

I CAN SKATE FAST!



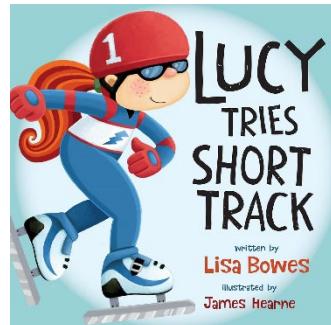
Discover Speed Skating with Lucy! A School Outreach Program

Speed Skating Ontario are proud to launch an initiative that will introduce elementary school-aged participants to the sport of speed skating. Students will learn about short track speed skating through the book **Lucy Tries Short Track**, written by Lisa Bowes.

Through nationally trained instructors, participants will engage and participate in two interactive lessons that have the following key learning objectives:

Lesson One: Let's Learn About Speed Skating! (20 mins)

- Recognize the sport of speed skating as being a winter sport in Canada
- Learn about the race format of a short track speed skating race
- Reflect on what it means to be a good sportsperson



Lesson Two: Let's Try a Speed Skating Race! (30 mins)

- Using their existing fundamental movement skills (running, acceleration, agility, and balance) to participate in an off-ice race
- Apply the rules of a short track speed skating race in an off-ice environment

I Can Skate Fast! at Your School

The I Can Skate Fast! program is available to schools at no cost. Here is an overview of expectations:

The school will provide:	The facilitator will provide:
<p>Lesson One (20 mins):</p> <ul style="list-style-type: none">- Space to read the story to the participants- Print out activities and resources for the participants (templates provided) <p>Lesson Two (30 mins):</p> <ul style="list-style-type: none">- Large area such as a gym or schoolyard to facilitate a speed skating race- Participants are to wear appropriate footwear and clothing for physical activity.	<ul style="list-style-type: none">- Full facilitation of both lessons- The Lucy Tries Short Track book, including an additional copy for the school library- Speed skating equipment and tools to enhance delivery (skin suit, speed skating helmet, child-size short track speed skates, bell, track markers, electric whistle)- Colouring Sheets

To schedule this interactive session for your elementary school, please contact {insert name and contact information}