

# ICE EXPLORERS

## WEEK 1

Skill	Objective	Focus	Location	Teaching Tips
<b>Facility Introduction</b>	Create a comfortable feeling for the skater and family at the rink.	A comfortable feeling within rink environment	Lobby, registration counter, bathrooms, skate rental and any area skaters will frequent.	Walk students and parents through key locations of your facility.
<b>Fall, Sit and Stand</b> <i>No Skates</i>	Learn to safely and properly fall, sit and stand.	Balance and coordination	Off Ice: lobby, locker room or meeting room.	Skater stands tall and then makes themselves small. Fall to side. Sit then roll to hand and knees. One knee up and the other under body, hands on floor, push body up.
<b>Marching</b> Stationary and moving. Three sets of five marches with stops in between  <i>No skates.</i>	Learn to march without falling.	Balance and coordination	Off Ice: lobby, locker room or meeting room.	Arms are in front in a wide V parallel to floor. March in place then march while moving.
<b>Dips</b> <i>No skates.</i>	Learn to bend knees and hold dip position for 3 seconds.	Balance and coordination	Off Ice: lobby, locker room or meeting room.	Bend knees, lower bottom with head up and arms out in a front V.
<b>Introduction to Skates</b>	Hold and feel skates (guards on). Explain parts of the skate and how they work.	Knowledge and listening skills	Off Ice: lobby, locker room or meeting room.	Explain parts of skate: boot, tongue, laces, blade and toe pick. Explain hockey vs. figure vs. speed skate; leather vs. Soft Tech vs. plastic

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Ice Explorers is designed to be an eight-week program. However, it can easily be adapted to shorter semesters if necessary. The recommended ages for this program is 2.5-3.5 years old and should be the introductory program prior to Snowplow Sam classes.

## CONCLUDING CLASS ACTIVITY

"Skate, Laces, Tongue and Blade - Tongue and Blade..."

"Skate, Laces, Tongue and Blade - Tongue and Blade..."

"Toe Pick, Heal, Edge and GO"

"Skate, Laces, Tongue and Blade - Tongue and Blade..."

To the tune of "Head, Shoulders, Knees and Toes"...

# ICE EXPLORERS

## WEEK 2

Skill	Objective	Focus	Location	Teaching Tips
<b>Review:</b> Fall, sit, stand, marching and dips. Work on turning toes inward.  <i>No skates.</i>	See week one.	See week one.	See week one.	See week one.
<b>Hop on two feet</b> three separate times without falling  <i>No skates.</i>	Learn center of balance. Learn how to jump using knee and ankle action.	Balance and coordination	Off Ice: lobby, locker room or meeting room.	Bend, jump, land and hold.
<b>Turning clockwise and counterclockwise while marching in place</b>  <i>No skates.</i>	Multi-directional movement.	Agility	Off Ice: lobby, locker room or meeting room.	Arms in front in a wide V parallel to floor. March while turning in place.
<b>Equipment Basics: Skates and Attire</b>  <i>No skates.</i>	Properly prepare skater for on-ice success.	Parental/guardian knowledge and skater preparedness	Off Ice: lobby, locker room or meeting room.	Discuss skates, socks, helmet, hat, mittens or gloves, sweater or jacket, sweatpants or snow pants and purchasing skates.
<b>Teaching Tools: Toys and Buckets</b>  <b>Combo:</b> March and Dip  <i>No skates.</i>	Familiarize skater with toys and their use.  Introduce combined skills: marching and dips	Constructive play	Off Ice: lobby, locker room or meeting room.	Safely play and have fun with toys and buckets.

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## CONCLUDING CLASS ACTIVITY

### Where in the world is Snowplow Sam?

Provide Snowplow Sam picture or cut out for children to color. Make sure the instructor holds on to this activity to be used the following week for a scavenger hunt.

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## WEEK 3

Skill	Objective	Focus	Location	Teaching Tips
<b>Review:</b> Fall, sit, stand, marching and dips  <i>No skates.</i>	See week one.	See week one.	See week one.	See week one.
<b>Review:</b> Hopping and turning  <i>No skates.</i>	Learning center of balance, jumping using knees and ankles and multi-directional movement	Balance and coordination	Off Ice: lobby, locker room or meeting room.	Hopping: bend, jump, land and hold  Turning: Arms out wide in a parallel V; march while turning in place
<b>Backward Marching</b>  <i>No skates.</i>	Become comfortable moving backward.	Balance and coordination	Off Ice: lobby, locker room or meeting room.	Arms in wide front V parallel to floor. March while moving backward.
<b>How to Tie Skates.</b>	Train parents how to properly tie skates.  Ensure on-ice safety and success.	Parental/guardian knowledge	Off Ice: lobby, locker room or meeting room.	Demonstrate how to fit and tie skates.  Have parent/guardian fit and tie skates.
<b>Where in the World is Snowplow Sam?</b>  <i>No skates.</i>	Social group activity to make skating fun.	Fun	Off Ice: lobby, locker room or meeting room.	Color the Snowplow Sam coloring page or cutout.

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## CONCLUDING CLASS ACTIVITY

### Scavenger Hunt

Prior to the skater arriving, post their last week's activity in your facility so at the end of class skaters can find their artwork to take home.

### Explore Your World With Snowplow Sam

Encourage explorers to take pictures of their Snowplow Sam while on vacation, at birthday parties or on any of life's adventures and submit their picture to the Skating Director for posting.

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## WEEK 4

Skill	Objective	Focus	Location	Teaching Tips
<b>Review:</b> Fall, sit, stand, marching and dips  <i>No skates.</i>	See week one.	See week one.	See week one.	See week one.
<b>Review:</b> Hopping and turning and marching backward  <i>No skates.</i>	See week two and three.	See week two and three.	See week two and three.	See week two and three.
<b>Side Steps:</b> Three right and three left  <i>No skates.</i>	Become comfortable moving side to side.  Multi-directional movement.	Balance and coordination	Off Ice: lobby, locker room or meeting room.	Keep arms out front in a wide V parallel to floor while side stepping in control.
<b>Balance on One Foot for Count of Three</b>  <i>No skates.</i>	Learn how to transfer weight from two feet to one foot.	Balance and coordination	Off Ice: lobby, locker room or meeting room.	Arms in wide front V parallel to floor, feet under hips, transfer weight from two feet to one. Lift the free hip and knee for a count of three.

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## CONCLUDING CLASS ACTIVITY

Set up obstacle course off-ice for skaters using orange cones. Have skaters march in between cones dipping and hopping. You can also use pool noodles for them to dip under.

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## WEEK 5

Skill	Objective	Focus	Location	Teaching Tips
<b>Lace Up and Go!</b>	Assess parent/guardian's ability to properly fit and lace skates.	Knowledge	Off Ice: lobby, locker room or meeting room.	Loosen the laces, pull tongue forward have child step into skate. Lace skate from bottom to top comfortably securing each hook.
<b>Sit, Stand and Fall.</b> <i>Skates on.</i>	Learn to safely and properly fall, sit and stand.	Balance and coordination	Off Ice: lobby, locker room or meeting room.	Skater stands tall and then makes themselves small. Fall to side. Sit then roll to hand and knees. One knee up and the other under body, hands on floor, push body up.
<b>Mini Marches</b> <i>Skates on.</i>	Familiarize the skater with marching in skates.	Balance, coordination and control	Off Ice: lobby, locker room or meeting room.	Arms are in front in a wide V parallel to floor. March in place while moving.
<b>Introduction to The Ice.</b> <i>Skates on.</i>	Safety.	Education	On-ice	Crawl onto the ice and away from boards to designated area.
<b>Marching:</b> Stationary and moving <i>Skates on.</i>	Learn to march without falling.	Balance and coordination	On-ice	Keep arms out front in a wide V parallel to ice. March in place while moving.

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## WEEK 6

Skill	Objective	Focus	Location	Teaching Tips
<b>Review:</b> Sit, Stand and Fall, Marching. <i>Skates on.</i>	See Week 5.	See Week 5.	On-ice	See Week 5.
<b>Dips.</b> <i>Skates on.</i>	Learn to bend knees and hold dip position for three seconds.	Balance and coordination	On-ice	Bend knees, lower bottom with head up and arms out in front in a V.
<b>Turning clockwise and counterclockwise while marching in place.</b> <i>Skates on.</i>	Multi-directional movement.	Balance and coordination	On-ice	Arms out front in a V parallel to ice. March while turning in place.
<b>Backward Marching</b> <i>Skates on.</i>	To become comfortable moving backward.	Balance and coordination	On-ice	Arms out front in a V parallel to ice. March while moving.
<b>Teaching tools:</b> Toys and buckets. <b>Combo:</b> March and Dip <i>Skates on.</i>	Familiarize skater with toys and their use. Introduce combined skills: marching and dips.	Constructive, educational play	On-ice	Safely play and have fun with toys and buckets.

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## WEEK 7

Skill	Objective	Focus	Location	Teaching Tips
<b>Review:</b> Fall, sit, stand, forward marching and dips <i>Skates on.</i>	Review week 5 and 6.	Review week 5 and 6.	On-ice	Review week 5 and 6.
<b>Review:</b> Backward Marching <i>Skates on.</i>	To become comfortable moving backward.	Balance and coordination	On-ice	Arms out front in a V parallel to ice. March while moving.
<b>Safely play and have fun with toys and buckets</b> <i>Skates on.</i>	Familiarize skater with toys and their use. Introduce combined skills: marching and dips.	Constructive, educational play	On-ice	Safely play and have fun with toys and buckets.
<b>Two-Foot Glide</b> <i>Skates on.</i>	Introduce skaters to gliding.	Balance and coordination	On-ice	Keep arms in front in a wide V parallel to ice. Perform three mini marches, then glide.

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## WEEK 8

Skill	Objective	Focus	Location	Teaching Tips
<b>Review:</b> Marching and gliding on two feet	Review week 5 and 7.	Review week 5 and 7.	On-ice	Review week 5 and 7.
<b>Review:</b> Dips	Learn to bend knees and hold dip position for three seconds.	Balance and coordination	On-ice	Bend knees, lower bottom with head up and arms out in front in a V.
<b>Review:</b> Two-foot turns in place two times in a row.	Multi-directional movement.	Balance and coordination	On-ice	Arms out front in a V parallel to ice. March while turning in place.
<b>Review:</b> Backward Marching.	To become comfortable moving backward.	Balance and coordination	On-ice	Arms out front in a V parallel to ice. March while moving.
<b>Backward Wiggles</b>	Twisting hips against shoulders while moving hips.	Balance	On-ice	Students bend knees, arms in front in a wide V with hips and shoulders moving in opposite direction.

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