

# I AM SKATING:

## FUNDAMENTALS (6-8 YEARS OF AGE)

STAGE



### PHYSICAL

1. I am participating in a variety of sports and physical activities.
2. Through indoor and outdoor active play, I am building my strength with a focus on climbing and hanging activities.
3. Through indoor and outdoor active play, I am developing my flexibility with a focus on stretching and reaching activities.
4. I have started doing on-ice and off-ice movements showing many different speeds and moving in all possible directions.

### PSYCHOLOGICAL

1. I am a member of a team; that means learning to work well with others and that my actions impact others.
2. I am learning to make different choices in practices and games.
3. I am learning positive self-talk to describe my skills and athletic ability.
4. I am contributing to making decisions with my teammates.
5. My focus for key parts of a practice or game is improving.
6. I have started to set my own personal goals with guidance from my parents and coach.

### TECHNICAL/TACTICAL/STRATEGIC

1. My ready position and athletic stance is improving.
2. I am learning to balance on one foot while feeling the edges of my skates.
3. I have started learning more dynamic skating techniques.
4. I am learning a variety of ways to shoot the ring.
5. I have started to check: 1 on 1.
6. I see the entire playing surface, know where the ring is and the direction of play.
7. I am learning basic defensive tactics.
8. I have started learning basic team tactics.
9. I have started to learn all positions, including goalie.

## LIFE SKILLS

1. My confidence in my athletic abilities is growing.
2. I am taking turns being the leader or follower on my team.
3. I am learning that failure is my “first attempt in learning” (F.A.I.L.).
4. I can describe the reasons for some rules of the game.
5. I am learning to ask my coach or instructor for help when I am confused or having trouble.
6. I am learning that drinking water at practice or during games and eating healthy food makes me a better athlete.

## ETHICAL LITERACY

- KEEP IT FUN:** My team focuses on the FUN in Fundamentals!
- GO FOR IT:** When I do my best, things will not always go the way I want -- I am learning from these experiences!
- PLAY FAIR:** I am responsible for my own equipment when I participate in Ringette.
- RESPECT OTHERS:** I always pick up my trash and my things after I finish playing.
- STAY HEALTHY:** I get enough sleep every night.
- INCLUDE EVERYONE:** My teammates and I create fun ways to welcome new athletes and their families to the team.
- GIVE BACK:** My teammates and I set up and take down equipment before and after practice or competitions.