

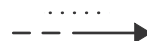
Ice Skating



1. Learn about the history of ice skating: how, when, and where it started.
2. Explain the following types of ice skating and their differences, how the skates are different, appropriate places to do each activity, proper attire to wear while participating, any other specialized equipment for each activity, and give a few facts about someone who has excelled in each type of activity:
 - a. Figure skating
 - b. Ice hockey
 - c. Speed skating
 - d. Synchronized skating
 - e. Recreational skating
3. Compare and contrast applications, features, and safety precautions for the following types of ice rinks:
 - a. Indoor rink
 - b. Outdoor rink
 - c. Natural rink
 - d. Plastic rink
4. Know the origin of the Zamboni machine (ice resurfacer) and explain the basics of how it works. If possible, ask a Zamboni operator to give a demonstration and explain the workings.
5. Demonstrate how to properly select, wear, and maintain ice skates.
6. Discuss and demonstrate safety precautions while ice skating, including but not limited to: falling, leaving space between participants, don't skate alone, checking thickness of ice, etc.
7. Show how to safely enter and exit the ice.
8. Demonstrate the ability to do the following maneuvers in ice skates with proper posture and technique:
 - a. Forward skating
 - b. Left and right turns
 - c. Stopping
 - d. Backward skating
 - e. Falling and getting up
 - f. Gliding on one foot
9. Reflect on how perseverance in learning to ice skate relates to spiritual growth and overcoming challenges. Read and discuss the meaning of Philippians 4:13 and explain how it can relate to ice skating.

Skill Level 2

Recreation
North American Division
Original Honor 2026



VOCATIONAL

North American Division
2026 Edition