You Really Can Integrate In-Line Skating Into Your Curriculum

Carol Ann Chiesa
cchiesa@teaneckschools.org
• Equipment Organization & Storage
• Skate Sizing
• Skate In School Program
• Walk Through of First Two Lessons
• Lesson Progressions
• Maintenance and Replacement Parts
• Accidents
• Costs and Funding
• Q & A
<table>
<thead>
<tr>
<th>Type</th>
<th>#</th>
<th>Size</th>
<th>Right Skate Condition</th>
<th>Left Skate Condition</th>
<th>Right Wrist</th>
<th>Left Wrist</th>
<th>Right Elbow</th>
<th>Left Elbow</th>
<th>Right Knee</th>
<th>Left Knee</th>
<th>H</th>
<th>Gear Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Skate Sizing

ONLY put out the right skate at each number. Students MAY NOT SKATE...only stand up and sit down.

1. Line students up in height order.
2. Starting with the smallest, send students to a skate number.
3. Try not to assign all numbers in one size.
4. If skate fits, DO NOT TAKE IT OFF.
5. If skate does not fit, take it off, put it back, and move to another skate.
6. When everyone is done, have students write their name next to their skate number on the record sheet.
Skate In School Program
www.skateinschool.com

Developed by Rollerblade, Inc. & NASPE

Includes everything you need to know to start and run a successful skating program from purchasing equipment to actual lesson plans.
FUN, FITNESS, FOREVER.

* Skate in School has a proven record of success in about 1,000 schools nationwide.

* Nearly 3 million students have been safely introduced to in-line skating.

* Skate in School is at the forefront of "New PE" initiatives, which boost youth fitness and self-esteem, and emphasize the development of life-long physical skills and activities.

* Program meets Healthy People 2010 goals and National Standards for PE.

* Only in-line skating program endorsed by NASPE, the leading professional association for physical educators.

Program includes:

Rollerblade® skates and protective gear at a special price, which schools purchase and own so teachers can use it anytime during the year as part of in-school and after-school programs.

NASPE-approved, developmentally appropriate lesson plans.

Optional in-service instruction for teachers and optional skate storage cart.

Use PEP Money!

Skate in School is ideally suited to earn federal grants as part of the Carol White Physical Education Program (PEP). More than 200 schools nationwide have already used PEP grants to fund their Skate in School programs.
First Lesson

NO SKATES TODAY!!!

Lesson Objectives:
1. Identify, fit, and adjust all gear
2. Practice falling and getting up
3. Clean up procedures
Lesson 2

Lesson Objectives

1. Put gear and skates on properly.
2. Use the brake to stop.
3. Falling & getting up with skates
4. Safety & class rules
5. Get everyone outside
6. Quick skill evaluation
STRIDING
SWIZZLE
BACKWARD
In-Line Skating Unit Evaluation

1. What did you like best about the in-line skating unit?

2. What did you like least about the in-line skating unit?

3. List the in-line skating skills that you do very well.

4. List the in-line skating skills that you need to work on.

5. Do you own in-line skates?

6. Do you own protective gear?

7. Do you own a bike helmet?

8. Do you wear your helmet and protective gear when you are skating outside of school? Why or why not?
In-Line Skating Quiz

1. List the four major pieces of protective gear that should be worn while skating.
   1. 
   2. 
   3. 
   4. 

2. How do you know if your wrist guards are on correctly?

3. Explain the correct way to wear your helmet.

4. Explain how to get up after you have fallen.

5. Explain the class procedure for putting away your gear.