

SK8R Girl Interest Project Patch

Cadettes, Seniors, and Ambassadors:

Complete at least 7 activities including 2 Skills Builders,
1 Technology, 1 Service Projects and 1 Career Exploration

Activities fit the GSUSA categories of:

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.



Skills Builders

- 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?
- 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?
- 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).

Technology

- There's more than one way to roller skate. Find out about Derby, Jam, Vertical, Rink, Dance and Quadline skating. Check out video of each type at <http://www.rollerskates.org/>
- Find out about the history of skating, and what's happening now. Try looking at these websites for information:
 - o <http://usarollersports.org/>
 - o <http://www.rollerskating.org/>
 - o <http://www.rollerskatingtoday.com/>
- What about roller skating online? Try playing *Beautiful Street Roller Skating* at <http://www.bluegreengrass.com/small-game/Scooter/Beautiful-street-Roller-Skating.htm>
- Roller skating has been in the movies since Charlie Chaplin performed in The Rink in 1916. Watch a skating movie (some to check out include: *The Rink*(1916), *Shall We Dance* (1937), *The Fireball*, *Monkey Business*(1952), *It's Always Fair Weather*(1955), *Roller Derby Documentary*, *Addams Family Roller Derby*, *The Shaggy D.A.*, *Roller Derby Documentary 1979 The Warriors*, *Skatetown U.S.A.*, *Xanadu*, *Finders Keepers*, *Wheels on Meals*, *Fast Forward*, *Solarbabies*, *Roller Derby Mania*, *Roller Derby Documentary*, *Airborne*, *Brink*, *Dogma*, *Rollerball*, *Roll Bounce*.) What did you think – could you skate like that?

Service Projects

- 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.

Career Exploration

- Watch some skating professionals or racers. What tips and tricks can they share with you?
- It takes more than opening the doors and turning on the lights to run a successful roller rink. Take a tour of a roller rink and find out about how they operate, including: event planning, concessions, staffing, jobs, advertising, flooring and equipment, purchasing, rules and regulations, professional organizations.
- How could you turn your love of roller skating into a career? What kind of jobs are out there for roller skaters? Find out about two possibilities – what will you have to do to pursue them?