



I CAN SKATE FAST!

School Outreach Program

Speed Skating Manitoba is proud to offer this program that introduces school-aged participants to the sport of speed skating. Students will learn about short track speed skating through the book *Lucy Tries Short Track* by Lisa Bowes. This program is available to schools at no cost.

Interactive lessons have the following key learning objectives:

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

- Recognize the sport of speed skating as being one of the top winter sports 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 minutes)

- 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! at your school

An overview of requirements and expectations for this program at your school:

The school will provide:

Lesson One:

- Space to read the story to the participants
- Print out activities and resources for the participants (templates provided)

Lesson Two:

- Large area such as a gym or schoolyard to facilitate a speed skating race
- Participants are required to wear appropriate footwear and clothing for physical activity

The facilitator will provide:

- Full facilitation of both lessons
- The *Lucy Tries Short Track* book
- Speed skating equipment and tools to enhance delivery (skin suit, speed skating helmet, child-size short track speed skates, bell, track markers, electric whistle)

To schedule this interactive session for your school, please contact Elizabeth at info@speedskatingmb.com