

ICE SKATING FOR SCHOOLS



OUR APPROACH TO PE

An educational approach is implemented through games and adjustment of the environment allowing the child to forget his/her apprehension of the ice.

After a discovery phase, the coach adjusts and modulates the session based on age and abilities.

The educational process principles are:

- **Let the pupil act.**
- **Encourage activity of exploring and testing (favouring a large amount of actions).**
- **Changing situations to diversify the motor skills using variables (space, time, equipment, partner, actions...).**

TRAINING CHALLENGES FOR THE PUPILS



MOTOR SKILLS

Challenging the usual behaviour

AFFECTIVELY

Controlling its emotions developing its autonomy

SOCIALLY

Act with other

COGNITIVELY

Know the activity
Know your body and respect it.

Problems to resolve

> BALANCE

> Learn of a new balancing structure through a narrow footprint (skate blade) on a frictionless medium.

> LOCOMOTION

> Building a propulsion (from walking to gliding).

> Mastering various trajectories (straight, curved).

> Creating backward movement

> CO-ORDINATION

> Segmental dissociation; look/supports dissociation.

> Impulsion/landing.

> Go from fear of falling to pleasure of gliding

> Accept to undertake risk (amplitude, speed).

> Acting without help.

> From practicing on its own to mutual assistance and co-operation.

> Know and use the equipment

> Structuring the notions of distance, of speed...

> Measuring risks (safety education)



ORGANISATION OF THE ACTIVITY



WELCOME
EDUCATIONAL TEAM
EQUIPMENT PROVIDED BY THE RINK
DRESS CODE
EDUCATIONAL EQUIPMENT USED
SCHEDULE OF SESSION

1. Welcome

The children are welcomed half an hour before the start of their session by the ice rink staff at the main entrance.

The children are brought to skate hire where they will find the safety equipment.

PROVIDED BY THE ICE RINK

Helmet

Skates

Wrist pads

Elbow pads

Knee pads

DRESS CODE

Ensure that children are wearing gloves and long socks.

Urge families on the need for appropriate clothing for this activity.

2. Educational Team

It is composed of the school teacher and MIR resident ice skating coaches.

Those coaches are registered with NISA (National Ice Skating Association), they are fully insured and qualified to teach children on the ice.

For one classroom, two coaches will be on the ice with the children.

The teacher has the choice of going on with his/her pupils or to stand by the side of the rink.

3. EDUCATIONAL EQUIPMENT USED

Hoops of different sizes and colours

Bridges

Sticks

Coloured cones

Balls

Pucks

Penguins (beginner aid)

The variety of this equipment provides the children with challenging and varied situations thus promoting their adaptability.

4. Schedule of Session

Wednesday and Friday mornings

10 to 11am

Subject to the rink programme other dates and times may be considered. please contact us for more information on the procedure.



THE SCHOOL VISITS ON OFFER AT MURRAYFIELD



1. NURSERY AND PRIMARY 1 OFFER

Due to the young age of the children, the coach ratio is 1 for 5 children, so up to 5 coaches will be on the ice depending on the classroom visiting.

The children will be taken to skate hire where they will get ready to experience ice skating in a 30 minutes group discovery session led by our resident coaches.

Price: £90 per classroom

2. PRIMARY 2 TO SECONDARY 3: DISCOVERY

After getting their skates and protective equipment on the children will experience:

- > a 30 minutes group tuition lead by MIR resident coaches, to give them the basic of skating through fun & games.
- > a 20 minutes skating session with music and disco light.

This offer is great for end of term outings.

Price: £75 per classroom

TIMES & PRICES

OF PUBLIC SESSIONS

MONDAY

2.00 till General Ad. £5.50
4.00pm Skating SH £1.80

4.30 till Tea Time Ad. £4.50
6.00pm Skating SH £1.50

WEDNESDAY

2.00 till General Ad. £5.50
4.00pm Skating SH £1.80

4.30 till Tea Time Ad. £4.50
6.00pm Skating SH £1.50

FRIDAY

2.00 till General Ad. £5.50
4.00pm Skating SH £1.80

4.30 till Tea Time Ad. £4.50
6.00pm Skating SH £1.50

7.30 till Disco Ad. £6.00
10.00pm Skating SH £1.80

SUNDAY

11.45am UK Learn Ad. £5.00
till 1.15pm to Skate SH £1.50

2.00 till General Ad. £5.50
4.00pm Skating SH £1.80

TUESDAY

2.00 till General Ad. £5.50
4.00pm Skating SH £1.80

THURSDAY

11.30am till Early Birb Ad. £4.00
12.30pm Session SH £1.00

** Do not run during school holidays**

2.00 till General Ad. £5.50
4.00pm Skating SH £1.80

7.00 till Leisure Ad. £5.00
9.00pm Skating SH £1.80

**HOCKEY SKATES
NOT ALLOWED
ON THIS SESSION**

SATURDAY

10.00 till Family Ad. £5.00
11.45am Skating SH £1.50

2.00 till General Ad. £5.50
4.00pm Skating SH £1.80

8.00 till Disco Ad. £5.50
10.00pm Skating SH £1.80

Ad. = Admission
SH = Skate Hire

FULL ICE ALL SESSIONS EXCEPT
on Wednesday Tea Time and Thursday Leisure Skating Coaches come off
a section on the ice during term time for Skating School group lesson



FOR MORE INFORMATION:

**Contact Mr Nicolas SALICIS
Duty Manager & School Co-ordinator
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Riversdale Crescent**

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Information

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