

Name:

Grade:

Date:

Rollerskating Check List

Check to indicate which of the following critical elements are present.

Rollerskating Skill	Criteria	Yes	No
STANDING UP:	Legs out straight		
	Turn skates to side		
	Tuck skates under		
	Kneel on one knee with hands clasped on knee		
	Push to standing position		
	Lock wheels in "V" position		
FALLING DOWN:	Gets up correctly		
	Gets up incorrectly		
	Falls frequently		
	Falls some of the time		
	Falls rarely		
SPECIAL SKILLS:	Able to skate backwards		
	Able to crossover		
	Able to skate fluidly		
STOPPING ON SIGNAL:	Always stops on signal		
	Sometimes stops on signal		
	Never stops on signal		
BEHAVIOR:	Keeps hands/feet to self		
	Doesn't bother others		
	Skates safely		
	Purposely falls down		

Rollerskating Skill Cues

Cues for Getting Up:

- 1) Legs out straight
- 2) Turn skates over to side
- 3) Tuck skates under
- 4) Kneel on one knee with hands clasped and on knee
- 5) Push to standing position
- 6) Lock wheels in "V" position.

Cues for Falling Down:

- 1) Squat down low
- 2) Let wheels roll out
- 3) Don't use your hands to catch you
- 4) Land on buttocks

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PE Central

P.O. Box 10262

Blacksburg, VA 24062

FAX: 540-301-0112

Phone: 540-953-1043

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