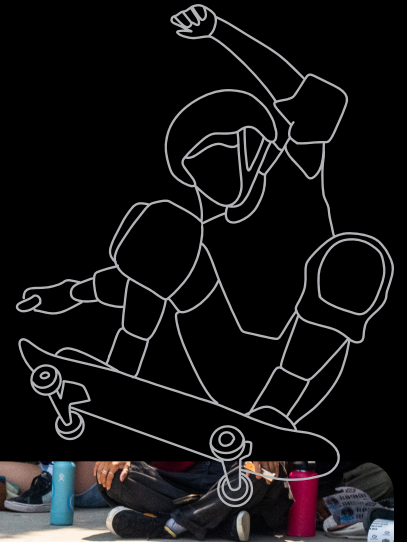


WE'RE PUSHING

EXPANDED LESSON PLAN



Skill Set 4

Turning, Carving, Pumping and Direction

Mini Lesson



Skill Set 4: Turning, Carving, Pumping and Direction

Overview

This lesson covers the two methods of turning on a skateboard: carving (leaning) and kickturns. We break them down individually and then combine all the skills we've learned, in order to have more freedom of movement at the skatepark.

Carving is the word we use for leaning on your toes or heels, putting pressure to the left or right edge of the board, making you and the board turn in an arc. This requires a) proper foot position, covered in Lesson 1, b) a proper skateboard, and c) properly adjusted trucks.

A kickturn is when you place your back foot on the tail of the skateboard, lift your front foot, and use the front foot to change the direction of your skateboard. This method is quicker than carving and also works when stationary. It is one of the first skills where the idea of upper and lower body connection comes into play. A kickturn can be done with the lower body alone, but while in motion, the upper body should lead the movement with the legs and feet following.

Key Outcomes	Inclusive Adaptations
<i>Teaching participants the mechanics of turning on a skateboard, developing board control when changing direction</i>	<i>Adjust activities and materials for students with mobility, auditory, or visual limitations.</i>
Prerequisite Knowledge, Skills, and Attitude	Anticipatory Set (Pre Learning)
<i>Basic understanding of English language, comfortable speaking to peers, understanding challenges, fundamental skateboard skills and physical capacity, ability to push, ride, and stop comfortably.</i>	<i>Gather participants and preview the lesson, discuss outline, time frame and review behavioural expectations (participation and safety).</i>

	Time	Teaching Strategy	Student Activity	Materials / Resources
Introduction	10 Mins	<i>Display an image or video of a skateboarder turning comfortably with speed. Ask students "What do you notice? (body stance, foot placement, weight distribution). Ask questions: How long does it take to learn to ride? What</i>	<i>Ask participants to raise hands to share, or speak directly if it's a small group. If appropriate, ask each participant for their opinion..</i>	<i>Notebook to record responses</i>

		are some barriers we might face? Explain the content of the lesson.		
5-10 Min WARM-UP (USE R.A.M.P. BASED ACTIVITY)				
Activity Sequence May involve Presentation, Explanation, Guided Practice, Independent Practice and Assessment OR Approaching, Encountering, Noticing, Applying, Internalizing, Personalizing, Transforming, Assessing.	10 Min	Getting Started Before standing on the skateboard, it's helpful to practice some of the movements with feet on the ground. Start by showing participants more exaggerated movements and then refine and try for more subtlety.	Participants will work through the following movement sequences: Deep squats —standing with feet in “rectangle position”, bend knees while keeping spine as upright as possible. Try coming up slowly at first, then springing up, then jumping up. From a deep squat, spring up and lift one foot up high, bringing the knee up, opposite foot on the ground. Squat back down, come back up, and repeat with the other leg. Go back and forth. In a “rectangle position”, Rock back and forth from toes to heels. Try experimenting with how far forward you can lean without tipping over. Same thing with leaning backwards.	Skateboard Helmet Pads Optional Goodpush Skate Games CS Skate Games
	15 Mins	Carving Demonstrate, explain, and attempt carving. First stationary while on the skateboard, then while rolling. After ensuring that each participant can push, adjust their feet correctly, roll, and change foot position to properly stop, ask them to try carving. The concept is simple enough that no more instruction is necessary, but there are some potential challenges.	Participants will mirror the movements and body position of the mentor and practice carving.	Skateboard Helmet Pads Optional

		<p><i>Assuming the skater can ride comfortably, they still might face difficulty if their trucks are too tight or they don't have a properly functioning skateboard. Instructors should also check if the participants are keeping their shoulders parallel with their board.</i></p> <p><i>It is useful to mention this to the entire group, even if they're doing it correctly—shoulders perpendicular to the board will inhibit proper carving.</i></p>		
	20 Mins	<p>Kickturns <i>With weight in the neutral zone, model how skaters will lift their front foot and knee, enough to raise the front wheels a little off the ground and put them back down immediately.</i></p> <p><i>Have them do three quick raises and drops in a row (like knocking on a door with the wheels: knock knock knock).</i> <i>The upper body should stay upright, not tilting in any direction. They can experiment with how high they lift. We want to aim for front wheels no more than 6 inches off the ground.</i></p> <p><i>Now have them attempt using their front foot to "tell" their board where to go. Start with small steps. It's helpful to look at the spot you want to land, so for a backside kickturn, look on the toe side of the front foot. For frontside, look behind the heel. Have them try small, repeated backside turns until they go all the way around, 360 degrees. If they accomplish this, let them try frontside. This should all be stationary for now; you can use flat ground or even a clean, dry, grassy area where the wheels won't roll.</i> <i>It's okay to stop here, but if your participants are ready to try kickturns while moving, have them start rolling slowly at first. Emphasize that correct foot position is key to making this</i></p>	<p><i>Participants will work through the movement sequence modeled by the mentor.</i></p>	<p><i>Pylons, Helmets, Tape, or Chalk</i></p> <p><i>Skateboard</i></p> <p><i>Helmet</i></p> <p><i>Pads Optional</i></p> <p><i>Goodpush Skate Games</i></p> <p><i>CS Skate Games</i></p>

		<p><i>work—if their foot isn't on the tail, it will be much harder or not even possible.</i></p> <p><i>Tic Tacks (kickturning back and forth) can be fun to try at this stage. When they're ready to increase rolling speed, point out that now it will be necessary to start leaning their weight either toe-side or heel-side, like a carve, when they're about to kickturn (think of riding a bike— you wouldn't go fast and then abruptly turn the handlebars while your momentum is still going straight forward). Incorporating the mechanics carving into kickturning is how we master this skill.</i></p> <p><i>You can set up pylons or helmets to create a little obstacle course to kickturn around, or have them turn at a given location in the park.</i></p> <p>Suggested Games: "Tick Tack Racing" "Obstacle Course" "Follow the Leader"</p>		
10-30 Mins FREE SKATE TO REINFORCE NEW SKILLS AND PROMOTE SELF-EXPLORATION				
Cool Down / Debrief	5 Min	<p><i>Bring all participants together for closure of the lesson/activity. Bring attention to new things they learned (brief recap). Use the following questions to guide reflection and discussion:</i></p> <p><i>What was the experience like?</i> <i>What went well?</i> <i>What was the most challenging?</i> <i>Has your perception of being at the skatepark changed? If so, how?</i> <i>What do you want to work on next?</i> <i>What can you do between now and the next lesson to improve?</i></p>	<p><i>Participants will share their experience with the group, discuss their strengths and where they would like to improve along with goals/challenges for the future.</i></p>	

		<p><i>Questions could likely be improved/targeted more.</i></p> <p><i>End discussion by celebrating and complimenting the group on what went well/their accomplishments. Invite the group to challenge themselves where needed. Preview what skills will be covered in the next lesson.</i></p>		
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