

Aussie Skate Curriculum

Levels 1 - 10

After completing Levels 1-10, continue to Freeski Levels 1-4

Age 3-5 Years Start Here:

Tiny Tots 1
Standing unassisted for 5 seconds
Dip in place
Falling and recovery
Forward marching (8-10 steps)
Forward glide (1 metre)
Backwards wiggles (6-8)
Balance on 1 foot on the spot unassisted (1 sec hold)
Tiny Tots 2
Dip while moving
Forward swizzles (3-5)
Jump on the spot
2 foot glide on a curve (1 metre)
Rocking horse (1x)
Tiny Tots 3
Forward 1 foot glide (1 metre)
Forwards swizzles (6-8)
Backwards swizzles (6-8)
Snowplow stop standing still
Backwards marching (8-10 steps)
Marching in a circle

To Youth Aussie Skate 3/4 after Tots 3

Youth & Adults Start Here:

Aussie Skate 1
Stand unassisted (5 seconds)
Dip in place
Falling and recovery
Forward marching (8-10 steps)
Forward 2 foot glide
Forwards swizzles (6-8 in a row)
Backwards wiggles (6-8 in a row)
Rocking horse (3x)
One foot glide (2 second hold)
OPTIONAL: Forward dip while moving
Aussie Skate 2
Dip while moving
Backwards swizzles (6-8 in a row)
Forward 2 foot glide on a curve (L&R)
Moving snowplow stop
Forward 1/2 swizzle pumps on a straight line (6-8 in a row)
2 foot turn standing still
Jump on the spot
Marching in a circle
Backwards marching (8-10 steps)
OPTIONAL: 2 foot hop whilst gliding
OPTIONAL: 2 foot spin (1 rev)

Aussie Skate 3

Forward slalom (6-8 in a row)
 Forward 1 foot glide (1 metre, L&R)
 Forward 1/2 swizzle pumps on a circle (clockwise and anticlockwise)
 OPTIONAL: Forward stroking

Aussie Skate 4

Backwards 1 foot glide (1 metre, L&R)
 Forward stroking
 Forward 1/2 swizzle pumps on a straight line (6-8 in a row)
 Two foot spin (2 revs)
 OPTIONAL: Forward chasses on a circle (L&R)

Aussie Skate 5

Forward outside edge (L&R)
 Forward inside edge (L&R)
 Forward crossovers (clockwise and anticlockwise)
 2 foot turn forwards to backwards (clockwise and anticlockwise)

Aussie Skate 6

Backwards stroking
 Backwards slalom (6-8 in a row)
 Backwards 1/2 swizzle pumps on a circle (clockwise and anticlockwise)
 2 foot turn backwards to forwards (clockwise and anticlockwise)
 REVISION: Forward crossovers (clockwise and anticlockwise)

Aussie Skate 7

Backwards outside edge (L&R)
 Backwards inside edge (L&R)
 Backwards crossovers (clockwise and anticlockwise)
 Forward outside 3 turn (L&R)
 OPTIONAL: 2 foot spin (3 revs)

Aussie Skate 8

Forward inside 3 turn (L&R)
 Forward inside open mohawk (L&R)
 REVISION: Forward crossovers (clockwise and anticlockwise)

Aussie Skate 9

Forward inside circle stroking (clockwise and anticlockwise)
 Forward outside circle stroking (clockwise and anticlockwise)
 T-stops (R&L)
 REVISION: Forward stroking

Aussie Skate 10

Forward inside pivots (L&R)
 Tap toe jump
 Bunny hop (L&R)
 REVISION: Forward stroking

Aussie Skate Curriculum

Freestyle 1 - 4

Freestyle levels are AFTER completing Levels 1 - 10

Freestyle 1 A

Rink stroking
Lunge (L&R)
Forward attitude (L&R)
Forward outside spirals (L&R)
Forward consecutive edges (L&R, outside and inside)

Freestyle 1 B

1 foot spin (3 revs, correct entry & exit)
Waltz jump (correct entry & exit)
Ballet jump (L or R)
Mazurka (L or R)

Freestyle 3 A

Forward figure-8 crossover pattern
Forward power 3 turns (L&R)
Backwards outside 3 turns (L&R)
Backwards inside 3 turns (L&R)
Backwards outside spirals (L&R)
Backwards consecutive edges (L&R, outside and inside)

Freestyle 3 B

Backspin (3 revs)
Sit spin (3 revs)
Toe loop jump

Freestyle 2 A

Backwards outside pivot (L&R)
Backwards inside pivot (L&R)
Spread eagle (both directions)
Waltz 3's (both directions)
Change of edge (LFO -> LFI / RFO -> RFI in a figure 8, repeat for each edge)
Forward inside spirals (L&R)

Freestyle 2 B

Half flip
Half lutz
Salchow
Cross leg spin (3 revs)

Freestyle 4 A

Backwards figure-8 crossover pattern
Forward cross rolls
5 step mohawk pattern
Ina Bauer (L&R)
Backwards inside spirals (L&R)

Freestyle 4 B

Camel spin (3 revs)
Change foot upright spin (3 revs per foot)
Toe loop
Waltz / loop jump combination
Flip or lutz