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| **GRADE 1:** | **MOVING AND STOPPING IN A STRAIGHT LINE** |
| MARCH | MARCH |
| March in the neutral position. | Familiarise marching in a walking position. |
| March forward in a V position | Marching in the correct position for skating. |
| March, fall, slide and stand. | Learning to fall safely and stand up. |
| March in V position to neutral position and then triangle position. | Using the 3 positions forward glide slow stop. |
| GLIDE | GLIDE |
| Glide, neutral position | Finding balance without moving feet. |
| Glide and bounce | Preparing for future weight transfers and the rise and fall of the skaters knee. |
| Glide and dip | Preparing for future T pot position / strengthening legs. |
| Glide, tilt orange line to ice right & left (outside edge) | Introduction to transfer your weight by slightly tilting the orange line to engage the skaters outside edge. |
| Glide, drop green lines to the ice | Introduction to transfer your weight by slightly dropping the green line to engage the skaters inside edge. |
| Glide, trunk rotation clockwise and anticlockwise | Isolating the upper body for future skating skills. ie: |
| Glide, head and trunk rotation clockwise and anticlockwise | Combining head and trunk rotation. |
| Glide, trunk flexion | First part of preparing for a spiral. |
| Glide and jump | Introduces weight transfer through the feet and to straighten all joints in order to jump. |
| STATIC T-STOP | STATIC T-STOP |
| T position | Balancing with one leg behind the other. |
| T position tilt green line | Engaging the inside edge in preparation to stop. |
| Collect snow | The dragging action needed to slow down. |
| HOCKEY STOP | HOCKEY STOP |
| Glide, bounce, twist | Introduction to transferring weight and turning body. |
| SNOW PLOUGH | SNOW PLOUGH |
| Glide to triangle | Slow stop. |
| Static scrape snow L | Taking the leg out to side. |
| Static scrape snow R | Taking the leg out to side. |
| Glide scrape snow on both feet triangle | Snow plough stop. |
| STAMP DOWNS | STAMP DOWNS |
| Glide stamp L | Balancing on one foot |
| Glide stamp R | Balancing on one foot |

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| **GRADE 2:** | **FORWARD STAR, LEMON, TIGHTROPE,** |
| STAR | STAR |
| Star lift legs back to glide (neutral). | Beginners introductory first push to engage the skaters inside edges to gather speed. |
| ½ Star (L/R) lift legs to return back to glide (neutral). | Beginners introductory first push using one leg. |
| Alternate ½ Star, lift leg back to glide (neutral) (L/R) | Introduces alternating pushing from one leg to another and the first rotation of the ankle joint, that engages the use of the inside edge when learning to skate with correct technique and starts to build strength, in the rise and fall of the skating knee. |
| Alternate ½ Star on outside edge (orange) transfer to inside edge (green) to push, lift leg back to glide (neutral). | Introduces the correct technique of weight transfers across outside edge to the inside edge, making sure you pick up the free leg so the skater is on one leg to ensure that the skater starts to build strength in the rise and fall of the skating knee. |
| ½ Star transfer (L/R) and (R/L) | Transferring weight across the range of movement. |
| LEMON | LEMON |
| Continuous Lemons with neutral bounce | Using the rise and fall of the skating knee and weight transfers from inside edge to a straight glide to increase speed. |
| ½ Lemon (L/ R) | Introduction to hip rotation and ankle rotation working together. |
| Alternate ½ Lemons (L/R) | Beginners skiing using the inside edge to slightly curve. |
| Alternate ½ Lemons on outside edge (orange) (L/R) | Beginners skiing using outside edges. |
| TIGHT ROPE | TIGHT ROPE |
| Slide | Rise and fall knee bends in straight line. |
| ½ Tight Rope Position from a glide (neutral) one leg forward (L/R) and one leg back (L/R) | Building strength in the skater’s knee, in preparation to hold the leg in the required skating position in front and behind. |
| ½ Tight Rope Position from glide (neutral), one leg forward, transfer weight forward (L/R) and, one leg back, transfer weight back (L/R) | Transferring weight forward and backwards. |
| Tight Rope Position L/R | Middle section before transfer in the cross over. |

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| **GRADE 3:** | **FORWARD CIRCLES**  **CHANGING DIRECTIONS, GLIDE, ½ STAR, ½ LEMON, SCOOTER, TIGHTROPE, PIVOTS** |
| TWO FOOT CHANGING DIRECTIONS | CHANGING DIRECTIONS |
| Outside edge (orange) clockwise & anticlockwise (L/R) | Introduction to outside edges. |
| Outside edge (orange) Stamp downs clockwise & anticlockwise (L/R) |  |
| Outside edge (orange) changing direction in an S shape clockwise & anticlockwise (L/R) | Introduction to changing circles. |
| Outside edge (orange) Spiralling circle clockwise & anticlockwise (L/R) | Creating awareness that deep knee bends and edges create smaller circles. |
| GLIDE IN A CIRCLE | GLIDE IN A CIRCLE |
| Outside edge, (orange) with trunk rotation clockwise & anticlockwise (L/R) | Isolating the upper body on an outside edge for future turns and edges and crossovers. |
| Outside edge (orange) with trunk rotation and head rotation clockwise & anticlockwise (L/R) | Isolating the upper body on an outside edge for future turns and edges and crossovers. |
| ½ STAR IN A CIRCLE | ½ STAR IN A CIRCLE |
| Outside edge (orange) ½ Star lift leg to return back to glide (neutral). clockwise & anticlockwise (L/R) | Beginners introductory first push using one leg Pushing on to Outside edge on a circle, picking up skaters free leg to build strength in the rise and fall of the skating knee. |
| Inside edge (green) ½ Star lift leg to return back to glide (neutral). Clockwise & anticlockwise (L/R) | Beginners introductory first push using one leg Pushing on to inside edge on a circle, picking up skaters free leg to build strength in the rise and fall of the skating knee. |
| Outside edge (orange) ½ Star transfer to inside edge (green) on other leg clockwise anticlockwise & (L/R) (R/ L) | Gathering speed through weight transfers and inside and outside edges.  In the same direction (circle) |
| ½ LEMONS IN A CIRCLE | ½ LEMONS IN A CIRCLE |
| Outside edge (orange) ½ Lemons clockwise & anticlockwise (L/R) | Combination of two rotations the ankle and the hip. |
| SCOOTER | SCOOTER |
| Outside edge (orange) Scoot lift leg to return back clockwise & anticlockwise (L/R) | Preparation to push on to a outside edges, engaging the inside edge and the outward rotation of the hip. |
| Inside edge (green) Scoot lift leg to return back clockwise & anticlockwise (L/R) | Preparation to push on to inside edges, engaging the inside edge and the outward rotation of the hip. |
| TIGHTROPE POSITION IN A CIRCLE | TIGHTROPE POSITION IN A CIRCLE |
| Outside edge (orange) and Inside edge (green) ½ tightrope with leg forward clockwise & anticlockwise (L/R) | Preparation for a forward outside and inside edges and to hold the leg in the required skating position in front. |
| Outside edge (orange) and Inside edge (green) ½ tightrope with leg behind clockwise & anticlockwise (L/R) | Preparation for a forward outside edge holding the leg in the required skating position behind. |
| Outside edge (orange) Tightrope (L/R) | Middle section before transfer using both edges. |
| Outside edge (orange) Tightrope, orange tilt on back leg clockwise & anticlockwise (L/R) | Introducing the under push for a cross over. |
| LEMON PIVOTS | LEMON PIVOTS |
| Inside edge (green) forward Lemon pivot clockwise & anticlockwise (L/R) | Preparing the free leg to rotate around a fixed point as in a spin. |

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| **GRADE 4** | **MOVING BACKWARDS IN A STRAIGHT LINE, MARCH, GLIDE, STAR, LEMONS, TIGHTROPE, STRIKE** |
| MARCH IN A STRAIGHT LINE | MARCH IN A STRAIGHT LINE |
| March in triangle | First position for moving backwards. |
| March in triangle, glide in the neutral position | Glide. |
| Glide scrape snow (L/R) | Slowing down |
| March in the triangle position, neutral position, scrape snow and V position. (Slow stop) | Introducing the backward slow plough. |
| GLIDE IN A STRAIGHT LINE | GLIDE IN A STRAIGHT LINE |
| Glide and bounce | Preparing for future weight transfers and the rise and fall of the skaters knee. |
| Glide and dip | Preparing for future T pot position / strengthening legs. |
| Glide, orange tilt L/R alternate | Introduction to transfer your weight by slightly tilting the orange line to engage the skaters outside edge. |
| Glide, drop green lines | Introduction to transfer your weight by slightly dropping the green line to engage the skaters inside edge. |
| Glide, Trunk rotation clockwise & anti clockwise | Isolating the upper body for future skating skills ie: Preparing to step from backwards to forwards. |
| Glide, head and Trunk rotation clockwise & anti clockwise | Combining head and trunk rotation. |
| Glide, trunk flexion | First part of preparing for a spiral. |
| Glide and Jump | Introduces weight transfers through the feet and to straighten all joints in order to jump. |
| STAR - IN A STRAIGHT LINE | STAR - LEMON IN A STRAIGHT LINE |
| Star lift legs back to glide (neutral). | Beginners introductory first push to engage the skaters inside edges to gather speed. |
| ½ Star (L/R) lift legs to return back to glide (neutral). | Beginners introductory first push using one leg. |
| Alternate ½ Star, lift leg back to glide (neutral) (L/R) | Introduces alternating pushing from one leg to another and the first rotation of the ankle joint, that engages the use of the inside edge when learning to skate with correct technique. |
| Alternate ½ Star on outside edge (orange) transfer to inside edge (green) to push, lift leg back to glide (neutral). | Introduces the correct technique of weight transfers across outside edge to the inside edge, making sure you pick up the free leg so the skater is on one leg to ensure that the skater starts to build strength in the rise and fall of the skating knee. |
| ½ Star transfer (L/R) and (R/L) | Transferring weight across range of movement. |
| LEMONS - IN A STRAIGHT LINE | LEMONS |
| Continuous Lemons with neutral bounce | Using the rise and fall of the skating knee and weight transfers from inside edge to a straight glide to increase speed. |
| ½ Lemon (L/R) | Introduction to hip rotation and ankle rotation working together. |
| Alternate ½ Lemons (L/R) | Beginners skiing using the inside edge to slightly curve. |
| Alternate ½ Lemons on outside edge (orange) (L/R) | Beginners skiing using outside edges. |
| TIGHTROPE IN A STRAIGHT LINE | TIGHTROPE IN A STRAIGHT LINE |
| Slide | Rise and fall knee bends in straight line. |
| ½ Tight Rope Position from a glide (neutral) one leg forward (L/R) and one leg back (L/R) | Building strength in the skaters bent knee, in preparation to hold the leg in the required skating position.  in front and behind. |
| Tightrope Position (L/R) | Middle section before transfer in the cross over. |
| SCOOT IN A STRAIGHT LINE | STRIKE IN A STRAIGHT LINE |
| Scoot to (neutral) (L/R) | Pushing backwards from inward rotation of the hip using the front of the blade and the inside edge. |
| Alternate Scoot with (neutral) bounce (L/R) | Pushing backwards from inward rotation of the hip using the front of the blade and the inside edge with rise and fall of the skating knee. |
| Alternating scoot on outside edges (orange) (L/R) | Pushing backwards onto an outside edge, from inward rotation of the hip using the front of the blade and the inside edge, with rise and fall of the skating knee. |

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| **GRADE 5:** | **BACKWARDS CIRCLES**  **CHANGING DIRECTIONS, GLIDE, ½ STAR, ½ LEMON, STRIKE, TIGHTROPE, PIVOTS, STEPPING BACKWARDS TO FORWARDS** |
| TWO FOOT CHANGING DIRECTIONS | CHANGING DIRECTIONS |
| Outside edge (orange) clockwise & anticlockwise (L/R) | Introduction to outside edges. |
| Outside edge (orange) stamp downs clockwise & anticlockwise (L/R) |  |
| Outside edge (orange) changing direction in an S shape clockwise & anticlockwise (L/R) | Introduction to change of edges. |
| Outside edge (orange) Spiralling circle clockwise & anticlockwise (L/R) | Creating awareness that deep knee bends and edges create smaller circles. |
| GLIDE IN A CIRCLE | GLIDE IN A CIRCLE |
| Outside edge, (orange) with trunk rotation clockwise & anticlockwise (L/R) | Isolating the upper body on an outside edge for future turns, edges and crossovers. |
| Outside edge (orange) with trunk rotation and head rotation clockwise & anticlockwise (L/R) | Isolating the upper body on an outside edge for future turns, edges and crossovers. |
| ½ STAR IN A CIRCLE | ½ STAR IN A CIRCLE |
| Outside edge (orange) ½ Star lift leg to return back to glide (neutral). Clockwise & anticlockwise (L/R) | Beginners introductory first push using one leg pushing on to outside edge on a circle, picking up skaters free leg to build strength in the rise and fall of the skating knee. |
| Inside edge (green) ½ Star lift leg to return back to glide (neutral). Clockwise & anticlockwise (L/R) | Beginners introductory first push using one leg pushing on to inside edge on a circle, picking up skaters free leg to build strength in the rise and fall of the skating knee. |
| Outside edge (orange) ½ Star transfer to inside edge (green) on other leg clockwise anticlockwise & (L/R) (R/ L) | Gathering speed through weight transfers and inside outside edges in the same direction (circle). |
| ½ LEMON IN A CIRCLE | ½ LEMON IN A CIRCLE |
| Outside edge (orange) ½ Lemons clockwise & anticlockwise (L/R) | Combination of two rotations ankle and hip. |
| SCOOT | STRIKE |
| Outside edge (orange) and inside edge (green) Scoot (L/R) clockwise & anticlockwise | Preparation to push on to inside & outside edges, engaging the inside edge and the inward rotation of the hip. |
| STEPPING BACKWARDS TO FORWARDS | STEPPING BACKWARDS TO FORWARDS |
| Scoot to glide (orange ) trunk, head, hip, ankle rotation and step to forwards, Clockwise & anticlockwise (L/R) | Stepping from backwards to forwards using the 3 rotations, head, trunk & hip. |
| TIGHTROPE POSITION IN A CIRCLE | TIGHTROPE POSITION IN A CIRCLE |
| Outside edge (orange) and Inside edge (green) ½ tightrope with leg forward clockwise & anticlockwise (L/R) | Preparation for a backward outside edge and inside to hold the leg in the required skating position in front. (Flexion) |
| Outside edge (orange) and Inside edge (green) ½ tightrope with leg behind clockwise & anticlockwise (L/R) | Preparation for a backward outside and inside edge holding the leg in the required skating position behind. (Extension) |
| Outside edge (orange) Tightrope (L/R) | Middle section before a transfer using both edges. |
| Outside edge (orange) Tightrope, orange tilt on back leg clockwise & anticlockwise (L/R) | Introducing the under push for a cross over. |
| LEMON PIVOTS | LEMON PIVOTS |
| Inside edge (green) backward Lemon pivot clockwise & anticlockwise (L/R) | Preparing the free leg to rotate around a fixed point as in a backspin. |
| Beginners mohawk (vee circles) inside edges (green) clockwise & anticlockwise (R/L) | Preparing for the Mohawk with outward rotation of the hip joints engaging the inside edges and transferring the skaters weight from one foot to another. |

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| **GRADE 6:** | **TWO FOOT**  **CROSSOVERS, 3TURNS, BRACKETS, ROCKERS AND COUNTERS,** |
| TWO FOOT CROSS OVERS | TWO FOOT CROSS OVERS |
| Two foot Forward crossovers Clockwise & anticlockwise (L/R) | Introducing the movement pattern for crossing over and combining skills that have been pre learnt. |
| Introductory cross rolls (L/R) | Introducing the movement pattern for crossing over and combining skills that have been pre learnt. |
| Two foot backward crossovers Clockwise & anticlockwise (L/R) | Introducing the movement pattern for crossing over and combining skills that have been pre learnt. |
| Introductory backward walking cross roll (L/R) | Introducing the movement pattern for crossing over and combining skills that have been pre learnt. |
| Two foot Forward crossovers in a figure of eight clockwise & anticlockwise (L/R) | Combining the crossing over with the change of circle. |
| Two foot Backward crossovers in a figure of eight clockwise & anticlockwise (L/R) | Combining the crossing over with the change of circle. |
| TWO FOOT 3 TURNS AND BRACKETS IN A CIRCLE | TWO FOOT 3 TURNS AND BRACKETS IN A CIRCLE |
| Forward outside (orange) three turn (purple) clockwise & anticlockwise (L/R) | Two foot forward outside three turns. |
| Backward outside (orange) three turn (blue) clockwise & anticlockwise (R/L) | Two foot Backward Outside three turn. |
| Forward outside (orange) two foot double three turn (purple and blue)  Clockwise & anticlockwise (R/L) | Two foot double three turns. |
| Forward outside (orange) two foot bracket turn (purple) Clockwise & anticlockwise (R/L) | Two-foot bracket. |
| Backwards outside (orange) two foot bracket turn (blue)  (Clockwise & anticlockwise)(R/L) | Two-foot bracket. |
| Forward outside (orange) two foot double bracket turn (purple and blue)  (Clockwise & anticlockwise)(R/L) | Two-foot double bracket. |
| TWO FOOT ROCKERS AND COUNTERS | TWO FOOT ROCKERS AND COUNTERS |
| Forward outside (orange) two foot rocker turn (purple) clockwise & anticlockwise (L/R) | Two foot rocker |
| Forward outside (orange) ,Two foot counter turn (purple), Clockwise & anticlockwise (L/R) | Two foot counter |
| Backward outside (orange) two foot rocker turn (blue) Clockwise & anticlockwise (L/R) | Two foot rocker |
| Backward outside (orange) two foot counter turn (blue) clockwise & anticlockwise (L/R) | Two foot counter |

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| **GRADE 7** | **FORWARD: STROKING, CHASSES, INSIDE AND OUTSIDE EDGES,**  **CROSSOVERS, TURNS, CROSS ROLLS** |
| Forward Stroking | Scooter pushes  Outside to inside weight transfer to push  Rise and fall skating of knee over toe  Free leg with hip extension and outward rotation |
| Forward outside (orange) Chasses  Forward Clockwise and anticlockwise (R/L)  Slip / closed Chasses  Clockwise and anticlockwise (R/L) | Scooter push  Free leg with hip extension and outward rotation  Rise and fall skating of knee over toe  Hip and knee flexion (stamp down) |
| Forward inside (green) and outside (orange) edges  Clockwise and anticlockwise (R/L) | All hip and knee positions  Flexion, Abduction, Extension, Hip and knee flexion,  Inward and outward rotation |
| Forward Consecutive inside edges (green) and outside edges (orange) | Scooter push  Free leg with hip extension and outward rotation  Chosen hip and knee positions |
| Forwards Crossovers (clockwise and anticlockwise) | Scooter push  Hip extension and outward rotation  Weight transfer  Under push |
| Basic beginner cross rolls | Stepping forward onto outside edges |
| Forward Outside (orange) and three turn (purple) to back inside (green)  Clockwise and anticlockwise (R/L) | Scooter push  Hip extension and outward rotation  Chosen hip and knee positions  Weight transfer to ball of the foot to turn  Equal lobes 3 |
| Forward Inside (green) three turn (purple) to back (orange)  Clockwise and anticlockwise (R/L) | Scooter push  Hip extension and outward rotation  Chosen hip and knee positions  Weight transfer to ball of the foot to turn  Equal lobes 3 |

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| **GRADE 8** | **BACKWARD: STROKING, CHASSES, INSIDE AND OUTSIDE EDGES,**  **CROSSOVERS, TURNS, CROSS ROLLS** |
| Backward stroking | Scoot Outside to inside weight transfer  Rise and fall skating of knee over toe  Free leg with hip flexion. |
| Backward outside (orange) Chasses clockwise and anticlockwise (R/L) | Scoot Free leg with hip flexion  Rise and fall skating of knee over toe  Hip and knee flexion (stamp down) |
| Backward inside (green) and outside (orange) edges  Clockwise and anticlockwise (R/L) | All hip positions flexion, abduction extension hip and knee flexion  Inward and outward rotation. |
| Backward Consecutive inside edges (green) and outside edges (orange) | Scoot Free leg with hip flexion  Chosen hip and knee positions |
| Backward Crossovers  Clockwise and anticlockwise(R/L) | Scoot Weight transfer  Under push |
| Backward Basic beginner cross rolls | Stepping backwards on outside edges. |
| Backward outside (orange) three turn (blue) to forward inside (green)  Clockwise and anticlockwise (R/L) | Scoot Hip flexion  Chosen hip and knee positions  Weight transfer to the back of the foot to turn  Equal lobes 3 |
| Backward Inside (green) three turn (blue) to forward outside (orange)  Clockwise and anticlockwise (R/L | Scoot hip flexion  Chosen hip and knee positions  weight transfer to the back of the foot to turn  equal lobes 3 |