

SK8R Girl Badge

Juniors: Complete at least 6 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.
- Learn advanced skating skills, such as backward skate, skate to a beat, and scissors.
- 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?
- Check out the mechanics of skates. How do they work? What are all of the parts and pieces? What makes one pair different from another? How can you best care for skates if you own your own?

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?
- What about roller skating online? Try playing *Beautiful Street Roller Skating* at <http://www.bluegreengrass.com/small-game/Scooter/Beautiful-street-Roller-Skating.htm>
- 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?
- Skating is great exercise. On average, an hour of skating burns about 350 calories. If a pound of fat contains 3500 calories, how long would you have to skate to lose one pound? Or – how long would you have to skate in order to burn up the calories from your favorite concession food: a slice of pepperoni pizza (about 350calories), a soft pretzel (about 250 calories), a plate of nacho chips and cheese (about 580 calories), a medium soda (about 210 calories).

Take Action

- Skating to music can be fun and help you keep up the pace. Create a playlist of songs for a one hour skating session – be sure to include some for faster and for slower skating.
- 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.
- Help younger Girl Scouts earn their SK8R Girl level award.
- 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.