



# Everyday Off Ice Games for Mighty Skaters

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No rink? No equipment? Thats okay - turn everyday moments into balance time! Stand on one leg while brushing your teeth, chatting on the phone, washing dishes, or waiting in line.

2

Small habits, big benefits . . . make the mailbox run a mailbox skip, and remember - don't skip the skip back!

3

**Long jump challenge!** Choose a starting mark on the floor (use tape, a stuffed animal, or the end of a piece of furniture works great.) Then feet together, bend your knees, and jump forward as far as you can.  
Keep trying

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Plank with a friend- heads towards each other and play a game of tic tac toe while in plank position.

# GET YOURSELF SOME SNEAKY SKATER STRENGTH

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## **Name Game TV Challenge:**

Each time a character says the name of another character, move to the next exercise. Balance on one leg → Plank → Wall Sit → Spiral → aaaaand, repeat.

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## **No special equipment needed!**

Use a beanbag or any small, soft object and balance it on your head as long as you can.

Try it during everyday activities like homework, dinner, or brushing your teeth.

*Or for a harder challenge*, try walking from room to room, making your bed, getting dressed (shirt on, socks on = extra focus) setting or clearing the table, and maybe most difficult, feed a pet or fill their water bowl.

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## **Jump rope challenge :)**

Start with 100 jumps.

Then next week, aim for 125, and the week after go for 150 . . . Getting bored? Change it up a little; two feet, one foot, or alternating feet. Do it to music - slow, medium, fast, and have fun building your cardio and stamina.

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## **Foot claps:**

Stand with feet hip-width apart. Jump and clap your feet together in the air.

Now can you do 20 in a row without missing?

Try double claps - jump a little higher and clap a little faster, two claps on each jump.



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### Love your music challenge:

Can you keep moving for the *full length of your skating program*?

Play your music and choose one exercise to do for the entire track. Try:

jump rope \* a plank \* a wall sit \*  
alternating lunges \* jumping jacks

If you choose to plank, mix in plank jacks or shoulder taps to keep it interesting.

You could also hold a strong landing position and gently pulse the free leg, then repeat on the other side, or hold a spiral position on both legs (one at a time of course.)

If you get bored or tired, switch exercises and keep going until the music ends.

Want to level it up? Try matching your movements to the music, switching exercises halfway through the song, or repeating the challenge with a different song and aiming to last longer each time.



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**EXERCISE YOUR BRAIN TOO** with a *mental* run through. Play the music for your skating program, close your eyes, and imagine everything going perfectly.

The more vivid you can make the experience, the better. What does your costume feel like?

Is the rink chilly? How will the announcer sound when they call your name?

Visualise your success, then enjoy the results of your work.



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### SPECIAL MUSIC CHALLENGE

Use a stop watch instead of your music.

Time your mental run through and then time your music. How close are the times?