☐ Skate at an appropriate speed for the group
- ☐ Stop before hitting the boards
- ☐ Be aware of other skaters and objects around me while moving backwards

Jump

Two-foot jump changing directions

- ☐ Forward to backward
- ☐ Backward to forward

Stop

- ☐ One-foot side stop (outside foot)

Level 6

Instructor:

Notes:

Go Forward

Crosscuts in a figure 8 pattern

- ☐ Shoot the duck
- ☐ One-foot slalom

Go Backward

Crosscuts around the circle

- ☐ Clockwise
- ☐ Counter clockwise

One-foot glide on a curve (Inside Edge)

- ☐ Left foot
- ☐ Right foot

One-foot glide on a curve (Outside Edge)

- ☐ Left foot
- ☐ Right foot

Turn

☐ Consecutive turn sequence
☐ One-foot turn on a curve from forward to backward

- ☐ Left foot
- ☐ Right foot

Turn on a curve changing feet

- ☐ Forward to backward (mohawk turn)
- ☐ Backward to forward (Step-out turn)

I can...

- ☐ Tell you the rules of the ice
- ☐ Get up unassisted immediately after falling down
- ☐ Skate safely and in control
- ☐ Skate at an appropriate speed for the group
- ☐ Stop before hitting the boards
- ☐ Be aware of other skaters and objects around me while moving backwards

Jump

Two-foot jump changing directions

- ☐ Rotating power jump

Stop

Two-foot jump changing directions

- ☐ Rotating power jump



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Level 1

Instructor:

Notes:

Go Forward

- ☐ Balance on two feet
- ☐ Walk forwards (duck walk)
- ☐ March on the spot
- ☐ Two-foot inside edge (1 bubble)

Go Backward

- ☐ Walk backwards 8 steps

Stop

- ☐ Fall down and get up
- ☐ Make snow

Spin

- ☐ Walking around on the spot (walking spin)

Turn

- ☐ Two foot $\frac{1}{4}$ on spot

Jump

- ☐ Two-foot jump on the spot

I can..

- ☐ Show you the rules of the ice by always being safe and respectful
- ☐ Show you what I should wear on the ice by always coming prepared
- ☐ Stay with my instructor for the whole lesson
- ☐ Be comfortable playing games on the ice

*all skills may be completed with or without assistance from parents

Level 2

Instructor:

Notes:

Go Forward

- ☐ Push/glide sequence 8 strides
- ☐ Two-foot glide
- ☐ Two-foot sit glide
- ☐ Two-foot sculling (8 bubbles)

Go Backward

- ☐ Walk backwards 8 steps
- ☐ Two foot simultaneous inside edge

Turn

- ☐ Two foot $\frac{1}{2}$ turn on spot

Spin

- ☐ Two-foot spin

Jump

- ☐ Two-foot jump while gliding forwards

Stop

- ☐ Forward snowplow or forward $\frac{1}{2}$ snowplow

I can..

- ☐ Tell you the rules of the ice
- ☐ Get up unassisted immediately after falling down
- ☐ Skate safely and in control
- ☐ Skate at an appropriate speed for the group
- ☐ Stop before hitting the boards

Level 3

Instructor:

Notes:

Go Forward

- ☐ Two-foot slalom
- ☐ One-foot alternating slalom

One-foot glide

- ☐ Left foot
- ☐ Right foot

Two-foot c-cut

- ☐ Left foot
- ☐ Right foot

Go Backward

- ☐ Push/glide sequence 8 strides
- ☐ Two-foot glide
- ☐ Two-foot sculling (8 bubbles)

Stop

- ☐ Backward snowplow or backward $\frac{1}{2}$ snowplow

Turn (two foot)

- ☐ Forward to backward
- ☐ Backward to forward

Jump

- ☐ Two-foot jump when gliding backward

I can..

- ☐ Tell you the rules of the ice
- ☐ Get up unassisted immediately after falling down
- ☐ Skate safely and in control
- ☐ Skate at an appropriate speed for the group
- ☐ Stop before hitting the boards
- ☐ Be aware of other skaters and objects around me while moving backwards

Level 4

Instructor:

Notes:

Go Forward

- One-foot glide on a curve (Inside Edge)
- ☐ Left foot
- ☐ Right foot

- One-foot glide on a curve (Outside Edge)
- ☐ Left foot
- ☐ Right foot

- ☐ Walking crosscuts (both feet)
- ☐ Circle thrusts (both directions)

Go Backward

- One-foot glide
 - ☐ Left foot
 - ☐ Right foot
- ☐ Two-foot slalom
- ☐ One-foot alternating slalom
- ☐ Two-foot c-cut

Stop

- ☐ Forward two-foot side stop (hockey stop)

Turn (two foot)

- Two-foot turn on a curve
- ☐ Forward to backward
- ☐ Backward to forward

I can..

- ☐ Tell you the rules of the ice
- ☐ Get up unassisted immediately after falling down
- ☐ Skate safely and in control
- ☐ Skate at an appropriate speed for the group
- ☐ Stop before hitting the boards
- ☐ Be aware of other skaters and objects around me while moving backwards

Jump

- ☐ Bunny Hop

Spin

- ☐ Forward one-foot spin