

Skating Activity STD II

Month	Roller ,Quad Inline Skating
July	Skating balance Basic Skills
August	Small Steps Forward
	Basic techniques you need to learn
	Learn slowly skating steps
September	Small steps forward and backwards skating
Octobers	Moving them back and forth braking
	Street skating , freestyle skating , speed up
	backwards quickly and easily skating, basic skills
November	Cross training, jump , crouch and turn as fast jogging street skating,
December	All stating faster you'll stop.
	roll ball game learn, skating game activity
January	Skating fast and moving forward and backwards quickly stop, skating race, A free stunt
February	Roller, quid, Inline Skating Exam