



# BASIC 1

## ATTENDANCE RECORD/EVALUATION SHEET

Instructor: \_\_\_\_\_

Lesson Dates: \_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_

STUDENT NAME	ATTENDANCE <i>Put an "X" in each box to indicate the skater attended class</i>								TEST ELEMENTS <i>Insert "P" under the elements passed or "N" under the elements needing improvement</i>										
	1	2	3	4	5	6	7	8	A	B	C	D	E	F	G	H	I	J	FINAL
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**Future Skills:**  
Ladders – 4 forward swizzles, 4 backward swizzles

- A. Sit on ice and stand up
- B. March forward across the ice
- C. Forward two-foot glide
- D. Dip
- E. Forward swizzles: 6-8 in a row
- F. Backward swizzles: 6-8 in a row
- G. Snowplow stop
- H. Rocking horse: 2-3
- I. Two-foot hop in place (optional)

# Basic 1



## BASIC 2

### ATTENDANCE RECORD/EVALUATION SHEET

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**Review Skills:**  
Forward skating

**Future Skills:**  
Backward one-foot glides: R & L

- A. Forward one-foot glide: R & L
- B. Backward two-foot glide
- C. Backward swizzles: 6-8 in a row
- D. Two-foot turn from forward to backward in place
- E. Moving snowplow stop
- F. Forward alternating 1/2 swizzle pumps in a straight line (slalom-like pattern)

# Basic 2



# BASIC 3

## ATTENDANCE RECORD/EVALUATION SHEET

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**Review Skills:**

- Moving snowplow stop
- Forward one-foot glides: R & L

**Future Skills:**

Introduction to forward crossovers

- A. Forward stroking showing correct use of blade
- B. Forward 1/2 swizzle pumps on a circle: 6-8 consecutive (clockwise & counter clockwise)
- C. Moving forward to backward two-foot turn: clockwise & counter clockwise
- D. Backward one-foot glides: R & L
- E. Forward slalom
- F. Two-foot spin: up to 2 revolutions

# Basic 3



# BASIC 4

## ATTENDANCE RECORD/EVALUATION SHEET

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**Review Skills:**

- Backward Skating
- Improve spin

**Future Skills:**

- Hockey stop

- A. Forward outside edge on a circle: R & L
- B. Forward inside edge on a circle: R & L
- C. Forward crossovers: clockwise & counter clockwise
- D. Forward outside three-turn from a stand still position: R & L
- E. Backward 1/2 swizzle pumps on a circle: clockwise & counter clockwise
- F. Backward stroking
- G. Backward snowplow stop: R & L

# Basic 4



# BASIC 5

## ATTENDANCE RECORD/EVALUATION SHEET

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**Review Skills:**

- Forward edges
- Forward crossovers
- Forward outside 3-turn: R & L

**Future Skills:**

- Arabesque/spiral
- Forward inside 3-turns

- A. Backward outside edge on a circle: R & L
- B. Backward inside edge on a circle: R & L
- C. Backward crossovers: clockwise & counter clockwise
- D. Beginning one-foot spin: up to 3 revolutions, optional entry & free foot position
- E. Hockey stop
- F. Side toe hop: both directions

# Basic 5



# BASIC 6

## ATTENDANCE RECORD/EVALUATION SHEET

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**Review Skills:**

- Backward crossovers
- All Edges
- One foot spin

**Future Skills:**

- Mohawks

- A. Forward inside 3-turn, R & L from a standstill
- B. Moving backward to forward two-foot turn on a circle: clockwise & counter clockwise
- C. T-stop: R or L
- D. Bunny hop
- E. Forward arabesque/spiral on a straight line: R or L
- F. Forward lunge: R or L

# Basic 6



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**Review Skills:**

- All forward 3-turns
- T-stop

**Future Skills:**

- Waltz jump
- One foot spin

- A. Forward inside open Mohawk from a stand still position: R to L & L to R
- B. Backward outside edge to forward outside edge transition on a circle: R & L
- C. Ballet jump: R or L
- D. Backward crossovers to a backward outside edge glide (landing position): clockwise or counter clockwise
- E. Forward inside pivots: R or L

# Basic 7



# ATTENDANCE RECORD/EVALUATION SHEET

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**Review Skills:**

- All stops
- Mohawks
- Forward stroking

**Future Skills:**

- ½ flip
- Backward outside 3-turns

- A. Moving forward outside 3-turn on a circle: R & L
- B. Moving forward inside 3-turn on a circle: R & L
- C. Combination move: forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge: repeat 3 times, clockwise and counter clockwise
- D. One foot upright spin, optional entry and free foot position
- E. Waltz jump
- F. Mazurka: R or L

## Basic 8