

Skateboarding Class Lesson Plan – Example (1 hour)

10 mins

- **Put on safety gear** (if available)
- **Warm-up**
 - Jog once or twice around the park
 - Show different stretches and count to five together
 - Ask students for other ideas
 - Practice falling:
 - On knees or elbows if safety pads are available.
 - Rolling out of falls / not sticking arms out behind you
- **Rules:** share/review rules of the skatepark while in warm-up circle
 - Ex. take turns using the same obstacle, listen to teacher during lesson times, share boards (if not enough)
 - Other rules/etiquette?

5 mins

- **Group the skaters:** put skaters into groups by ability (max 8/teacher)
 - If all new split evenly
 - If at different levels have them organize themselves based on ability
 - Assign the groups to different parts of the skatepark
- **Distribute skateboards:** ask students to form a circle when they have their board. (helps to keep control if done after warm-up)

5 mins

- **Stance:**
 - Steady stance: knees are bent, legs together vs apart.
 - Can do this with or without a board.
 - Try to “knock” the students off their board by pushing on shoulders to test balance.
 - Help determine stance (right or left foot forward?)
 - Ask them to take a step forward. Whichever foot they used is probably their front foot on a skateboard.

10-15 mins

- **Practice basic tricks:**
 - Very basic: Hop on/off, flip board over with toes, tail tap, pushing, stopping, carving, tic tac
 - For beginners who have skated before: roll up the ramp and come down fakie, roll down ramp, turn on ramp, fakie kickturn on flatground, ollie
- **Play some skate games** (obstacle course, relay race, red light/green light, tag - see Goodpush Skate Games Booklet)

20 mins

- **Free skate:** Students skate freely, while educators supervise and help as needed.

5-10 mins

- **End session:** collect and count gear
- **Warm-down:** stretch, drink water
 - De-brief
 - What did you learn?
 - Did you have fun?
 - Did you help someone today?
 - What do you want to learn next time?