

Paper Skate

Divisions I, II, III

Small Space

Equipment: sheets of recycled paper or tin plates

1. Distribute two sheets of recycled paper to each student.
2. Have students put the paper on the floor and place one foot on top of each sheet, making sure their feet are firmly anchored on the paper.
3. Challenge students to move around the activity area and “skate.” Students skate forward, backward, jump and turn to change direction. For children with small feet, tin pie plates may be used. Students use their arms to “ski” around the space, cross-country style, tuck or schuss. Students can change movement patterns upon a signal; e.g., hockey or ringette, speed skating (long strides, one hand on back, body bent forward).
4. Have the students try the following moves:

Twist: Twist back and forth on the paper.

Wax on, wax off: Brush one foot in a circle, then the other.

Scissors: While standing in one place, slide one foot forward and one foot back in a continuous motion.

Spin out: Stand in place and spin on one foot.

Moon walking: Move backwards on the paper without lifting your feet.

Scooter: Slide on one foot and push with the other.

Slide step: Slide your right foot first, then your left foot, moving to the right (then switch directions).

180°: Jump in the air, rotate 180° and try to land on the paper.

360°: Jump in the air, rotate 360° and try to land on the paper.

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