

I CAN SKATE FAST!



Community Outreach Program

Speed Skating BC and PacificSport Columbia Basin are proud to launch an initiative that will introduce elementary school-aged participants to the sport of speed skating. Students will learn about short track speed skating through the book **Lucy Tries Short Track**, written by Lisa Bowes.

Through nationally trained facilitators, participants will engage and participate in two interactive lessons that have the following key learning objectives:

Lesson One: Let's Learn About Speed Skating! (20 mins)

- Recognize the sport of speed skating as being a winter sport in Canada
- Understand the race format of a short track speed skating race
- Reflect on what it means to be a good sportsperson

Lesson Two: Let's Try a Speed Skating Race! (30 mins)

- Apply their existing fundamental movement skills (running, acceleration, agility, and balance) in a mock-race environment held off-ice
- Apply the rules of a short track speed skating race in an off-ice environment



I Can Skate Fast! Kimberley, BC

The I Can Skate Fast! program is available on Friday Feb 28th at no cost. Here is an overview of expectations:

The school will provide:	The facilitator will provide:
Lesson One (20 mins): <ul style="list-style-type: none">- Space to read the story to the participants- Print out activities and resources for the participants (templates provided) Lesson Two (30 mins): <ul style="list-style-type: none">- Large area such as a gym or schoolyard to facilitate a speed skating race- Participants are to wear appropriate footwear and clothing for physical activity.	<ul style="list-style-type: none">- Full facilitation of both lessons- The Lucy Tries Short Track book, including an additional copy for the school library- Speed skating equipment and tools to enhance delivery

To register your child for this FREE event scan this QR Code or visit www.pacificsportcolumbiabasin.com/events to sign up for free!