

# Snowflake

## 1. Snowflake 1

- a. Standing and falling off the ice (first lesson)
- b. Standing and falling on the ice
- c. Marching
- d. Marching and falling while moving
- e. Gliding
- f. Pattern:
  - i. Spinning on the spot by marching both directions
  - ii. Squatting on the spot
  - iii. Squatting while gliding
- g. Backwards marches
- h. Stops on the wall (draw and have them erase)
- i. Games: race with stuffed animals, bring them from one hoop to another
- j. Optional: start swizzles

## 2. Snowflake 2

- a. Warmup: marching, gliding, squatting
- b. Swizzles (3-4 in a row)
- c. One foot glides (start two foot then lift one foot) (1 second, just able to glide slightly)
- d. One foot pushes on one foot one direction
- e. Backwards marches
- f. Rocking horse (one forward swizzle, one backwards)
- g. Backwards swizzles (1-2 in a row)
- h. Stops moving. Warm up with stops on the wall
- i. 2 foot hop
- j. Games: race, stop, throw stuffed animal into hoop
- k. Bonus: 2 foot curves

### 3. Snowflake 3

- a. Warm up: marching, gliding, one foot pushes, 2 foot hops
- b. Swizzles (6-8 in a row)
- c. One foot glides (extended balance)
- d. 2 foot curves, shifting weight (optional: with cones or pattern)
- e. Stops while moving (optional: with
- f. Backwards swizzles (4-6 in a row)
- g. Backwards one foot glides
- h. Cross overs on the spot
- i. Games: races with different skills
- j. Bonus: pivots

### 4. Snowflake 4

- a. Warm up:
  - i. Skating, 2 foot curves
  - ii. Swizzles forwards/backwards (6-8)
  - iii. One foot glides forwards/backwards
  - iv. Stops while moving fast
  - v. Cross overs on the spot
- b. Stationary 2 foot turn
- c. One circle, both directions
  - i. Half swizzle pumps
  - ii. Lift outside foot
  - iii. Lift inside foot
- d. Backwards stops
- e. Pivots
- f. Beginning forward spin