



GIRL SCOUTS OF NORTHERN CALIFORNIA

SKATING

A GS NORCAL COUNCIL'S OWN BADGE PROGRAM

JUNIORS

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!!

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

SKATING BADGE FOR JUNIOR GIRL SCOUTS

Complete at least 6 of the following activities including the ones that are starred (*).

BASIC SKATING SKILLS

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

ADVANCING YOUR SKATING SKILLS

- 5. Learn to skate to a musical beat.
- 6. Learn to 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.

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