

Core Skills Analysis

Physical Education

- Improved balance and coordination through practicing ice-skating techniques.
- Enhanced cardiovascular endurance by engaging in continuous physical activity while ice-skating.
- Developed flexibility and strength by performing various movements on ice.
- Increased confidence and self-esteem by mastering new skills and overcoming challenges on the ice rink.

Tips

For continued development in ice-skating, it's beneficial to focus on mastering basic techniques such as gliding and stopping before advancing to more complex moves. Additionally, incorporating off-ice exercises like stretching, core workouts, and balance drills can help improve on-ice performance. Setting achievable goals and practicing regularly are essential for progress in ice-skating skills.

Book Recommendations

- [Dream to Win: Figure Skating](#) by Beth Low: Follow Mia's journey as she balances school, friends, and her dream of becoming a competitive figure skater.
- [Skate Fate](#) by Sophie Washington: Join Sophie as she navigates the world of competitive ice-skating and learns valuable life lessons along the way.
- [Ice Princess](#) by Elizabeth Harrison: Experience the story of a young ice-skater who faces unexpected challenges and learns the true meaning of perseverance.