

# Snowplow Sam – Discover, Learn and Play

The Snowplow Sam levels are introductory classes divided into progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children 3 to 5 to develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

**Off-ice orientation prior to the first skating class:**

Equipment check – Proper fit and lacing of skates, appropriate attire, and safety helmets.

Practice falling and recovery, marching in place, dips and one-foot balances.



## Snowplow Sam 1 (Ages 3 - 5)



- Sit and stand up with skates on – off-ice
- Sit and stand up – on-ice
- March in place
- March forward (8-10 steps)
- March, then glide on two feet
- Dip in place

## Snowplow Sam 2 (Ages 3 - 5)



- March followed by a long glide
- Dip while moving
- Backward walking, toes turned inward, shifting weight (4-6 steps)
- Backward wiggles (6 in a row)
- Forward swizzles (2-3 in a row)
- Beginning snowplow stop motion – in place or holding onto barrier
- Two-foot hop, in place (optional)

# Basic Skills – FUNdamentals (ages 5 1/2 + or approval of skating director)

## Basic 1



- Sit on ice and stand up
  - March forward across the ice
  - Forward two-foot glide
  - Dip
  - Forward swizzles — 6–8 in a row
  - Backward wiggles — 6–8 in a row
  - Beginning snowplow stop on two feet or one foot
- ★ Bonus skill: Two-foot hop in place

## Basic 4



- Forward outside edge on a circle — R and L
  - Forward inside edge on a circle — R and L
  - Forward crossovers — clockwise and counterclockwise
  - Backward half swizzle pumps on a circle — clockwise and counterclockwise
  - Backward one-foot glides — R and L
  - Beginning two-foot spin — Up to two revolutions
- ★ Bonus skill: Forward lunges — both legs

## Basic 2



- Scooter pushes — R and L
  - Forward one-foot glides — R and L
  - Backward two-foot glide — Glide the length of skater's height
  - Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice
  - Backward swizzles — 6–8 in a row
  - Two-foot turns from forward to backward in place — clockwise and counterclockwise
  - Moving snowplow stop
- ★ Bonus skill: Curves

## Basic 5



- Backward outside edge on a circle — R and L
  - Backward inside edge on a circle — R and L
  - Backward crossovers — clockwise and counterclockwise
  - Forward outside three-turn — R and L
  - Advanced two-foot spin — 4–6
  - Hockey stop — both directions
- ★ Bonus skill: Side toe hop — R and L

## Basic 3



- Beginning forward stroking showing correct use of blade
  - Forward half swizzle pumps on a circle — 6–8 consecutive clockwise and counterclockwise
  - Moving forward to backward two-foot turns on a circle — clockwise and counterclockwise
  - Beginning backward one-foot glides — focus on balance
  - Backward snowplow stop — R and L
  - Forward slalom
- ★ Bonus skill: Forward pivots - clockwise and counterclockwise

## Basic 6



- Forward inside three-turn — R and L
  - Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise
  - Backward stroking
  - Beginning one-foot spin — 2–4 revolutions, optional free leg position and entry
  - T-stops – R and L
  - Bunny hop
  - Forward spiral on a straight line — R or L
- ★ Bonus skill: Shoot the duck — R or L