



SKATING

A GS NORCAL COUNCIL'S OWN TRY-IT PROGRAM

SKATING BADGE

TO EDUCATE GIRLS ABOUT SKATING!



PURPOSE

Skating has been recognized by the President's Council on Physical Fitness and Sports and the American Heart Association as one of the best aerobic activities. Skating also helps to develop motor and listening skills, while providing opportunities for social interaction. The purpose of this badge is to learn how to be a good roller or ice skater. Have fun skating!!

REQUIREMENTS

Complete 4 of the following activities.

All members of Girl Scouts of the USA are eligible to earn the Skating Try-It.

The Skating Try-It is an official award and should be worn on the front of the vest or sash.

ORDER INFORMATION

To order the Skating Try-It, please visit www.girlscoutsnorcal.org and purchase the items online.

Please note that shipping and handling will be added to all online orders.

Members of Girl Scouts of Northern California will not be charged for shipping and handling if they use the GS NorCal Council's Own Order Form and have badges shipped to the closest GS NorCal store in their area for members to pick up.

ORDER PATCHES ONLINE AT WWW.GIRLSCOUTSNORCAL.ORG
FOR FURTHER INFORMATION ON PATCH PROGRAMS CONTACT PATCHES@GIRLSCOUTSNORCAL.ORG

SKATING TRY-IT FOR BROWNIE GIRL SCOUTS

Complete at least 4 of the following activities including 2 of the starred requirements (*).

BASIC SKATING SKILLS

- * 1. Try the proper method to start and stop.
- * 2. Try to skate forward with correct posture.
- * 3. Try to skate backwards.
- * 4. Try to skate around corners to the left and to the right.

ADVANCING YOUR SKATING SKILLS

- 5. Skate to a musical beat.
- 6. Play one skating game.
- 7. Perform a skating “trick” (shoot the duck, spin, or a jump).

SAFETY AND LIFE SKILLS

- 8. Demonstrate knowledge of safety tips, including the selection and care of skates.
- 9. Learn warm-up and strengthening exercises of the muscles necessary for skating.
- 10. View advanced forms of skating – write one page on what it takes to excel at a sport.