

Aussie Skate Curriculum

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

Note: Free Skate Levels are AFTER completing Levels 1 - 10

Tots 1

Kids 5-7 years Start Here

Stand unassisted (5 sec)
Dip in place
Fall & Get Up (correctly)
March forward (8-10 steps)
March then Glide on 2 Feet (1 metre)
Backward Wiggles (6-8)
Balance on 1 Foot, on the spot, for 1 second (R & L)

Tots 2

Dip while moving
Forward Swizzles (3-5 in a row)
2 Foot Hop/Jump on the spot
Forward 2 Foot Glide on a curve (1 metre)
Rocking Horse (x 1)

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)
Backward 2 Foot Glide
Snowplow Stop, standing still
Backward Marching (8-10 steps)
Marching in a Circle, on the spot

AFTER Tots 3: MOVE TO LEVEL 3+4

There is no age minimum requirement after successfully passing Tots 3

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)

4	Forward Stroking, with correct use of blade
	Backward alternating 1/2 Swizzle Pumps, in a straight line
	2 Foot Spin (2 revs)
Forward Chasse on a circle (R & L)	

Level 7+8

7	Backward Outside Edges on a circle (R & L)
	Backward Inside Edges on a circle (R & L)
	Backward Crossovers (CW & ACW)
	Forward Outside 3-Turn on a semi-circle (R & L)
	<i>Optional Skill: 2 Foot Spin (3 revs)</i>

8	Forward Inside 3-turn on a semi-circle (R & L)
	Forward Inside Open Mohawk on a semi-circle (R & L)
	Fwd Crossover Exercise: 2 Chasses/2 Crossovers/2 Chasses. Repeat, both directions
	<i>Revision Skill: Forward Crossovers (CW & ACW)</i>

Level 1+2

Youth (Ages 8-15) & Adult (Ages 16+) Start Here

1	Stand unassisted (5 seconds)
	Dip in place
	Fall & Get Up (correctly)
	March forward across the ice (8-10 steps)
	Forward 2 Foot Glide
	Forward Swizzles (6-8 in a row)
	Backward Wiggles (6-8 in a row)
	Rocking Horse (x 3)
	Snowplow Stop, standing still
	Forward 1 Foot Glide (2 seconds) (R & L)

2	Dip while moving
	Backward Swizzles (6-8 in a row)
	Forward 2 Foot Glide on a curve (R & L)
	Moving Snowplow Stop
	Forward alternating 1/2 Swizzle Pumps, in a straight line (6-8)
	2 Foot Turn, Fwd to Bwd, standing still (R & L)
	2 Foot Hop/Jump on the spot
	Marching in a circle, on the spot
	Backward Marching (8-10 steps)
	Backward 2 Foot Glide
T Position and Push (R & L)	
<i>Optional Skill: 2 Foot Hop while Gliding Forward</i>	
<i>Optional Skill: 2 Foot Spin (1 Rev)</i>	

Level 5+6

5	Forward Outside Edges on a circle (R & L)
	Forward Inside Edges on a circle (R & L)
	Forward Crossovers (CW & ACW)
	2 Foot Turn, Forward to Backward (CW & ACW)

6	Backward Stroking
	Backward Slalom
	Backward 1/2 Swizzle Pumps on a circle (6-8) (CW & ACW)
	2 Foot Turn, Backward to Forward (CW & ACW)
Backward 1 Foot Glide (R & L)	

Level 9+10

9	Forward Outside Circle Stroking (CW & ACW)
	Forward Inside Circle Stroking (CW & ACW)
	T-Stops (R & L)
	Landing Position (for jumps) (R & L)

10	Forward Inside Pivots (R & L)
	Tap-Toe Jump (R & L)
	Bunny Hop (R & L)
	2-Foot Spin (Correct Entry & Exit) (3 revs)
	<i>Revision Skill: Forward Stroking with correct use of blade</i>

**** AFTER LEVEL 10: MOVE TO FREE SKATE 1 ****

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Free Skate Levels

Complete Levels 1-10 BEFORE enrolling in Free Skate

Free Skate 1

A	Basic Forward Outside Consecutive Edges
	Basic Forward Inside Consecutive Edges
	Forward Outside Spiral (R & L) (3 seconds)
	Forward Attitude (R & L)
	Lunge (R & L)
	Rink Stroking (Fwd & Bwd, 2 laps) OR Fwd & Bwd Crossovers
Back Outside Pivot	

B	1 Foot Spin (Correct Entry & Exit) (3 revs)
	Waltz Jump - From Back Crossover Entry
	Ballet Jump (R & L)
	Mazurka (R or L)

Free Skate 2

A	Basic Forward Change of Edge (in figure 8)
	Forward Inside Spiral (R & L) (3 seconds)
	Spread Eagle (R & L)
	Waltz 3's (3 sequences)
	Back Inside Pivot (1-2 revs without stopping)

B	Forward Cross Leg Spin (3 revs)
	Back Outside Pivot (1-2 revs without stopping)
	Salchow Jump
	Half Flip Jump
Half Lutz Jump	

Free Skate 3

A	Basic Back Outside Consecutive Edges
	Basic Back Inside Consecutive Edges
	Back Outside Spiral (R & L) (3 second)
	Back Outside 3-Turn (R & L)
	Back Inside 3-Turn (R & L)

B	Back Spin - Cross Leg Position (3 revs)
	Sit Spin (3 revs)
	Top Loop Jump
	Forward Power 3's (3 each foot)
	Advanced Forward Stroking (figure 8)

Free Skate 4

A	Forward Outside Cross Rolls (4-6)
	Back Inside Spiral (R & L) (3 seconds)
	5-Step Mohawk Pattern
	Advanced Backward Stroking (R & L)
	Inside Ina Bauers (R & L)

B	Camel Spin (3 revs)
	Change of Foot Upright Spin (3 revs each foot. Foot crossed on each spin)
	Loop Jump
	Waltz Jump / Loop Jump combination
	Flip Jump or Lutz Jump