

## Skateboarding Class Lesson Plan – Example (1 hour)

### 10 mins

- **Put on safety gear** (if available)
- **Warm-up**
  - Jog once or twice around the park
  - Show different stretches
  - Ask for other ideas
  - Practice falling:
    - On knees or elbows if safety pads are available.
    - Rolling backward / not sticking arms out behind you
- **Rules:** share/review rules of the skatepark while in warm-up circle
  - Ex. take turns using the same obstacle, listen to teacher during lesson times, share boards (if not enough)
  - Other rules/etiquette?

### 5 mins

- **Group the skaters:** put skaters into groups by ability (max 8/teacher)
  - If all new split evenly
  - If at different levels have them organize themselves based on ability
  - Assign the groups to different parts of the skatepark
- **Distribute skateboards:** ask students to form a circle when they have their board. (helps to keep control if done after warm-up)

### 5 mins

- **Stance:**
  - Steady stance: knees are bent, legs together vs apart.
    - Can do this with or without a board.
    - Try to “knock” the students over by pushing on shoulders to test balance.
  - Help determine stance (right or left foot forward?)
    - Ask them to take a step forward. Whichever foot they used is probably their front foot.

### 10-15 mins

- **Practice basic tricks:**
  - Very basic: Hop on/off, flip board over with toes, tail tap, pushing, stopping, carving, tic tac
  - For beginners who have skated before: roll up the ramp and come down fakie, roll down ramp, turn on ramp, fakie kickturn on flatground, ollie
- **Play some skate games** (obstacle course, relay race, red light/green light, tag - see skate games section below)

### 20 mins

- **Free skate:** Monitored by volunteers. Help the skaters as needed.

### 5-10 mins

- **End session:** collect and count gear
- **Warm-down:** stretch, drink water
  - De-brief
    - What did you learn?
    - Did you have fun?
    - Did you help someone today?
    - What do you want to learn next time?