



PODAR ENRICHMENT ACADEMY

Learning for Life

→ **Skating :-**

- Warm up stretching.
 - Balance – walking- running.
 - Dragging one leg balance.
 - Lift you leg & push (skating)
 - Jump on the place.
 - Roll & jump
 - Roll & break .(J. Break)
 - Forward in out.
 - Backward in out.
 - One leg jump.
 - Half camel.
 - Clockwise & Anti clockwise.
 - Half & full turn.
 - Roll & sit.
 - Spin.
 - Cross. (walking & rolling)
 - Toe & heal roll.
 - Heal & heal roll.
 - Toe & toe roll.
 - Race practise.
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