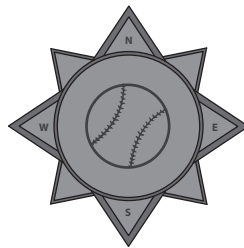


ICE SKATING

Now, I am not the greatest fan of cold weather. But I will say I do like some of the activities associated with winter. Like sledding, snowball fights, and of course ice skating. You may be lucky enough to have an ice skating rink in your area that is open all the year round.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Go ice skating and complete two circuits without touching the sides.

LEVEL E

PERIOD 8

TASK 3

1. First thing you will need to remember is, if you are learning to skate, you'll probably fall down. You'll want some clothes that will protect you a little as the ice can be really rough. Gloves are particularly necessary. Remember you'll want warmer clothes that may get wet. So for instance, jeans are not very flexible and take a long time to dry if they get wet.

2. Skates are going to feel really weird to wear, and very hard to walk in. Get used to them a little by awkwardly walking around before you attempt to skate.

3. Now that you have learned to walk, time to get on the ice, and start by walking around the edge. There's likely to be a rail that you can hold on to while you get used to this.

4. Keep your movements slow and smooth - jerky movement may cause disaster. Try bending your knees a little, this can help.

5. Now, start to glide on the skates instead of stepping, pushing off with one foot a little, and then gliding. Soon you'll start to pick up speed.

Does that sound like fun RockHopper? I think you'll do just fine.

