

Aussie Skate Curriculum

Tots 1-3 & Youth / Adults Levels 1-10

Note: Freeskate Levels are AFTER completing Levels 1 - 10

Tots 1

KIDS 5-7 years Start Here

Stand unassisted for 5 seconds
Dip in place
Correct way to fall and get up
March forward across the ice (8-10 steps)
March, then glide on 2 feet (1 metre)
Backward Wiggles (6 in a row 8)
Balance on 1 foot, the on spot for 1 second (L & R feet)

Tots 2

Dip while moving
Forward Swizzles (3-5 in a row)
2-foot hop in place / jump on the spot
Forward 2-foot glide on a curve (R & L)
Rocking Horse

Tots 3

T Position and Push (R & L)
Forward 1-foot glide (R & L) 1 metre
Forward Swizzles (6-8 in a row)
Backward Swizzles (6-8 in a row)
Snow Plow Stop with a skid, standing still
Marching in a circle, on the spot
Backward Marching (8-10 steps)

AFTER Tots 3: MOVE TO LEVEL 3/4

No minimum age requirement after passing Tots 3

Level 1/2

YOUTH (8-15 yrs) and ADULT (16+ yrs) Start Here

Stand unassisted (5 seconds)
Dip in place
Correct way to fall and get up
March forward across the ice (8-10 steps)
Forward 2-foot glide
1 Forward Swizzles (6-8 in a row)
Backward Wiggles (6-8 in a row)
Rocking Horse (x 3)
Snow Plow Stop with a skid, standing still
1-foot glide (2 seconds)
Optional Skill: Forward Dip while moving

Dip while moving
Backward Swizzles (6-8 in a row)
Forward 2-foot Glide on a curve (R & L)
Moving Snowplough Stop
2 Forward alternating 1/2 swizzle pumps in a straight line (R & L)
2-foot Turn from forward to backward standing still (R & L)
2-foot hop in place / jump on the spot
Marching in a circle, on the spot
Backward Marching (8-10 steps)
Optional Skill: 2-foot hop while gliding forward
Optional Skill: 2-foot spin (1 rev)

Level 3/4

3 Forward Slalom (6-8 in a row)
Forward 1-foot glide (R & L), 1 metre
Forward 1/2 swizzle pumps on a circle (CW & ACW)
Optional Skill: Commence Forward Stroking

4 Backward 1-foot glide (R & L), 1 metre
Forward Stroking, showing correct use of blade
Backward alternating 1/2 swizzle pumps, in a straight line
2-foot Spin (2 revs)
Optional Skill: Forward Chasses on a circle (R & L)

Level 5/6

5 Forward Outside Edge on a semi-circle (R & L)
Forward Inside Edge on a semi-circle (R & L)
Forward Crossovers (CW & ACW)
2-foot turn from forward to backward (CW & ACW)

6 Backward Stroking
Backward Slalom
Backward 1/2 swizzle pumps on a circle (6 in a row) CW & ACW
2-foot from backward to forward (CW & ACW)
Revision Skill: Forward Crossovers (CW & ACW)

Level 7/8

7 Backward Outside Edge on a circle (R & L)
Backward Inside Edge on a circle (R & L)
Backward Crossovers (CW & ACW)
Forward Outside 3-turn on a semi-circle
Optional Skill: 2-foot spin with correct entry & exit (3 rev)

8 Forward Inside 3-turn on a semi-circle
Forward Inside Open Mohawk (R to L and L to R)
Revision Skill: Forward Crossovers (CW & ACW)

Level 9/10

9 Forward Outside circle stroking (CW & ACW)
Forward Inside circle stroking (CW & ACW)
T-Stop (R & L)
Revision Skill: Forward Stroking, showing correct use of blade

10 Forward Inside Pivots (R & L)
Tap Toe Jump (R & L)
Bunny Hop (R & L)
2-Foot Spin (correct entry & exit with 3 Revs)
Revision Skill: Forward Stroking, showing correct use of blade

AFTER Level 9/10: Move to Freeskate 1

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Freestyle Levels

Complete Levels 1-10 BEFORE enrolling into Freestyle

Freestyle 1

A	Rink Stroking
	Lunge (L&R)
	Forward Attitude (R & L)
	Forward Outside Spirals (R & L)
	Basic Forward Outside Consecutive Edges
B	1-foot Spin (correct entry and exit; 3 rotations)
	Waltz Jump
	Ballet Jump (R or L)
	Mazurka (R or L)

Freestyle 2

A	Backward Outside Pivot (R & L)
	Backward Inside Pivot (R & L)
	Spread Eagle (CW & ACW)
	Waltz 3's (both directions)
	Basic Fwd Change of Edge - Consecutive pattern beginning R & L
	Forward Inside Spirals (R & L)
B	Half Flip Jump (Split jump without the split)
	Half Lutz Jump
	Salchow Jump
	Forward Cross Leg Spin - Upright Scratch Spin (3 revs)

Freestyle 3

A	Advanced Forward Stroking (fwd crossovers in a figure 8 pattern)
	Forward Power 3-turns (R & L)
	Backward Outside 3-turn (R & L)
	Backward Inside 3-turn (R & L)
	Backward Outside Consecutive Edges
	Basic Backward Inside Consecutive Edges
	Backward Outside Spirals (R & L)
B	Backspin with free foot in crossed-leg position (minimum 3 revs)
	Sit Spin (minimum 3 revolutions)
	Toe Loop Jump

Freestyle 4

A	Advanced Backward Stroking (bkwd crossovers in a figure 8 pattern)
	Forward Outside Cross Rolls (4-6 consecutive alternating feet)
	5-Step Mohawk Pattern
	Ina Bauer (R & L)
	Backward Inside Spirals (R & L)
B	Camel Spin (minimum 3 revs)
	Change foot upright spin (3 revs per foot)
	Toe Loop Jump
	Waltz / Loop Jump combination
	Flip Jump or Lutz Jump