

On Ice



Complete four activities.

- 1.** Explore the Sport of Ice Skating: What are some ice skating sports? What are some ice skating organizations that help promote these sports? Ask a representative from your local ice skating rink or park to tell you about these sports and organizations. Borrow books about ice skating from your school or local library. Look in magazines for pictures of ice skating sports. Share them with your troop.
- 2.** Ice Skating Safety: What do you wear for ice skating indoors and outdoors? What safety equipment should be worn for recreational skating? Know how to wear and take care of a pair of ice skates. Make a list of rules for safe skating indoors and outdoors. What are the rules at your local ice rink or park? Learn the basics of ice skating: how to fall and get up, how to stop, how to skate forwards and backwards, and how to turn.
- 3.** Ice Skating Games: These may be played in a large room with a linoleum or hardwood floor. Just put a paper plate under each shoe and let the fun begin! Try the games on ice if possible.

Balloon Sweep

Form two teams in straight lines. The girl at the head of each line must sweep a balloon or soft ball down the floor, around a cone, and back into her line.

Skate Relay

Form two teams in straight lines. The girl at the head of each line must skate forward to a cone and then turn backwards to skate back to her line.

Ice Sculpture Freeze Tag

Choose some waltz music. One girl is "it" and must tag the other girls. When a girl is tagged, she forms an ice sculpture and freezes in place. The game is over when all the girls are frozen. If your troop is large, you may have two or three girls be "it."

Shark

The girls form a circle with an opening of about five feet, which is marked by two cones. One girl is the "shark." The "shark" stands well outside the circle and counts to five while the other girls skate in a circle. On "five" the girl who is the shark skates to the opening and tags whoever is skating across the opening. The girl who is tagged becomes the next shark.

- 4.** Ice Skating Art: Make a skating mural to decorate your local library, nursing home, preschool, or school. On a large piece of bulletin board paper, draw a winter scene in pencil. Paint the scene and paste or draw pictures of skaters on your mural.

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5. Ice Skating Performance: Ice skating performances are fun to watch on television, on video, or at your local ice rink or park. Find out if your library has a video on ice skating. Watch a video of figure skating, ice hockey, or an ice dancing show. If you can, go to see a local ice hockey game, a figure skating exhibition, or an ice show.
6. Ice Skating Poems: Create an acrostic poem about ice skating using each letter of the words *ice skate* to begin the lines of the poem.
7. Go Ice Skating: Go to an ice rink or park and skate with your Brownie Girl Scout friends.



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