

## Materials Needed:

- Roller skates (quads or inline, properly fitted)
- Helmet (bike or skate specific)
- Wrist guards
- Elbow pads
- Knee pads
- Clear, flat, smooth, and safe skating area (e.g., empty garage, basement, smooth driveway, empty rink, smooth paved trail “ away from traffic)
- Water bottle

---

## Let's Roll! (Lesson Activities)

Welcome, future roller skating star! Today, we're going to learn the basics of roller skating safely. It's a fantastic way to exercise and have fun!

### 1. Gear Up (Safety First!)

Before we even put on skates, let's talk safety. Why is gear important? It protects us if we fall! Make sure your helmet is snug, your wrist guards are secure, and your elbow and knee pads are in place. Always check your gear!

### 2. Getting Started (Finding Your Balance)

Okay, let's carefully put on our skates. If you're indoors, start on a carpeted area or hold onto something sturdy. If outdoors, start on the grass next to your smooth surface. Practice standing still. Feel your balance. Bend your knees slightly “ this is your ready position!

### 3. The First Steps (Marching)

Now, let's try marching in place with our skates on. Lift one foot, then the other. Get used to the weight and feel. Once you feel a bit more comfortable, try marching forward slowly on your flat, safe surface. Small steps!

### 4. Learning to Glide (The V-Walk)

Time to glide! Put your heels together and toes pointed outwards, like a 'V'. Gently push off with one foot, shifting your weight to the gliding foot. Then, bring your feet back towards the 'V' and push off with the other foot. Keep your knees bent and look forward! Short glides are perfect.

### 5. How to Stop Safely (Heel Brake/Toe Stop)

Stopping is super important!

- **Heel Brake (Inline Skates):** If your skates have a heel brake, practice putting your braking foot slightly forward, lifting the toe, and pressing down firmly on the brake. Keep your knees bent!
- **Toe Stop (Quad Skates):** If you have quad skates, practice putting one skate slightly behind you and dragging the toe stop gently on the ground until you slow down.
- **Practice!** Practice stopping slowly until you feel confident. Never stop by grabbing onto things that might move or fall.

## **6. Practice Time!**

Spend about 15-20 minutes practicing marching, gliding (V-Walk), and stopping in your safe area. Focus on smooth movements and staying balanced. Remember to keep those knees bent!

## **7. Cool Down & Chat**

Great job! Let's take off our skates and gear. Now, let's do some gentle stretches. Reach for your toes (gently!), stretch your arms across your body. While we stretch, let's talk: What was the hardest part? What felt easy? Why is it important to skate in a safe place away from cars or obstacles? Roller skating is great exercise for your heart and leg muscles!

Keep practicing these basics, and soon you'll be rolling with confidence! Remember safety first, always!