

Skater



1. Use a skateboard, scooter, or inline, quad or ice skates, on at least three occasions.

Type of
Skate: _____

Occasion 1:

Occasion 2:

Occasion 3:

2. Learn and write down some safety rules about skating on the road and in other public places.

3. Show how to start, stop and turn safety.

4. Show how to fall safely and regain balance.

5. Show how you do three different manoeuvres. You could demonstrate travelling backwards, spinning, jumping or turning.

Write what clothing and protective equipment you need to wear,
