

Skate **UK**

OFFICIAL **LEARN TO SKATE** PROGRAMME BY BRITISH ICE SKATING

DISPENSATION

FUNDAMENTALS

1-8

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Skate **UK**

is British Ice Skating's Learn to Skate programme which teaches the **FUNDAMENTAL SKILLS** of ice skating in an active, encouraging and, most importantly, **FUN** learning environment.

Designed for **ALL** ages, SKATE UK incorporates the essential A,B,C's of an ice skater's development: Agility, Balance and Coordination together with the three different learning phases: **Discovering**, **Developing** and **Consolidating**.

The programme is designed to engage a skater's interests, build their confidence, and challenge their athletic and technical development in ice skating as they progress through the levels.

Dispensation Model

This model uses three different types of dispensation:

Dispensation A

Adapted skill of approximately 50%, the skater should attempt this unaided

Dispensation B

Full skill to be performed aided. This might be a skating aid or another person such as a coach or another skater.

Dispensation C

Full flexibility to perform the adapted skill whilst aided

Assisting :

All assistants must be over 16 years of age and must be a minimum of a trainee level 1 assistant coach.

If a skater is identified to the rink as using the dispensation model and would like assistance from a parent/guardian/carer, it may be deemed necessary for the rink - in accordance with their own risk assessment and insurance - to make sure the parent/guardian/carer undertakes an assessment of their ice skating competency before being allowed to assist the skater.

FUNDAMENTAL SKILLS LEVEL 1

Exercise	Dispensation A (Adapted skill independently)	Dispensation B (Aided)	Dispensation C (Adapted skill aided)
1. MOVING FORWARD	Marching style movement for approximately 15 metres	Marching style movement for approximately 30 metres	Marching style movement for approximately 15 metres
2. SIT & STAND	To stand from a ½ seated position (hands and knees)	To stand from a seated position	To stand from a ½ seated position (hands and knees)
3. MOVING FORWARD (10 steps) & TWO-FOOT GLIDE (with dip)	Two-foot glide with an understanding of half-dip (reduced dip movement)	Two-foot glide with an understanding of dip movement	Two-foot glide with an understanding of half-dip (reduced dip movement)
4. STATIONARY SNOWPLOUGH STOP	Show an understanding of snowplough stop movement with one foot	Show an understanding of snowplough stop movement	Show an understanding of snowplough stop movement with one foot
5. MOVING SNOWPLOUGH STOP	Show an understanding of snowplough stop movement with either a slowing of speed or stopping with one foot	Concept of stopping, either one foot or two	Show an understanding of snowplough stop movement with either a slowing of speed or stopping with one foot
6. MOVING FORWARD (10 steps) & TWO-FOOT GLIDE INTO A FORWARD LEMON	A lemon shape which may not have continual movement throughout or has continuous movement but shows dominance/preference to one foot	A lemon shape which should have continual movement throughout	A lemon shape which may not have continual movement throughout or has continuous movement but shows dominance/preference to one foot

FUNDAMENTAL SKILLS LEVEL 2

Exercise	Dispensation A (Adapted skill independently)	Dispensation B (Aided)	Dispensation C (Adapted skill aided)
1. MOVING FORWARD 10 STEPS - CURVE LEFT & RIGHT	An understanding of body lean to create a two-foot curve in both directions (reduced size and shape)	An understanding of body lean to create a two-foot curve both directions	An understanding of body lean to create a two-foot curve in both directions (reduced size and shape)
2. MOVING SNOWPLOUGH STOP OR T-STOP	Stopping is the most important objective—Please make sure the skater feels confident. Using one foot for the snowplough or dragging the toe to reduce speed for the T-stop is acceptable	Stopping is the most important objective—Please make sure the skater feels confident and accomplished with this skill	Stopping is the most important objective—Please make sure the skater feels confident. Using one foot for the snowplough or dragging the toe to reduce speed for the T-stop is acceptable
3. MOVING BACKWARDS (Toes turned in)	Marching style movement for approximately 15 metres	Marching style movement for approximately 30 metres	Marching style movement for approximately 15 metres
4. TWO-FOOT TURNS ON THE SPOT (twisting action)	Skaters should show an understanding of a reduced two-foot turn movement (approximately ¼ of a revolution in both directions or ½ revolution in one direction)	Skaters should show an understanding of a two-foot turn in both directions, ½ revolution	Skaters should show an understanding of a reduced two-foot turn movement (approximately ¼ of a revolution in both directions or ½ revolution in one direction)
5. FORWARD & BACKWARD LEMONS (minimum 5)	3 forward and 2 backward lemons which may not have continual movement throughout or have continuous movement but show dominance/preference to one foot	5 forward and 5 backward lemons in a row with continuous movement	3 forward and 2 backward lemons which may not have continual movement throughout or have continuous movement but show dominance/preference to one foot

FUNDAMENTAL SKILLS LEVEL 3

Exercise	Dispensation A (Adapted skill independently)	Dispensation B (Aided)	Dispensation C (Adapted skill aided)
1. FORWARD STROKING (with correct push, glide and free leg position)	Understanding of correct pushing technique/glide. Reduced distance is acceptable with allowances for dominance/preference to one foot and incorrect posture	Understanding of correct pushing technique with glide	Understanding of correct pushing technique/glide. Reduced distance is acceptable with allowances for dominance/preference to one foot and incorrect posture
2. BACKWARD SNOWPLOUGH STOP	Stopping is the most important objective—Please make sure the skater feels confident. Using one foot for the snowplough and travelling at a reduced speed is acceptable	Stopping is the most important objective—Please make sure the skater feels confident and accomplished with this skill	Stopping is the most important objective—Please make sure the skater feels confident. Using one foot for the snowplough and travelling at a reduced speed is acceptable
3. FORWARD TO BACKWARD TWO-FOOT TURNS ON A CIRCLE	Skaters should show an understanding of a two-foot turn in either direction. Reduced speed/flow coming out of the turn is acceptable	Skaters should be able to execute the two-foot turn with the same speed on exit as on entry	Skaters should show an understanding of a two-foot turn in either direction. Reduced speed/flow coming out of the turn is acceptable
4. FORWARD OUTSIDE AND INSIDE EDGES, ONE-FOOT GLIDES, ON A CURVE (both directions)	Where possible skaters should be able to sustain a glide of approximately 2 seconds on both feet/edges. Reduced size and shape is acceptable	Skaters should be able to sustain a 3-second glide on each foot/edge	Where possible skaters should be able to sustain a glide of approximately 2 seconds on both feet/edges. Reduced size and shape is acceptable
5. FORWARD TWO-FOOT SLALOM	Skaters should be able to perform a forward slalom type movement for approximately 15 metres	Skaters should be able to forward slalom continuously for approximately 30 metres	Skaters should be able to perform a forward slalom type movement for approximately 15 metres

FUNDAMENTAL SKILLS – LEVEL 4

Exercise	Dispensation A (Adapted skill independently)	Dispensation B (Aided)	Dispensation C (Adapted skill aided)
1. FORWARD OPEN CHASSES	Skaters should be able to execute a ½ circle of forward chasses in both directions. Reduced shape and size is acceptable	Skaters should be able to execute one full circle of forward chasses in each direction	Skaters should be able to execute a ½ circle of forward chasses in both directions. Reduced shape and size is acceptable
2. BACKWARD STROKING	Understanding of correct pushing technique/glide. Reduced distance is acceptable with allowances for dominance/preference to one foot and incorrect posture	Skaters should be able to demonstrate correct pushing technique with glide	Understanding of correct pushing technique/glide. Reduced distance is acceptable with allowances for dominance/preference to one foot and incorrect posture
3. FORWARD OUTSIDE EDGES	Skaters should be able to demonstrate an understanding of a 3-second glide on a forward outside edge in both directions. Reduced size and shape is acceptable	Skaters should be able to demonstrate a 5-second glide on an outside edge in both directions	Skaters should be able to demonstrate an understanding of a 3-second glide on a forward outside edge in both directions. Reduced size and shape is acceptable
4. FORWARD INSIDE EDGES	Skaters should be able to demonstrate an understanding of a 3-second glide on a forward inside edge in both directions. Reduced size and shape is acceptable	Skaters should be able to demonstrate a 5-second glide on a forward inside edge in both directions	Skaters should be able to demonstrate an understanding of a 3-second glide on a forward inside edge in both directions. Reduced size and shape is acceptable
5. TWO-FOOT 3-TURN (on semi-circle)	Skaters should be able to execute an understanding of the two-foot turn in either direction. Reduced speed/flow on exit is acceptable	Skaters should be able to execute the two-foot turn with the same speed on exit as on entry	Skaters should be able to execute an understanding of the two-foot turn in either direction. Reduced speed/flow on exit is acceptable

FUNDAMENTAL SKILLS – LEVEL 5

Exercise	Dispensation A (Adapted skill independently)	Dispensation B (Aided)	Dispensation C (Adapted skill aided)
1. FORWARD CROSSOVERS (both directions on circle)	Skaters should be able to execute a ½ circle of forward crossovers in both directions. Reduced shape and size is acceptable	Skaters should be able to execute a full circle of forward crossovers in each direction	Skaters should be able to execute a ½ circle of forward crossovers in both directions. Reduced shape and size is acceptable
2. FORWARD OUTSIDE 3-TURN	Skaters should be able to execute an understanding of the forward outside 3-turn in either direction. Reduced speed/flow on exit is acceptable	Skaters should be able to execute the forward outside 3-turn in both directions displaying a reasonable amount of control	Skaters should be able to execute an understanding of the forward outside 3-turn in either direction. Reduced speed/flow on exit is acceptable
3. BACKWARD OPEN CHASSES	Skaters should be able to execute a ½ circle of backward chasses in both directions. Reduced shape and size is acceptable	Skaters should be able to execute a full circle of backwards chasses in each direction	Skaters should be able to execute a ½ circle of backward chasses in both directions. Reduced shape and size is acceptable
4. STEPPING FROM BACKWARD INSIDE TO FORWARD INSIDE EDGE	Skaters should be able to execute an understanding of stepping from the backward inside edge to a forward inside edge in either direction. Reduced speed/flow is acceptable	Skaters should show an element of control and flow whilst stepping from backwards to forwards in each direction	Skaters should be able to execute an understanding of stepping from the backward inside edge to a forward inside edge in either direction. Reduced speed/flow is acceptable
5. BACKWARD TWO-FOOT SLALOM	Skaters should be able to perform a backward slalom type movement for approximately 15 metres	Skaters should be able to backward slalom continuously for approximately 30 metres	Skaters should be able to perform a backward slalom type movement for approximately 15 metres

FUNDAMENTAL SKILLS – LEVEL 6

Exercise	Dispensation A (Adapted skill independently)	Dispensation B (Aided)	Dispensation C (Adapted skill aided)
1. BACKWARD CROSSOVERS (both directions on circle)	Skaters should be able to execute a ½ circle of backward crossovers in both directions. Reduced shape and size is acceptable	Skaters should be able to execute one full circle of backward crossovers in each direction	Skaters should be able to execute a ½ circle of backward crossovers in both directions. Reduced shape and size is acceptable
2. BACKWARD OUTSIDE EDGES	Skaters should be able to demonstrate an understanding of a 3-second glide on a backward outside edge in both directions. Reduced size and shape is acceptable	Skaters should be able to demonstrate a 5-second glide on a backward outside edge in both directions	Skaters should be able to demonstrate an understanding of a 3-second glide on a backward outside edge in both directions. Reduced size and shape is acceptable
3. BACKWARD INSIDE EDGES	Skaters should be able to demonstrate an understanding of a 3-second glide on a backward inside edge in both directions. Reduced size and shape is acceptable	Skaters should be able to demonstrate a 5-second glide on a backward inside edge in both directions	Skaters should be able to demonstrate an understanding of a 3-second glide on a backward inside edge in both directions. Reduced size and shape is acceptable
4. FORWARD INSIDE 3-TURN	Skaters should be able to execute an understanding of the forward inside 3-turn in either direction. Reduced speed/flow on exit is acceptable	Skaters should be able to execute the forward inside 3-turn in both directions displaying a reasonable amount of control	Skaters should be able to execute an understanding of the forward inside 3-turn in either direction. Reduced speed/flow on exit is acceptable
5. STEPPING FROM BACKWARD OUTSIDE TO FORWARD OUTSIDE EDGE	Skaters should be able to execute an understanding of stepping from the backward outside edge to a forward outside edge in either direction. Reduced speed/flow is acceptable	Skaters should show an element of control and flow whilst stepping from backwards to forwards in each direction	Skaters should be able to execute an understanding of stepping from the backward outside edge to a forward outside edge in either direction. Reduced speed/flow is acceptable

FUNDAMENTAL SKILLS - LEVEL 7

Exercise	Dispensation A (Adapted skill independently)	Dispensation B (Aided)	Dispensation C (Adapted skill aided)
1. FORWARD OUTSIDE 3-TURN WITH CONTROL, EQUAL ENTRY & EXIT EDGE PLUS BACKWARD CROSSOVER (on circle)	Skaters should be able to execute an understanding of this exercise in either direction. Reduced speed/flow is acceptable	Skaters should be able execute this exercise with control and flow throughout in both directions	Skaters should be able to execute an understanding of this exercise in either direction. Reduced speed/flow is acceptable
2. FORWARD OUTSIDE CONTINUOUS EDGES	Skaters should be able to demonstrate a understanding of this exercise with a minimum of 2 continuous curves/lobes. Reduced size and shape is acceptable	Skaters should be able to execute a minimum of 4 continuous curves/lobes with control	Skaters should be able to demonstrate a understanding of this exercise with a minimum of 2 continuous curves/lobes. Reduced size and shape is acceptable
3. FORWARD INSIDE CONTINUOUS EDGES	Skaters should be able to demonstrate a understanding of this exercise with a minimum of 2 continuous curves/lobes. Reduced size and shape is acceptable	Skaters should be able to execute a minimum of 4 continuous curves/lobes with control	Skaters should be able to demonstrate a understanding of this exercise with a minimum of 2 continuous curves/lobes. Reduced size and shape is acceptable
4. FORWARD INSIDE MOHAWK WITH CONTROL & EQUAL ENTRY & EXIT EDGE	Skaters should be able to execute an understanding of the forward inside mohawk in either direction. Reduced speed/flow is acceptable	Skaters should be able to execute the mohawk with control and equal entry/exit edges in both directions	Skaters should be able to execute an understanding of the forward inside mohawk in either direction. Reduced speed/flow is acceptable
5. BUNNYHOP + DRAG COMBO OR TWO-FOOT JUMP + DRAG COMBO (HOCKEYSKATES)	Skaters should be able to execute an understanding of this exercise with additional steps if required between the two skills. Reduced speed/flow is acceptable	Skaters should be able to execute the two skills combined in a seamless manner	Skaters should be able to execute an understanding of this exercise with additional steps if required between the two skills. Reduced speed/flow is acceptable

FUNDAMENTAL SKILLS - LEVEL 8

Exercise	Dispensation A (Adapted skill independently)	Dispensation B (Aided)	Dispensation C (Adapted skill aided)
1. BACKWARD OUTSIDE OR INSIDE CONTINUOUS CURVES	Skaters should be able to demonstrate an understanding of this exercise with a minimum of 2 continuous curves/lobes. Reduced size and shape is acceptable	Skaters should be able to execute a minimum of 4 continuous curves/lobes with control	Skaters should be able to demonstrate an understanding of this exercise with a minimum of 2 continuous curves/lobes. Reduced size and shape is acceptable
2. FORWARD CHANGE OF EDGE, OUTSIDE TO INSIDE	Skaters should be able to execute an understanding of this exercise on either foot. Reduced speed/flow on exit is acceptable	Skaters should be able to execute this exercise with control and flow throughout on both feet	Skaters should be able to execute an understanding of this exercise on either foot. Reduced speed/flow on exit is acceptable
3. FORWARD INSIDE MOHAWK - BACKWARD CROSSOVER - STEP FORWARD INSIDE EDGE	Skaters should be able to execute an understanding of this exercise in either direction. Reduced speed/flow is acceptable	Skaters should be able to execute this exercise with control and flow throughout in both directions	Skaters should be able to execute an understanding of this exercise in either direction. Reduced speed/flow is acceptable
4. FORWARD CROSSOVER STEP WIDE & BACKWARD CROSSOVER STEP WIDE	Skaters should be able to execute an understanding of this exercise both forwards and backwards with a minimum of one crossover on each side. Reduced speed/flow is acceptable	Skaters should be able to execute this exercise with equal quality and flow, performing a minimum of two sequences each side. This should be executed both forwards and backwards	Skaters should be able to execute an understanding of this exercise both forwards and backwards with a minimum of one crossover on each side. Reduced speed/flow is acceptable
5. FORWARD OUTSIDE 3-TURN, BACKWARD CROSSOVER WITH SUSTAINED LANDING POSITION ON CIRCLE	Skaters should be able to execute an understanding of this exercise in either direction. Reduced speed/flow is acceptable	Skaters should show seamless transitions and a gaining of confidence within this exercise	Skaters should be able to execute an understanding of this exercise in either direction. Reduced speed/flow is acceptable

