



LESSON #1

SKATE CANADA (THE ORGANIZATION)

Skate Canada is an organization that helps individuals learn how to skate and facilitate the development of skaters across Canada. Skate Canada has a vision statement of “Inspiring all Canadians to Embrace the Joy of Skating.” Skate Canada is a wonderful place to learn about skating, participate in skating and develop a love for the sport.

Skate Canada has many programs to offer. Some of the programs are listed below.

CANSKATE:

Skate Canada’s flagship learn-to-skate program for beginners of any age that teaches fundamental movements and basic skills.

STARSKATE:

A program that invites children of all ages to develop different figure skating skills in areas including free skate and ice dancing.

CANPOWERSKATE:

A program that focuses on balance, power, agility, speed and endurance skills, all of which are important for hockey and ringette players.

SYNCHROSKATE:

A specialized discipline of skating that involves groups of eight or more skaters performing various group formations and maneuvers.



1. List and explain three different programs that Skate Canada offers.

2. What do you think the main idea of the reading is? Use evidence from the text to support your answer.

LESSON #2

ISU WORLD FIGURE SKATING CHAMPIONSHIP

After years of dedicated training, many skaters see their dreams come true each year at the ISU World Figure Skating Championships. Skaters are proud to wear their country's colours and be among the best athletes in the world at the international competition. Each year, the competition is held in a different country. Canada has hosted a total of ten times.

The skaters, coaches and officials come from around the world to participate at this international event. The skaters will have the chance to hit the ice at some of the largest arenas in the world. Supporters from Canada, Japan, France, Russia and the United-States, and many other countries will be present to cheer on all the athletes as they compete to become world champions.

1. Encourage your favourite athletes! Write an encouraging word that you would like to share with your favourite skater. You can write it in any language you like.

2. What country will you be cheering for at the next world championship? Explain why you will be cheering for that country.

LESSON #3

THE AMAZING SKATING DUO: MEAGAN DUHAMEL & ERIC RADFORD

It is bright and early, almost 6:00 a.m. and Meagan rolls out of bed. She cannot wait to get ready and head to the arena. Another day spent on ice is another day living her dream. She eats a healthy breakfast in order to give her energy for the big practice. Meagan knows the importance of eating healthy and exercising. After she finishes her breakfast she leaves for practice.

On the other side of town, Eric is getting ready to head to the arena as well. He cannot wait to hit the ice and practice his programs with his partner Meagan. He is so glad he has a partner that loves figure skating as much as he does. Eric could not imagine a better partner. Meagan and Eric get along so well and have a very strong bond. They trust each other and have faith in each other. Both skaters practice hard, encourage and help each other get ready for different competitions.

Once at the arena, Meagan and Eric participate in a variety of warm up exercises and warm up stretches. It's important to warm up before each skate to loosen muscles and wake one's body up! As the team puts on their skates, they begin to practice their short program, making sure their timing is perfect and they practice jumps and spins. All their hard work and dedication has paid off in a big way! The duo has won gold at the Canadian Figure Skating Championships seven times!

After hours of practices and perfecting each and every aspect of their program, Meagan and Eric end their practice. They felt good after a long day on the ice. The skaters were able to add a few more elements into their programs in order to make it more complicated. Having more complicated elements equal more points during a competition and allow the pair to stand out from other pair skaters. The duo say good night to each other and head home for the evening for a healthy dinner. After a good night's sleep it is right back to the arena for another day of practice. It takes a lot to be championship pair skaters, but Meagan and Eric have risen to the challenge and want to defend their championship title.



3. Meagan and Eric know the importance of eating healthy. Write a descriptive paragraph discussing what healthy food means to you and share examples of healthy snacks.

LESSON #4

FIGURE SKATING: NUMBER SENSE AND NUMERATION

Adam is an avid skater. He loves going to the rink and practicing for hours at a time. Adam was first introduced to skating at the age of 7, when his older sister started ice dancing. He tried partner dancing but preferred to skate by himself.

Skating has allowed him to express himself through artistic dance moves, jumps, and spins.

Adam practices 5 days a week. He practices 75 minutes each day.

1. How many minutes does Adam practice in 1 week? Show all your work and write your answer in a full sentence.



LESSON #5

TYPES OF SKATING: DATA MANAGEMENT

Figure Skating is a very popular sport and has grown over the years. It's a sport that combines athleticism, poise, concentration, and a lot of hard work and dedication. Did you know there are different types of figure skating?

The 4 types of figure skating are:

SINGLE SKATING

PAIR SKATING

ICE DANCING

SYNCHRONIZED SKATING

Single skating is where one person skates throughout the entire ice and does a solo performance.

Pair skating is when 2 people skate together in a routine, which is rehearsed and carefully thought out.

Ice dancing is where a couple moves along the ice and looks like they are dancing. They are not allowed to do high lifts or be separated for long periods of time.

The last type of figure skating is **synchronized skating**. Synchronized skating is where a group, between 10 and 20, skate together in a danced choreographed number.



Complete the following questions:

1. Survey the class and ask them what their favourite skating performance is to watch. Use tally marks and record the data below. Make sure to label the table.

2. Use the information from the tally chart to create a pictograph in order to display your data.

3. What type of skating do the students in your class enjoy watching the most? How do you know this? Use math vocabulary to communicate your answer.

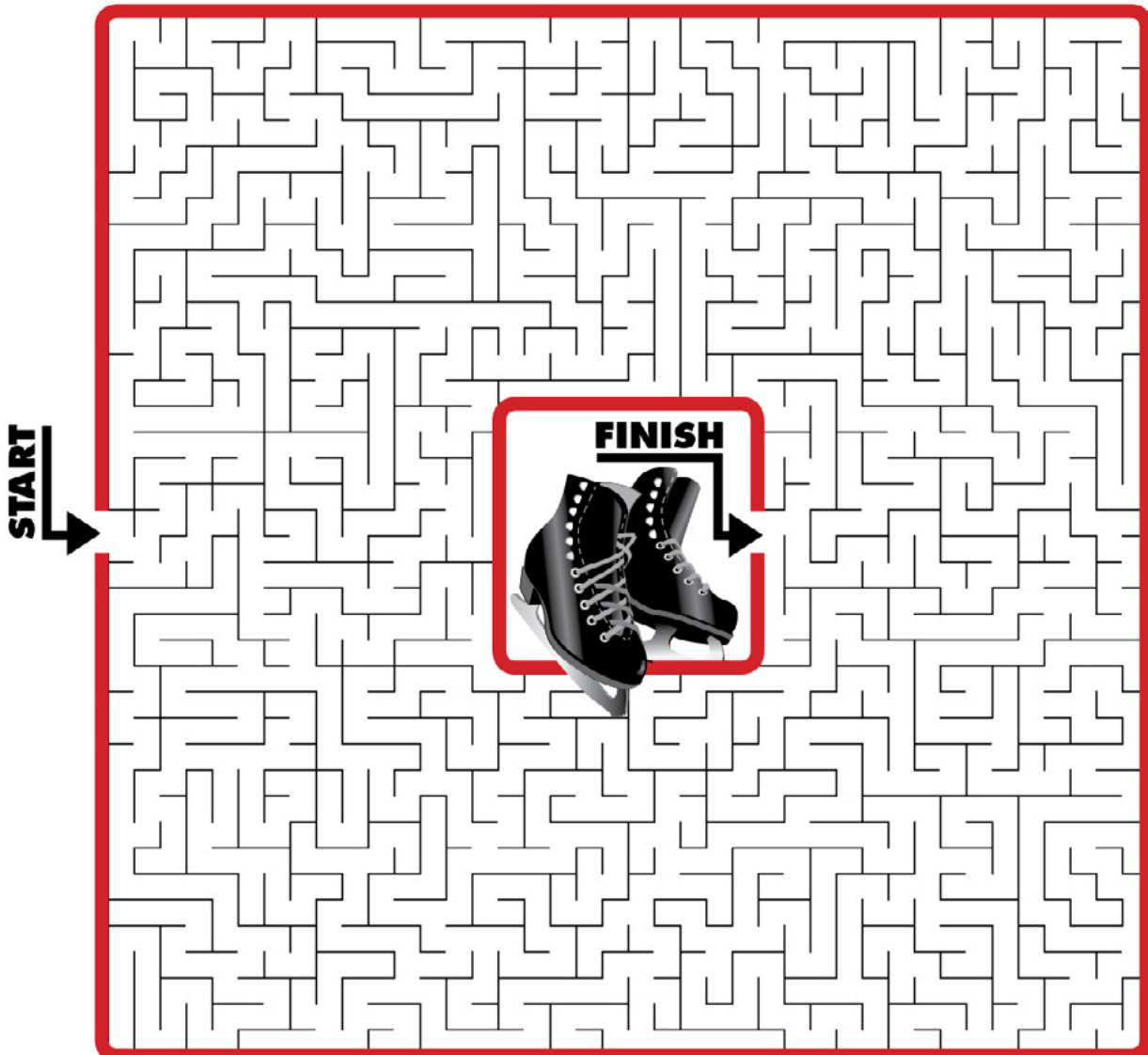
4. What type of skating do the students in your class watch the least? How do you know this? Use math vocabulary to communicate your answer.

5. What is your favourite type of skating to watch? Why?



FIND THE MISSING SKATES

IT'S TIME FOR JOHNNY TO STEP ON THE ICE FOR HIS PERFORMANCE IN THE COMPETITION, BUT HE CAN'T FIND HIS SKATES. HELP JOHNNY FIND HIS WAY THROUGH THE MAZE SO HE CAN LACE UP HIS SKATES AND MAKE IT ON TIME!





SKATE CATEGORIES

IN EACH CATEGORY WRITE AS MANY WORDS THAT YOU CAN THINK OF THAT START WITH EACH LETTER IN THE WORD "SKATE" WHICH IS WRITTEN ON THE LEFT.

	SPORTS	ANIMALS	NAMES	VEGETABLES & FRUITS	COLOURS	COUNTRIES
S	Soccer	Skunk	Sam	Strawberry	Silver	Sweden
K						
A						
T						
E						



SLIPPERY SUDOKU

FILL IN THE BLANK BOXES WITH A NUMBER BETWEEN 1 - 9. MAKE SURE YOU DO NOT REPEAT THE SAME NUMBER IN ANY ROW, COLUMN, OR BOX. SOME NUMBERS HAVE ALREADY BEEN FILLED IN. GOOD LUCK!

4	1						3	7
6	2						9	8
		5	9		2	1		
		2	7		3	4		
				5				
		1	4		6	9		
		4	3		8	6		
2	5						4	3
9	6						1	2