

Core Skills Analysis

Physical Education

- Improved balance and coordination through practicing different skating techniques.
- Developed strength and stamina by engaging in physical activity on the ice.
- Enhanced flexibility by performing various stretches and movements on skates.
- Improved cardiovascular fitness through continuous movement and exercise during skating sessions.

Tips

Engaging in ice skating can provide numerous physical benefits such as improving balance, coordination, strength, and flexibility. To further explore and improve skills in ice skating, the student could focus on mastering more advanced techniques, incorporating various jumps and spins, enhancing speed and agility on the ice, and working on perfecting transitions between different moves.

Book Recommendations

- [Ice Skating: Steps to Success](#) by Karina Fulford: This book offers a comprehensive guide to mastering ice skating techniques with step-by-step instructions and illustrations.
- [The Complete Book of Figure Skating](#) by Carole Shulman: A detailed book covering both the basics and advanced aspects of figure skating, suitable for skaters looking to improve their skills.
- [Ice Skating for Beginners](#) by Lisa Elezra: Ideal for beginners, this book provides fundamental knowledge, tips, and exercises to kickstart one's ice skating journey.