Skill Set 3: Safe Falling

Key Outcomes	Inclusive Adaptations
Teaching participants how to fall safely and avoid injury on a variety of terrain and environments.	*Adjust activities and materials for students with mobility, auditory, or visual limitations.*
Prerequisite Knowledge, Skills, and Attitude	**Anticipatory Set (Pre Learning)**
Basic understanding of the English language, comfortable speaking to peers, understanding challenges, and physical capacity.	*Welcome group and create excitement for what will be learned today.*Reminder: Introduce yourselves for the first few sessions so participants can familiarize themselves with you. Gather students and preview the lesson, discuss the outline, and time frame, and review behavioral expectations (participation and safety).*

	Time	Teaching Strategy	Student Activity	Materials / Resources
Introduction	**10 Mins**	*Why is it important to learn how to fall? (Because it is inevitable!)* *Show Canada Skateboard's "Falling Safely Video"*	*Each participant listens, watches and shares personal experiences falling.*	*Notebook to record responses* *CS Falling Safely Video*
5-10 Min WARM-UP (USE R.A.M.P. BASED ACTIVITY)				
Activity Sequence *May involve Presentation, Explanation, Guided Practice, Independent Practice and Assessment OR*	**30 Min**	*Explain and Model the FUN Activity: Safe Falling - "Better to bruise than break."* 1. *Fall forward (stationary and moving dismount, including step off to the side of board and running it out.)* 2. *Fall behind/backward (tuck, roll)* 3. *Flatground knee slides?*	*Practice Falling Variations in small groups within designated safe zones/stations throughout the skatepark.* *Flatground knee slides: Participants will form 2 lines across a safe zone in a flat portion*	*Skateboard* *Helmet* *Pads Recommended* *Goodpush Skate Games*

Approaching, Encountering, Noticing, Applying, Internalizing, Personalizing, Transforming, Assessing.		4. *Transition knee and palm slides?* *Always talk through notes of caution when putting down your hands, also potential benefits of each fall. Don't panic!* *Leave room for mentioning what to do in case of an emergency?? Ie: Don't move/move someone if they fall and hit their head. (Or add as a part of the closure/debrief?)* ***Suggested Skate Game:*** *"Red Light, Green Light" (Pushing, stopping, safety)* **To adapt this game to reinforce falling techniques, participants must choose one way to fall on* **"Red"**	*of the skatepark. Each will practice sliding, transferring weight (lean back on backs of feet/heels) and refraining from leaning forward and using their hands.* **Progress to including a few steps and then a run once comfortable.* *Transition knee slides (with/without palms): Participants will form 2 lines in a safe zone in a transition of the skatepark and approach facing transition, incorporating a proper slide out on knees and using hands. Return to the end of line after each attempt.* *Participants will line up at the starting line, skate towards the finish line, and exhibit control while practicing their stopping, and exhibit control while listening to instructions. If they are unable to stop when instructed, they need to go back to the starting line.*	*CS Skate Games*
10-30 Mins FREE SKATE TO REINFORCE NEW SKILLS AND PROMOTE SELF-EXPLORATION				
Cool Down / Debrief	**5 Min**	*Bring all participants together for closure of the lesson/activity. Bring attention to new things they learned (brief recap). Use the following questions to guide reflection and discussion:* *What was the experience like?* *What went well?* *What was the most challenging?* *Has your perception of being at the skatepark changed? If so, how?* *What do you want to work on next?*	*Participants will share their experience with the group, discuss their strengths and where they would like to improve along with goals/challenges for the future.*	

		What can you do between now and the next lesson to improve? *Questions could likely be improved/targeted more.* *End discussion by celebrating and complimenting the group on what went well/their accomplishments. Invite the group to challenge themselves where needed. Preview what skills will be covered in the next lesson.*		