

Top 10 things about Rollerblade Skate in School

By Carol Ann Chiesa

1. The kids love it!
2. Students of all skill levels have success.
3. Students actively participate for the entire period.
4. Great aerobic activity.
5. Introduces students to an activity that they can do alone or with others.
6. The pride and excitement of our non-skaters when they learn to skate.
7. Easy to adapt lessons to include all skill levels.
8. The increase of self-esteem when mastering a new skill.
9. Promotes cooperation as students help each other.
10. The activity can be done inside or outside.

I am proud to say that this September will mark our 14th year skating with our fifth and sixth grade students. The Skate in School program has proven the test of time and continues to be one of our most popular units of study. Our students are getting a great aerobic workout and having fun doing it. Even our novice skaters enjoy the program. They start out only able to walk on grass and end up skating on the blacktop. It is just amazing to witness their success and increased self-esteem.

We were able to start our Rollerblade program in 1997 thanks to a one-time-only grant that was sponsored by NASPE and Rollerblade, Inc. We were surprised to be one of the 50 or so schools, nationwide, to receive the grant that supplied us with skates, protective gear, helmets and lesson plans. [Editor's note: The grants were done only once to help "seed" the Skate in School



Rollerblade's Skate in School program can be implemented indoors or outdoors and is a fun way to ensure an aerobic workout for students.

program. The program is now in more than 1,100 schools nationwide.]

We have really grown up with the program along with the help of the people at Rollerblade, Inc. and especially with the Skate in School program. Over the years, we have moved from an indoor-only activity to an indoor and outdoor program. We had to deal with maintenance and storage issues as well as finding ways to support the program with our budget constraints. Skate in School was always there for us. As a "Roll Model" ambassador, I am able to pass on information to other professionals and help promote this wonderful program.

In February of 2008, I presented our Skate in School program at our New Jersey AHPERD Conference in a presentation called, "You Can Really Integrate In-Line Skating into Your Curriculum." You can download

a copy of my presentation at skateinschool.com/testimonials.htm.

The Teaneck School District respects the goals and expectations of a comprehensive health and physical education program. As physical educators, we understand that we are competing with math, language arts, and other content areas for district dollars. We have earned the support of administrators and parents by providing a quality program and understand our role in ensuring the health of our students.

- Carol Ann Chiesa has been teaching for 25 years, the last 18 years at Benjamin Franklin Middle School in Teaneck, NJ. Carol Ann has a BA in Physical Education and Health Education K-12 and a MA in Administration and Supervision of Physical Education from Montclair State University (NJ).

What's new with Skate in School

Online orders

Rollerblade Skate in School is now offering on-line ordering on its website at skateinschool.com for in-line skate packages (including skates, helmet and full protective gear), replacement parts and individual items.

Equipment improvements

All-new "Spiritblade RTL" - a new skate that was designed especially for Skate in School. Features of this new skate include: the size of the skate is molded right into the plastic on the back of the skate (no more using a Sharpie to write sizes!); more-durable wheels; and a heavy-duty buckle.

New bucket-style helmet - this durable helmet features a shock-absorbing EPS liner, meets CPSC standards and comes in small, medium and large. A special rivet has been added to the chin strap so the helmet clip won't fall off, even with repeated use and re-sizing by students.

New Facebook page at
facebook.com/skateinschool