

In-line skating

Students will apply movement concepts and principles to the learning and development of in-line skating skills, an appreciation/knowledge of in-line skating as it is done at higher levels and will develop an understanding the in-line skating provides an opportunity for enjoyment, challenge, self-expression and social interaction.

Safety first-

- 1. all participants must wear helmet, knee pads, elbow pads and wrist guards**
- 2. Skate within your ability, be able to slow down, stop and turn when necessary**
- 3. Know how to fall correctly. DO NOT fall with stiff arms, use your pads to absorb the shock, impact and scrapes of falling. Learn to roll to transfer your momentum.**
- 4. Be alert to your surroundings and traffic. Stop and let the cars, etc. pass safely.**

Rules and etiquette-

- 1. Move to the right when meeting an oncoming skater**
- 2. Respect beginner skaters and give them leeway**
- 3. Do not abuse equipment, report broken skates and pads.**
- 4. Do not use the brake system inside on the floor**
- 5. Do not wave, scream or distract in any way the students inside the school**
- 6. Help/assist others if they fall**
- 7. Get the teacher for a serious injury- do not move the injured**

Skills-

- 1. Skates and Pads on body**
- 2. Ready Position- stable, balanced, relaxed, feet shoulder width apart, ankles, knees and hips flexed, shoulders forward and relaxed, (BEWARE- fully extended joints may cause loss of balance backwards)**
- 3. Braking-Basic stop- point toes in and press heels out or heel brake- lift right toe so that brake makes contact, T-stop- turn one foot to make T with skates, drag wheels**
- 4. Turning- A Frame turn-skates apart, point shoulders and hips towards turn, Cross over turn- turning left, cross right skate over left skate (and vice versa)**
- 5. Forward Motion- Stroke and glide-push leg out and back, arms swing complimentary to legs, Hourglass-works inside/outside edges**
- 6. Backward Motion- backwards hourglass, draw a "C" with one foot while other glides**
- 7. Maintenance of Skates- Switch wheels 1 and 3, 2 and 4, also turn 180 degrees**

Resources- Where could EA student's in-line skate?

Orchard Park Skating Center

Depew Skateland

Many local parks with in-line skate trails

EA streets and sidewalks

Where can you purchase In-line skates?

On-line, Dicks sporting goods, Olympia, The Ski shop in EA- Aurora Action Sports.

Hockey

Students will participate in Street Roller Hockey games with using the correct safety and skills.

Safety- Keeps stick in hand

Keeps stick below the waist

No physical contact

No slap shots

Wear all safety equipment, no need for wrist guards

The following list of skills are to be expected to be used in game play:

**Passing- and non- Hands located in proper position with dominant hand in middle of stick handle
dominant hand on top grip
Can pass with forehand or backhand (either side of blade)
Follow through toward target with toe of blade pointing face down**

**Receiving- Hands in correct location
Blade in front of body
Cradle and control ball
Receive on the move
Can receive on either side of blade**

**Stickhandling- Keep head up while traveling through players
Use both sides of blade
Control ball (keeping it close)
Can stick handle and pass or shot while moving**

**Shooting- Keep stick below waist with backs wing and follow through
Ball travels from heel to toe of blade
Follow through toward target**

**Offensive strategy-
Constant movement to reposition self
See defense and adjust to better position to receive and to shoot**

**Defensive strategy-
Constant movement to adjust to attacking players
Feeds ball to outside of playing area
Attacks player with the ball with their stick to steal the ball**

Where can you play hockey?

Street Hockey-Any EA street that is safe and free from traffic, driveways, parking lots .

Field Hockey- EAHS

Ice Hockey- Indoor and outdoor ice hockey arenas

In Line Skating and Hockey Homework

Name _____ Period _____ ACE or BDF

Answer the following questions to the best of your ability based on class work and the written information provided.

- 1. When falling during in-line skating a person should:**

- 2. When falling during in-line skating a person should NOT:**

- 3. What pieces of safety equipment should always be worn? Name all four.**

- 4. What does it mean to skate under “control”?**

- 5. What was the expected proper etiquette of skating around the school?**

- 6. When playing hockey in PE class, the stick needs to stay below the _____.**

- 7. When playing hockey in PE class, wrist shots were legal and safe but _____ shots were NOT allowed.**

- 8. What safety devices were mandatory for hockey? Name both.**

- 9. Name four hockey skills besides in-line skating.**

- 10. In your PE class, in your opinion, who had the best skating and hockey skills?**