

# ICE SKATING BINGO



Take your skating skills to the next level with ice skating BINGO!  
Track your progress by coloring in the boxes as you complete each task.

<p><b>Oopsie daisy!</b> Fall down and get back up.</p>	<p><b>Make new friends:</b> Introduce yourself to someone new at the ice rink.</p>	<p><b>Balance basics:</b> See how many seconds you can hold a one-foot glide on your RIGHT foot.</p>	<p><b>Celebrate success:</b> Tell another skater what he/she is doing great!</p>	<p><b>Log your laps</b> and skate a 5K (35 laps). Timing yourself is optional.</p>
<p><b>Play outside!</b> Improve your one-foot glides by practicing your balance in a safe place outside.</p>	<p><b>How fast can you go?</b> Time yourself skating a lap around the rink.</p>	<p><b>Count your pushes:</b> See how many pushes it takes you to skate the entire length of the rink.</p>	<p><b>Get low:</b> Practice six two-foot dips or shoot-the-ducks.</p>	<p><b>How does skating</b> make you feel? Write it down in the space below!</p>
<p><b>Set a short term</b> (6-8 week) skating goal and write it below.</p>	<p><b>Choose a skill</b> that needs improvement and practice it 10 times. Write that skill in the space below.</p>	<p><b>FREE SPACE</b></p>	<p><b>Bring a friend</b> ice skating with you.</p>	<p><b>Choose a hero:</b> Identify a skater who inspires you.</p>
<p><b>Skate a mile:</b> Skate 11 laps around the ice rink.</p>	<p><b>Feel the burn:</b> Do an entire lap around the rink without picking up your feet (hint: try swizzles).</p>	<p><b>Balance basics:</b> See how many seconds you can hold a one-foot glide on your LEFT foot?</p>	<p><b>Improve your dips</b> and shoot-the-ducks by practicing these skills off the ice.</p>	<p><b>Dream it and achieve it!</b> What skating move do you dream of accomplishing? Write it below.</p>
<p><b>Celebrate success:</b> Determine your best skating accomplishment and write it below.</p>	<p><b>Switch up your stops:</b> Always do a snowplow stop before you get off the ice? Get out of your comfort zone and try a t-stop or hockey stop!</p>	<p><b>Backwards mile:</b> Skate 11 laps around the rink backwards.</p>	<p><b>Set a long term</b> (1 year) skating goal and write it below.</p>	<p><b>Practice 10 forward</b> to backward two-foot turns or three-turns.</p>

My short term (6-8 weeks) skating goal is: \_\_\_\_\_  
 My long term (1 year) skating goal is: \_\_\_\_\_  
 Skating makes me feel: \_\_\_\_\_  
 My dream skating move is: \_\_\_\_\_  
 My skill I plan to practice 10 times is: \_\_\_\_\_  
 My biggest skating accomplishment is: \_\_\_\_\_  
 My skating hero is: \_\_\_\_\_



POWERED BY

