

New Curriculum Aussie Skate Elements

TOTS 1

A.	Stand unassisted for 5 seconds	
B.	Dip (on the spot)	
C.	Correct way to fall and stand up	
D.	March fwd across the ice (8-10 steps)	
E.	March then 2 foot glide on 2 feet (1 metre)	
F.	Backward Wiggles	
G.	Balance on 1 foot on the spot for 1 second (both R and L feet)	

TOTS 2

A.	Dip (while moving)	
B.	Forward Swizzles (3-5 swizzles)	
C.	2 foot hop in place / jump on the spot	
D.	Forward 2 foot glide	
E.	Rocking horse (x 1)	

TOTS 3

A.	T position and push	
B.	Forward 1 foot glide	
C.	Forward swizzles (6-8 in a row)	
D.	Backward swizzles (3-4 in a row)	
E.	Snowplough stop with a skid standing still	
F.	Backward marching (8-10 steps)	
G.	Marching in a circle on the spot	

AUSSIE SKATE 1

A.	Stand unassisted for 5 seconds	
B.	Dip in place	
C.	Correct way to fall and get up	
D.	March forward across the ice (8-10 steps)	
E.	Forward 2 foot glide	
F.	Forward swizzles (6-8 in a row)	
G.	Backward Wiggles (6-8 in a row)	
H.	Rocking horse (x 3)	
I.	Snowplough stop standing still	
J.	1 foot glide (2 sec)	
*	OPTIONAL: Forward dip whilst moving	

AUSSIE SKATE 2

A.	Dip while moving	
B.	Backward swizzles (6-8 in a row)	
C.	Forward 2 foot glide on a curve (L & R)	
D.	Moving Snowplough Stop	
E.	Forward alternating 1/2 swizzle pumps straight (6-8)	
F.	2-Foot turn on the spot fwd to bwd	
G.	2-Foot hop in place / jump on the spot	
H.	Marching in a circle on the spot	
I.	Backward marching (8-10 steps)	
*	OPTIONAL: 2 foot hop whilst gliding fwd	
*	OPTIONAL: 2 foot spin (1 rev)	

AUSSIE SKATE 3

A.	Forward slalom	
B.	Forward 1-foot glide (1 metre L & R)	
C.	Forward 1/2 swizzle pumps on a circle (CW & ACW)	
*	OPTIONAL: Commence forward stroking	

AUSSIE SKATE 4

A.	Backward 1-foot glide (R & L)	
B.	Forward stroking	
C.	Backward alternating 1/2 swizzle pumps on a straight line	
D.	2-Foot spin (2 revs)	
*	OPTIONAL: Forward chases on a circle (R & L)	

AUSSIE SKATE 5

A.	Forward outside edges on a circle (R & L)	
B.	Forward inside edges on a circle (R & L)	
C.	Forward crossovers (CW & ACW)	
D.	2-Foot turn from forward to backward moving (CW & ACW)	

AUSSIE SKATE 6

A.	Backward stroking	
B.	Backward slalom	
C.	Backward 1/2 swizzle pumps on a circle (6-8 CW & ACW)	
D.	2-Foot turn backward to forward (CW & ACW)	
*	REVISION: Forward crossovers	

AUSSIE SKATE 7

A.	Backward outside edges on a circle (R & L)	
B.	Backward inside edges on a circle (R & L)	
C.	Backward crossovers (CV & ACW)	
D.	Forward outside 3 turn on a semi circle (R & L)	
*	OPTIONAL: 2-Foot spin (3 revs)	

AUSSIE SKATE 8

A.	Forward inside 3 turn on a semi circle (R & L)	
B.	Forward inside open mohawk on a semi circle (R & L)	
*	REVISION: Forward crossovers	

AUSSIE SKATE 9

A.	Forward outside circle stroking (CW & ACW)	
B.	Forward inside circle stroking (CW & ACW)	
C.	T-stops (R & L)	
*	REVISION: Forward Stroking	

AUSSIE SKATE 10

A.	Forward inside pivots (R & L)	
B.	Tap-toe jump (R & L)	
C.	Bunny hop (R & L)	
*	REVISION: Forward stroking	

FREESKATE 1 A

A.	Basic forward outside consecutive edges	
B.	Basic forward inside consecutive edges	
C.	Forward outside spirals (R & L, 3 sec)	
D.	Forward attitude (R & L)	
E.	Lunge (R & L)	
F.	Rink stroking (forward and backward, 2 laps)	
*	OPTIONAL: Forward and backward crossovers if rink stroking is not optional	

FREESKATE 1 B

A.	1-foot spin (3, revs, correct entry and exit)	
B.	Waltz jump from backward crossover entry	
C.	Ballet jump (L & R)	
D.	Mazurka (R or L)	

FREESKATE 2 A

A.	Basic forward change of edge (in figure 8)	
B.	Forward inside spiral (L & R, 3 sec)	
C.	Spread eagle (L & R)	
D.	Waltz 3's (3 sequences)	
E.	Backward inside pivot (1-2 revs without stopping)	

FREESKATE 2 B

A.	Forward cross leg spin (3 revs)	
B.	Backward outside pivot (1-2 revs without stopping)	
C.	Salchow jump	
D.	Half flip jump	
E.	Half lutz jump	

FREESKATE 3 A

A.	Basic backward outside consecutive edges	
B.	Basic backward inside consecutive edges	
C.	Backward outside spiral (L & R, 3 sec)	
D.	Backward outside 3 turns (L & R)	
E.	Backward inside 3 turns (L & R)	

FREESKATE 3 B

A.	Back spin - cross leg position (3 revs)	
B.	Sit spin (3 revs)	
C.	Toe loop jump	
D.	Forward power 3's (3 each foot)	
E.	Advanced forward stroking (figure 8)	

FREESKATE 4 A

A.	Forward outside cross rolls (4-6)	
B.	Backward inside spirals (3 sec)	
C.	5 Step mohawk pattern	
D.	Advanced backward stroking (figure 8)	
E.	Inside in a bauer's (L & R)	

FREESKATE 4 B

A.	Camel spin (3 revs)	
B.	Change of foot upright spin (3 revs each foot - foot crossed on each spin)	
C.	Loop jump	
D.	Waltz + loop jump combination	
E.	Flip jump or Lutz jump	