



Roller Skating Merit

1. List ten safety and etiquette rules for roller-skating.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____
- j. _____

2. Draw a diagram and label at least five parts of a roller skate. Do this on separate paper and insert it in your workbook.

3. Demonstrate the following roller skating skills:

- a. Skate forward on both feet for at least fifty feet in both directions or around a rink and demonstrate proper techniques for stopping.
- b. Show your ability to balance on one foot at a time. Skate forward and roll twenty feet on one skate, then on the other.
- c. Perform the crosscut.
- d. Skate backward and glide with both skates on the ground.
- e. Skate forward in a slalom pattern with both skates on the ground.
- f. Skate backward in a slalom pattern for at least fifteen feet with both skates on the ground.



Leader's Initials

Date _____

Leader's Initials

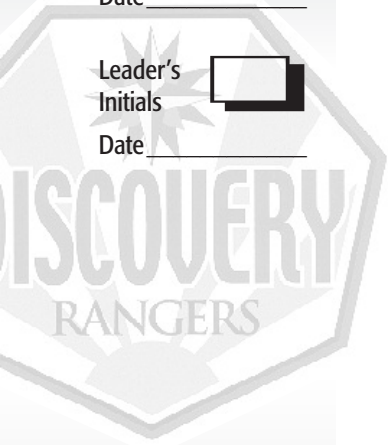
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- g. Skate forward at least one hundred feet and then back, bending twice along the way without stopping. One bend should occur while circling to turn around.
- h. Perform a widespread eagle while skating.
- i. Perform a Mohawk while skating.
- j. Perform a series of consecutive spins on skates.

4. Write a 250-word report on the history of roller-skating. Do this on separate paper and insert it in your workbook.

5. What is RSROA and why was it established? _____

6. Interview a roller skating instructor (preferably Christian) regarding the following:
- a. What benefits come from roller skating?
 - b. How has roller skating made you a more disciplined person?
 - c. How do you build a winning attitude?
 - d. How do you build character within a person?
 - e. What is the importance of being a good role model?
 - f. How do you prepare a team or individual for competition?

Take notes of your interview and insert them in your workbook.