

Objective

By the end of this lesson, the student will gain a fundamental understanding of skateboarding, including basic techniques, safety measures, and the joy of movement on a skateboard. The student will also develop confidence in their ability to ride and perform basic tricks.

Materials and Prep

- Skateboard
- Helmet
- Protective pads (knee and elbow pads)
- Comfortable clothing and shoes suitable for skateboarding
- A safe, open area for practice (e.g., driveway, park, or empty parking lot)

Before beginning the lesson, ensure the area is clear of obstacles and that the skateboard is in good condition. Familiarize yourself with basic safety protocols to avoid injuries.

Activities

• Warm-Up and Stretching

Start with a gentle warm-up to get the blood flowing. Perform light cardio (like jogging in place) followed by stretching exercises focusing on the legs, arms, and back. This helps prevent injuries and prepares the body for movement.

• Basic Riding Techniques

Practice getting on and off the skateboard, balancing, and pushing off to ride. Focus on maintaining a low center of gravity and using your knees to absorb any bumps. Riding in a straight line and making gentle turns will build confidence.

• Stopping Techniques

Learn how to stop safely using the foot brake or dragging the back foot on the ground. Practice stopping from different speeds to understand how to control your speed effectively.

• Basic Tricks

Once comfortable riding, introduce simple tricks like the Ollie or the kick turn. Break down each trick into steps, focusing on balance and timing. Celebrate small successes to build confidence!

• Cool Down and Reflection

Finish the session with a cool-down period involving light stretching and reflection on what was learned. Discuss what felt good, what was challenging, and what to practice next time.

Talking Points

- "Skateboarding is not just a sport; it's a way to express yourself and enjoy freedom on wheels."
- "Remember, safety is paramount. Always wear your helmet and pads to protect yourself while you learn."
- "It's perfectly okay to fall; it's part of the learning process. Each fall is a step closer to mastering your skills."

- "Focus on your balance. Keeping your knees slightly bent will help you stay steady on the board."
- "Take your time with each trick. Mastery comes with practice, so celebrate your progress, no matter how small!"
- "Skateboarding can be a great way to connect with others. Look for local skateboarding groups or events to join."