

SKATZ Warm Ups & Cool Downs

Before beginning a skateboarding class, your students should have time to warm their muscles and joints. A moving, 5 to 7 minute dynamic warm up, is an ideal way to begin!

Warming up properly not only helps to prevent injuries, it will help them improve their performance. The active warm-up, performed before skateboarding, specifically targets muscle groups and joints involved in the movements required.

SAFETY TIP - Avoid abrupt stop and start movements with children under 12 as their tendons aren't fully formed.



BEFORE CLASS: The Warm Up

Get creative with this: Initial warm up game could be something like this....The Instructor would ask the kids to mimic his/her movements repeating the following actions with the Simon Says repeat after me:

Simple Walking Movements - Describe like a 'tin soldier straight legged walk'.

Skateboard Raised Knee Walk - Have your students walk comfortably, alternating raising their knees and touching their skateboards to their knees as they proceed.

Walking lunges - Lunge walk, making sure the front knee doesn't go too far forward and over the front toe. Let students know that this warm up exercise will help improve their ability to ollie!

Heels to Butt Run - Have students place skateboards some distance away. They will run to their skateboards, bringing heels to the buttocks as they run.

Raised Knee Run - Run around an obstacle raising knees high. This can help student's settle and be prepared for skateboarding class, especially if they are chocked full of energy!

Heel rocks and toe raises - Have kids standing and rocking heel to toes. Repeat on the skateboard.

This routine should have your skaters well warmed and ready to begin their lesson!

AFTER CLASS: The Cool Down

The cool down should gradually bring your students from a higher activity level down to a gentler activity level and help to prevent injury. Like the warm up, this should include about five minutes of light activity, such as walking, reaching tall, bending and stretching.

Suggested game to make it fun for younger kids: Have kids identify a Mr. or Ms. character from the popular storybook series and a movement to match (Mr. Slow and slow walk) or Miss Tiny and walk followed by crouching down repeatedly or (Mr. Stretch could reach tall). Have each student take a turn naming their favourite Mr. or Ms. character and choosing a movement to demonstrate themselves that the class would follow.





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