

## SK8R Girl Try-IT



**Brownies:** Complete at least 4 activities including 1 "Take Action" activity.

Categories of activities are:

**Discover:** Acquire new skills while building your knowledge of a specific topic.

**Connect:** Practice your newfound skills and knowledge. Many of these activities engage you in exploring a career path that might potentially interest or benefit you in the future.

**Take Action:** Really shine by demonstrating your new skills and knowledge in a leadership role. Many of these activities ask you to develop and plan a sharing project in your community.

### Discover

- Skating uses lots of major muscles. Be ready by warming up with stretches – be sure to include your quadriceps, hamstrings, adductor group, calf muscles and upper body. Remember to cool down at the end of your skating session.
- Safety is always important – what does Girl Scout's *Safetywise* tell you about roller and in-line skating?
  - o Helmets, gloves, knee-elbow-and-wrist pads are some skating safety equipment. Why would each be helpful?
- Learn basic skating skills, such as forward skate, stopping and left and right turn/corner/reverse skate.
- Play some skating games, such as Red Light/Green Light, 5 Circles, Limbo, Wipe Out, Backwards Only, Hokey Pokey, The Chicken Dance, Shoot the Duck, Rollerball, Air ball, Snowball, Advanced Couples and (Crazy) Trios. Which basic, advanced or safety skills do they help you practice?

### Connect

- Roller skates (quad) vs. roller blades (inline): what are the similarities and differences? Try out each - which is right for you?
- Roller rinks are great for skating indoors. But you can skate outdoors too. How is it the same, or different to skate indoors vs. outdoors? Try them both. Do you have a preference?
- Melanie Safka sang the song Brand New Key in 1971 (check her out on YouTube at <http://www.youtube.com/watch?v=Vr9rtQbijR8>) The lyrics include: "Well, I got a brand new pair of roller skates...You got a brand new key...I think that we should get together and try them out you see" Why did roller skaters need a key?
- Another line in that song says: I ride my bike, I roller skate don't drive no car...Don't go too fast, but I go pretty far...For somebody who don't drive...I been all around the world...Some people say, I done all right for a girl." Time yourself as you go around the rink – how long did it take you? How many times will you go around if you skate one hour non-stop? Can you do it?

### Take Action

- Being safe while skating is important. Develop safety tips for skaters – put them into a booklet, a poster or a video. Share them with others.
- Host a skating party for boys and girls who might not get to go to a roller rink (your local domestic violence shelter, homeless shelter, foster care service or other youth group could help.)
- Skating requires lots of energy. Hold a skating event that has a donation of a healthy food as part of the admission. Donate all the food collected to your local food pantry.
- Volunteer to help at your local roller rink.