

	SKATE NORFOLK Improvement grades
Level 1	Sit and Stand hands on your knees Moving Forward basic skating including a glide Two foot Glide and Dip about 2 metres Stepping Around on the Spot keeping heels together)
Level 2	Moving Forward and Backward 2 Lemons Stand in a T Stop and then slow with plough wheel not stopper Forward Skating can move freely Balance when still on each foot Forward One Foot Glide about 2 metres
Level 3	Two Foot Glide in a Curve Two Foot Jump Skating Forward Forward & Backward Sculling - 8 lemons in each direction Plough using wheel and end with T Stop both feet
Level 4	Two Foot Glide in a Curve in both directions Backward Skating and a short Two Foot Glide Continuous Forward Chasses around a Circle Short one foot glide curving in both directions
Level 5	Perform 'T' pushes Push backwards from wall lift alternate feet - start back stroke Attempt a two footed turn in both directions. One foot Glide and Dip about 2 metres
Level 6	One Foot Glide on a Curve Inside Edge either direction One Foot Glide on a Curve Outside Edge either direction Forward Crossovers either direction Continuous Backward Chasses around a Circle
Level 7	Hop from one leg to the other Skating Forward and Turning to Backward keep moving Backward One Foot Glide Forward Crossovers both direction
Level 8	Two Foot Spin (one revolution) One Foot Glide on a Curve Inside Edge both directions One Foot Glide on a Curve Outside Edge both directions Forward dip changing feet.
Level 9	Backward Crossovers in both Directions Spin or Spiral or Arabesque - as appropriate Continuous Forward Outside Curves Continuous Forward Inside Curves