CanSkate Element Event: Report Card

Name: _____ **Date:** _____

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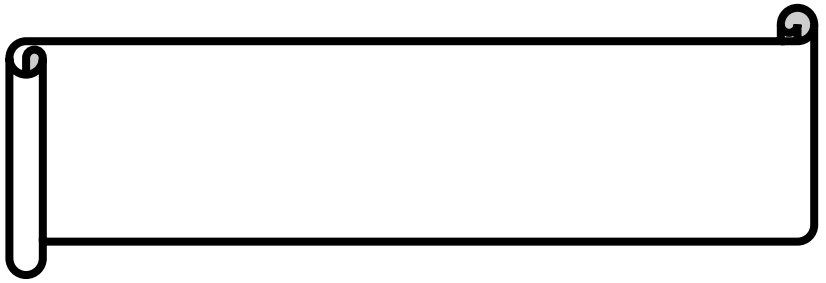
Stage 1 Elements	Element Description	Assessment Requirement		
		Bronze	**Silver**	**Gold**
Forward push/glide sequence (Balance)	The skater advances forward unassisted using a consecutive push/glide sequence (L/R/L/R/L/R).	☐	Solid technique, side of the blade, full length of ice, alternating feet. ☐	☐
Forward two-foot jump (Agility)	The skater pushes off the ice, using their arms, knees/ankles in an explosive manner so that both feet leave the ice.	☐	Both feet leave the ice. Minimal height is acceptable. ☐	☐
Backward two-foot skating/walking (Control)	The skater advances backward unassisted using a consecutive push/glide sequence (L/R/L/R/L/R)	☐	Transfer of weight is evident, and ½ the width of the ice is used. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 1 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level or higher.
BRONZE: Two elements at the Bronze level



CanSkate Element Event: Report Card

Name: _____ **Date:** _____

Stage 1 Elements	Element Description	Assessment Requirement		
		Bronze	**Silver**	**Gold**
Forward push/glide sequence (Balance)	The skater advances forward unassisted using a consecutive push/glide sequence (L/R/L/R/L/R).	☐	Solid technique, side of the blade, full length of ice, alternating feet. ☐	☐
Forward two-foot jump (Agility)	The skater pushes off the ice, using their arms, knees/ankles in an explosive manner so that both feet leave the ice.	☐	Both feet leave the ice. Minimal height is acceptable. ☐	☐
Backward two-foot skating/walking (Control)	The skater advances backward unassisted using a consecutive push/glide sequence (L/R/L/R/L/R)	☐	Transfer of weight is evident, and ½ the width of the ice is used. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 1 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level or higher.
BRONZE: Two elements at the Bronze level

CanSkate Element Event: Report Card

Name: _____ **Date:** _____

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Stage 2 Elements	Element Description	Assessment Requirement		
		Bronze	**Silver**	**Gold**
Forward two-foot sculling (Balance)	The skater bends their knees/ankles and bring their heels together. Toes face outward while pressure is applied downward initiating a forward motion as feet move outward.	☐	Six consecutive sculls (at maximum scull lobes are slightly wider than shoulder width). Some knee and ankle bend are evident. Sculls are equal in size. ☐	☐
Forward two-foot turn (Agility)	The skater initiates a two-foot glide, bends their knees/ankles and rotates their upper body and torso towards the inside of the curve or direction of turn desired.	☐	180° turn completed. Sustained glide on exit is not necessary. ☐	☐
Backward two-foot to one-foot glide (Control)	The skater initiates a glide on two feet, then transfers their weight to one foot and continues the glide. This may be performed on a straight line or a curve.	☐	Transfer of weight evident from two-foot glide to one-foot glide. Sustained glide not necessary. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 2 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level or higher.
BRONZE: Two elements at the Bronze level

CanSkate Element Event: Report Card

Name: _____ **Date:** _____

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Stage 2 Elements	Element Description	Assessment Requirement		
		Bronze	**Silver**	**Gold**
Forward two-foot sculling (Balance)	The skater bends their knees/ankles and bring their heels together. Toes face outward while pressure is applied downward initiating a forward motion as feet move outward.	☐	Six consecutive sculls (at maximum scull lobes are slightly wider than shoulder width). Some knee and ankle bend are evident. Sculls are equal in size. ☐	☐
Forward two-foot turn (Agility)	The skater initiates a two-foot glide, bends their knees/ankles and rotates their upper body and torso towards the inside of the curve or direction of turn desired.	☐	180° turn completed. Sustained glide on exit is not necessary. ☐	☐
Backward two-foot to one-foot glide (Control)	The skater initiates a glide on two feet, then transfers their weight to one foot and continues the glide. This may be performed on a straight line or a curve.	☐	Transfer of weight evident from two-foot glide to one-foot glide. Sustained glide not necessary. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 2 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level or higher.
BRONZE: Two elements at the Bronze level

CanSkate Element Event: Report Card

Name: _____ **Date:** _____

CanSkate

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Stage 3 Elements	Element Description	Assessment Requirement		
		Bronze	**Silver**	**Gold**
Backward two-foot sculling (Control)	The skater bends their knees/ankles and bring their toes together. Their heels face outward while pressure is applied downward initiating a backward motion as the feet move outward.	☐	Six consecutive sculls (at maximum scull lobes are at a minimum of shoulder width apart). Demonstrating knee and ankle bending to generate speed and flow. ☐	☐
Forward circle thrusts (Balance)	Using the side of the blade, the skater applies pressure to the outside foot to perform a push that extends behind the skater.	☐	Push off from side of blade. Circle size adequate for size and strength of skater. ☐	☐
Backward two-foot jump (Agility)	The skater pushes off the ice, using their arms, knees/ankles in an explosive manner so that both feet leave the ice.	☐	Sustained entry and exit glide. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 3 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level or higher.
BRONZE: Two elements at the Bronze level

CanSkate Element Event: Report Card

Name: _____ **Date:** _____

CanSkate

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Stage 3 Elements	Element Description	Assessment Requirement		
		Bronze	**Silver**	**Gold**
Backward two-foot sculling (Control)	The skater bends their knees/ankles and bring their toes together. Their heels face outward while pressure is applied downward initiating a backward motion as the feet move outward.	☐	Six consecutive sculls (at maximum scull lobes are at a minimum of shoulder width apart). Demonstrating knee and ankle bending to generate speed and flow. ☐	☐
Forward circle thrusts (Balance)	Using the side of the blade, the skater applies pressure to the outside foot to perform a push that extends behind the skater.	☐	Push off from side of blade. Circle size adequate for size and strength of skater. ☐	☐
Backward two-foot jump (Agility)	The skater pushes off the ice, using their arms, knees/ankles in an explosive manner so that both feet leave the ice.	☐	Sustained entry and exit glide. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 3 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level.
BRONZE: Two elements at the Bronze level

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CanSkate Element Event: Report Card

Name: _____ **Date:** _____

CanSkate

Stage 4 Elements	Element Description	Assessment Requirement		
		Bronze	Silver	Gold
Forward one-foot turn (Agility)	The skater initiates a forward one-foot glide bends their knees/ankles and rotates their upper body and torso towards the inside of the curve or direction of turn desired.	☐	Sustained entry and exit glide. Turns are performed on each foot. ☐	☐
Forward crosscuts (Balance)	The skater crosses the outside over inside foot establishing a short two-foot glide.	☐	One full circle is performed (with a minimum of 50% blade pushes). To be performed in each direction. ☐	☐
Backward circle thrusts or pumps (Control)	Using the side of the blade, the skater applies pressure to the inside edge of the outside foot and pushes outwards and forwards, maintaining weight on inside foot, and lifts the foot off the ice for thrusts, foot stays on the ice for pumps.	☐	Push off the side of the blade. Holding glide position for minimum one second. ☐	☐
Two-foot jump forwards to backwards and backwards to forwards (Agility)	Using the arms and knees/ankles, the skater jumps off the ice and rotates 180° landing backwards on two feet, repeat from backwards to forwards.	☐	One jump performed forward to backward and backward to forward. Sustained entry and exit glide. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 4 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level.
BRONZE: At least two elements at the Bronze level

CanSkate Element Event: Report Card

Name: _____ **Date:** _____

CanSkate

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Stage 4 Elements	Element Description	Assessment Requirement		
		Bronze	**Silver**	**Gold**
Forward one-foot turn (Agility)	The skater initiates a forward one-foot glide bends their knees/ankles and rotates their upper body and torso towards the inside of the curve or direction of turn desired.	☐	Sustained entry and exit glide. Turns are performed on each foot. ☐	☐
Forward crosscuts (Balance)	The skater crosses the outside over inside foot establishing a short two-foot glide.	☐	One full circle is performed (with a minimum of 50% blade pushes). To be performed in each direction. ☐	☐
Backward circle thrusts or pumps (Control)	Using the side of the blade, the skater applies pressure to the inside edge of the outside foot and pushes outwards and forwards, maintaining weight on inside foot, and lifts the foot off the ice for thrusts, foot stays on the ice for pumps.	☐	Push off the side of the blade. Holding glide position for minimum one second. ☐	☐
Two-foot jump forwards to backwards and backwards to forwards (Agility)	Using the arms and knees/ankles, the skater jumps off the ice and rotates 180° landing backwards on two feet, repeat from backwards to forwards	☐	One jump performed forward to backward and backward to forward. Sustained entry and exit glide. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 4 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level.
BRONZE: At least two elements at the Bronze level.

CanSkate Element Event: Report Card

Name: _____ **Date:** _____

Stage 5 Elements	Element Description	Assessment Requirement		
		Bronze	Silver	Gold
Forward inside edges (Balance)	The skater pushes onto a curve to hold a glide with the inside leg lifted up, for half a circle.	☐	50% blade pushes used. Execute for 1-2 seconds. ☐	☐
Forward two-foot side stop (Control)	The skater rotates their body and feet to one side (perpendicular to line of travel) while applying pressure to the blades to create a stopping action.	☐	Execute a complete stop in each direction. Feet are parallel and no wider than shoulder width apart. ☐	☐
Backward push glide sequence (Control)	The skater skates backward using a push/glide sequence (L/R/L/R/ L/R) consisting of c-pushes to perform backward skating.	☐	Performed in full length of the ice, using even and consistent blade pushes. ☐	☐
Forward power jump (Agility)	From forward skating, the skater swings one leg forward while applying pressure downward on the skating foot to propel the skater into the air.	☐	One jump performed on each foot. Balance and glide maintained. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 5 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level.
BRONZE: At least two elements at the Bronze level

CanSkate Element Event: Report Card

Name: _____ **Date:** _____

Stage 5 Elements	Element Description	Assessment Requirement		
		Bronze	**Silver**	**Gold**
Forward inside edges (Balance)	The skater pushes onto a curve to hold a glide with the inside leg lifted up, for half a circle.	☐	50% blade pushes used. Execute for 1-2 seconds. ☐	☐
Forward two-foot side stop (Control)	The skater rotates their body and feet to one side (perpendicular to line of travel) while applying pressure to the blades to create a stopping action.	☐	Execute a complete stop in each direction. Feet are parallel and no wider than shoulder width apart. ☐	☐
Backward push glide sequence (Control)	The skater skates backward using a push/glide sequence (L/R/L/R/ L/R) consisting of c-pushes to perform backward skating.	☐	Performed in full width of the circuit, using even and consistent blade pushes. ☐	☐
Forward power jump (Agility)	From forward skating, the skater swings one leg forward while applying pressure downward on the skating foot to propel the skater into the air.	☐	One jump performed on each foot. Balance and glide maintained. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 5 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level.
BRONZE: At least two elements at the Bronze level.

CanSkate Element Event: Report Card

Name: _____ **Date:** _____

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Stage 6 Elements	Element Description	Assessment Requirement		
		Bronze	Silver	Gold
Forward outside edges (Balance)	The skater pushes onto a curve to hold a glide on an outside edge (the outside foot is raised) for half a circle.	☐	50% blade pushes used. Edge maintained for half a circle (1-2 seconds). ☐	☐
Forward one-foot side stop (Control)	The skater rotates their body and one foot to the side (perpendicular to line of travel) while applying pressure to the blade to create a stopping action.	☐	Execution of a complete stop on each foot. Movement is performed with control and entirely on one foot. ☐	☐
Forward/backward and backward/forward c-steps (Agility)	The skater steps onto a forward inside or outside edge, extends the free foot and then draws it towards the inside or outside of skating foot. The free foot comes to the inside/outside of the skating foot to form a T or L position with the feet, and steps backward onto the free foot. Repeat the movement in reverse.	☐	Demonstrate minimum of 1 second glide before and after step. Different edges are defined. ☐	☐
Backward perimeter skating with crosscuts (Control)	The skater skates around the perimeter of the ice demonstrating a push/glide sequence along the length of the ice and backward crosscuts across the width.	☐	Full length and width of the ice is used. Demonstrating equal blade pushes on each foot. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 6 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level.
BRONZE: At least two elements at the Bronze level.

CanSkate Element Event: Report Card

Name: _____ **Date:** _____

Stage 6 Elements	Element Description	Assessment Requirement		
		Bronze	**Silver**	**Gold**
Forward outside edges (Balance)	The skater pushes onto a curve to hold a glide on an outside edge (the outside foot is raised) for half a circle.	☐	50% blade pushes used. Edge maintained for half a circle (1-2 seconds). ☐	☐
Forward one-foot side stop (Control)	The skater rotates their body and one foot to the side (perpendicular to line of travel) while applying pressure to the blade to create a stopping action.	☐	Execution of a complete stop on each foot. Movement is performed with control and entirely on one foot. ☐	☐
Forward/backward and backward/forward c-steps (Agility)	The skater steps onto a forward inside or outside edge, extends the free foot and then draws it towards the inside or outside of skating foot. The free foot comes to the inside/outside of the skating foot to form a T or L position with the feet, and steps backward onto the free foot.	☐	Demonstrate minimum of 1 second glide before and after step. Different edges are defined. ☐	☐
Backward perimeter skating with crosscuts (Control)	The skater skates around the perimeter of the ice demonstrating a push/glide sequence along the length of the ice and backward crosscuts across the width.	☐	Full length and width of the ice is used. Demonstrating equal blade pushes on each foot. ☐	☐
Creative Improv Completed	**Yes**	**No**		

Stage 6 overall assessment:

GOLD: At least two elements at the Gold level.
SILVER: At least two elements at the Silver level.
BRONZE: At least two elements at the Bronze level.