



“Skateboarding in School”

Presented by

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~ Why bring skateboarding into your school?

Research shows that only 10% of students are natural athletes that enjoy a physically competitive environment. The New P.E. caters to the other 90% by providing alternative, individual and non-competitive activities such as skateboarding. (www.skatepass.com)

~ What are the benefits of skateboarding?

- Increased self-esteem
- Core-stability strengthening
- Non-competitive
- Individual creative expression
- Cooperation/Friendship building
- Improved balance/coordination
- Individualized success
- Motivating and fun
- Increased student fitness level
- Lifetime activity

~ How do I teach skateboarding in my P.E. classes?

Skate Pass, a Colorado based company, has designed an approved 3-part curriculum. It starts with the Beginning Curriculum, which leads up to the Intermediate and Advanced curriculums. The customized Skate Pass skateboards are the only boards made specifically for gym floors, and include extra soft bushings to make it easy for young riders to ride and carve.

**Beginning Curriculum
The Skate Pass 5-Step System**

Step 1: Safety (Pads On, Falling, Find Stance, Board Control)

Step 2: Pushing (Front Foot Placement, Start/Stop Techniques)

Step 3: Riding (Back Foot Placement, Front Foot Turning)

Step 4: Grabbing (Frontside Grab, Backside Grab)

Step 5: Carving (Toe/Heel Side Carving, Grab While Carving)

