

Making Tracks In-Line Skating

About Making Tracks:

Active transportation means any non-motorized form of transportation such as walking, cycling, in-line skating, scootering and skateboarding. Making Tracks is about making active transportation safe for children and youth in Nova Scotia by giving them the skills they need to do it safely.

Ecology Action Centre
2705 Fern Lane, Halifax, NS B3K 4L3
mt@ecologyaction.ca
www.saferoutesns.ca
Tel: (902) 442-0209
Fax: (902) 405-3716

Partners:



Session B

In-Line Skating Skills

FOR PARENT/ GUARDIANS	FOR LEADERS	OUTCOMES
		(K) I know that I need to be in control of my in-line skating at all times to keep myself safe
		(D) I understand how different road types can affect my in-line skating
		(D) I can control my speed when in-line skating, turn right or left, maneuver around objects, and stop when required to do so
		(D) I can safely fall, using the falling techniques taught in this session
		(V) I understand the importance of using my skating skills when I am out in-line skating

Session A

Introduction, Community Building, and Safety

FOR PARENT/ GUARDIANS	FOR LEADERS	OUTCOMES
		(K) I know that it is the law to wear a helmet when I in-line skate
		(D) I can do a safety check on all of my equipment before going out for a skate
		(V) I understand that it is my responsibility to stay safe when I skate

LEGEND

GETTING THERE

ALMOST THERE

THERE

(K) WHAT THEY KNOW
(D) WHAT THEY CAN DO
(V) WHAT THEY VALUE

My name is:

Making Tracks

YOUR PASSPORT TO
In-line Skating



Session C

Safe Routes and Sharing the Road

OUTCOMES	FOR LEADERS	FOR PARENT/ GUARDIANS
(K) I know the rules of the road		
(D) I can demonstrate the proper behavior as indicated by road signs		
(V) I can enjoy in-line skating with a buddy on a safe route		

Session D

Putting the Pieces Together

OUTCOMES	FOR LEADERS	FOR PARENT/ GUARDIANS
(K) I know the rules of the road		
(D) I can demonstrate the proper behavior as indicated by road signs		
(V) I realize in-line skating, cycling, skateboarding and walking are active ways I can get from one place to another, while helping protect our environment		