

SNOWPLOW SAM

Discover, Learn and Play

The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children six and younger develop the ABCs of movement: agility, balance, coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

Off-ice orientation prior to the first skating class:

Equipment check: Proper fit and lacing of skates, appropriate attire and safety helmets.

Practice falling and recovery, marching in place, dips and one-foot balances.



| SNOWPLOW SAM 1 | |
|----------------|---|
| A | Sit and stand up with skates on (off-ice) |
| B | Sit and stand up (on-ice) |
| C | March in place |
| D | March forward (8-10 steps) |
| E | March, then glide on two feet |
| F | Dip in place |



| SNOWPLOW SAM 2 | |
|----------------|---|
| A | March followed by a long glide |
| B | Dip while moving |
| C | Backward walking, toes turned inward, shifting weight (4-6 steps) |
| D | Backward wiggles (6 in a row) |
| E | Forward swizzles (2-3 in a row) |
| F | Beginning snowplow stop motion, in place or holding onto barrier |
| G | Two-foot hop, in place (optional) |



| SNOWPLOW SAM 3 | |
|----------------|--|
| A | Forward skating (8-10 steps) |
| B | Forward one-foot glide, one time skater's height (R and L) |
| C | Forward swizzles (4-6 in a row) |
| D | Backward two-foot glide |
| E | Backward swizzles (2-3 in a row) |
| F | Moving forward snowplow stop (1 or 2 feet) |
| G | Curves |



| SNOWPLOW SAM 4 | |
|----------------|---|
| A | Forward skating |
| B | Advanced one-foot glide, two times skater's height |
| C | Backward swizzles (4-6 in a row) |
| D | Rocking horse - one forward, one backward swizzle, repeat twice |
| E | Two-foot turns in place - forward to backward (both directions) |
| F | Two-foot hop in place |

Based on the age and ability of the child after completion of Snowplow Sam 3, he/she can successfully advance to Basic 2 or Hockey 2, or progress to Snowplow Sam 4.