

Skill Set 6: Dropping In + Transition

Key Outcomes	Inclusive Adaptations
<i>Understanding the fundamental components of pumping, carving, kick turns and dropping in on transition.</i>	<i>Adjust activities and materials for students with mobility, auditory, or visual limitations.</i>
Prerequisite Knowledge, Skills, and Attitude	Anticipatory Set (Pre Learning)
<i>English/French language, ability to, push, ride, carve, turn, pump, tail stall, roll in on bank, stop and fall.</i>	<i>Gather participants and preview the lesson, discuss outline, time frame and review behavioural expectations (participation and safety).</i>

	Time	Teaching Strategy	Student Activity	Materials / Resources
Introduction	10 Mins	<p><i>Review CS Video “Safe Falling” and highlight falling techniques specific to skating transition.</i></p> <p><i>Display an image or video of a skateboarder turning comfortably in transition with speed. Ask students “What do you notice? (body stance, foot placement, weight distribution).</i></p>	<p><i>Ask participants to raise hands to share, or speak directly or break up and speak in pairs.</i></p>	<p><u>CS Falling Safely Video</u></p> <p><i>Notebook to record responses</i></p>
5-10 Min WARM-UP (USE R.A.M.P. BASED ACTIVITY)				
<p>Activity Sequence</p> <p><i>May involve Presentation, Explanation, Guided Practice, Independent Practice and Assessment OR</i></p>	20 Min	<p>Intro to Transition</p> <p>Mentor Tips:</p> <p><i>*** the flat bottom of a large ramp is a great place for all lessons not involving coping tricks</i></p>	<p><i>Participants will work through the following movement sequences stationary and then while rolling:</i></p> <p>Pumping in Bowl, Mini-Ramp or Vert Ramp</p>	<p><i>Skateboard</i></p> <p><i>Helmet</i></p> <p><i>Pads Reccomended</i></p>

<p><i>Approaching, Encountering, Noticing, Applying, Internalizing, Personalizing, Transforming, Assessing.</i></p>		<p><i>as it has large mellow transitions with no coping hangup concern.</i></p> <p><i>Round wall - a bowl with a spherical shaped shallow and end or deep end. Because the bowl is round it will pick up your wheels as you go around a curve with no need to move your truck kickturn style. Like a train on the rails you will ride away into the sunset with ease.</i></p> <p><i>** If no round wall available work with 90 degree corners or amoeba walls (a wall that goes in a straight direction but has a very mellow curve in it), or a long curving bank</i></p> <p><i>** Regarding Pumping: it may help to think of pumping as the way you use a swing to gain momentum but you're moving sideways rather than forward</i></p> <p><i>Model each movement progression for participants and provide direct instruction before attempting each set of movements.</i></p> <p><i>All skills should go through a progression of stationary, instructor supported, and independent.</i></p>	<p><i>Pump up - bend knees at bottom of transition and stand up as you reach your apex</i></p> <p><i>Pump down - from standing apex bend down as you come down transition</i></p> <p><i>Pump up & down - Combine both of the above into a full pumping motion</i></p> <p><i>start with hands - then transition to vocal commands (up, down, up, down)</i></p> <p><i>Build pumps to fakie and fakie to forward pumps together once a basic skill set is acquired. String pumps together to seesaw the half pipe or bowl building board control and flow generation</i></p>	
	<p>30 Min</p>	<p>Carving in Transition</p> <p><i>Model each movement progression for participants and provide direct instruction before attempting each set of movements.</i></p> <p><i>All skills should go through a progression of stationary, instructor supported and independent.</i></p>	<p><i>Participants will work through the following movement sequences:</i></p> <p><i>Rolling along the bottom of the transition and progressively carving higher on the wall without any of the four wheels leaving the riding surface.</i></p> <p><i>Participants will continue to work at their own pace as they work</i></p>	<p><i>Skateboard</i></p> <p><i>Helmet</i></p> <p><i>Pads Reccomended</i></p>

		<p><i>Check skater's trucks for flexion to ensure proper movement.</i></p> <p><i>Instruct skaters to travel towards a round wall with their board parallel to the transition.</i></p> <p><i>Emphasize bending knees and leaning upper body on toes (backside) and heels (frontside) around the bend.</i></p> <p><i>Pay close attention to the movements of shoulders, hips, and head to maintain balance and control.</i></p> <p><i>Provide guidance on adjusting the approach if wheels get caught mid-carve, such as lessening perpendicular angle, adjusting lean, or loosening trucks.</i></p> <p><i>Repeat Frontside and Backside</i></p>	<p><i>towards going higher both frontside and backside.</i></p> <p><i>* Participants may also use a bank to reinforce their carving skills if/when needed*</i></p>	
		<p>Kickturns</p> <p><i>Mentor Tip: Divide kickturns into three learning steps: wide, medium, and tight. Progression is based on the skater's ability to perform 180 kickturns on flat ground and banks with varying degrees of truck taps.</i></p> <p>Progression Sequence:</p> <p><i>Wide Kickturns: Unlimited truck taps</i></p> <p><i>Medium Kickturns: progress 1-2 truck taps</i></p>	<p><i>Participants will work through the following movement sequences:</i></p> <p><i>Ride toward the coping.</i></p> <p><i>Start carving in the desired direction.</i></p> <p><i>Lift the front wheels slightly.</i></p> <p><i>Pivot the skateboard 180 degrees with toe pressure (backside) or heel pressure (frontside) on the back foot.</i></p>	<p><i>Skateboard</i></p> <p><i>Helmet</i></p> <p><i>Pads Reccomended</i></p> <p><u>CS Kickturns In Transition Video</u></p>

		<p><i>Tight Kickturns: No truck taps allowed.</i></p> <p><i>** If a skater can perform a 180 kickturn on flatground and bank with no truck taps, they can progress directly to medium or tight kickturns</i></p> <p><i>** For beginners, start with a wider angle to lessen the degrees of rotation needed.</i></p>	<p><i>For frontside open upper body and look through armpit in the direction headed.</i></p> <p><i>Place the front foot back down.</i></p> <p><i>Stabilize and continue riding in the new direction.</i></p> <p><i>Participants will continue to work at their own pace as they work towards going higher both frontside and backside.</i></p> <p><i>* Participants may also use a bank to reinforce their carving skills if/when needed*</i></p>	
	30 Min	<p>Dropping In</p> <p><i>** Be available to assist drop-in by holding hands for those in need, progress from bank (refresh) to a quarter pipe.**</i></p> <p><i>** Build up from supported to unsupported sequence based on need **</i></p> <p><i>Practice the drop-in stance on flat ground to ensure comfort and familiarity.</i></p> <p><i>Find a small quarter pipe to start with and begin by teaching proper body positioning and weight transfer.</i></p>	<p><i>Participants will work through the following movement sequences:</i></p> <p>On Flat Ground</p> <p><i>Tail pressed to the ground</i></p> <p><i>Front foot over the skateboard bolts, slightly angled.</i></p> <p><i>Back foot on the tail, with toes hanging off the side edge slightly.</i></p> <p><i>Transfer weight (keeping weight centered) and stomp front foot down to ground.</i></p> <p>On Small Quarterpipe</p>	<p>Skateboard</p> <p>Helmet</p> <p>Pads Reccomended</p> <p>CS Dropping Video</p>

		<p><i>Guide skaters to push their front wheel down while leaning forward, with a weight transfer from the back hip to the front hip as they drop in.</i></p> <p><i>Emphasize bending knees as they initiate the drop-in motion.</i></p> <p><i>Instruct skaters to keep their shoulders parallel to the board and their weight centered over the skateboard as they ride away.</i></p> <p><i>Begin with a low-height quarter pipe to build confidence and skill.</i></p> <p><i>Assist those in need by holding hands during the initial attempts, gradually removing the level of support based on individual comfort and progression. This may look like using two hands to support, one hand, a pinky finger, and then no physical support.</i></p> <p><i>Encourage participant to increase the height of the drop-in as the skater's skill level improves, ensuring they maintain proper technique and confidence throughout the process</i></p>	<p><i>Tail pressed to coping with board balanced in air above riding surface</i></p> <p><i>Front foot over the skateboard bolts, slightly angled.</i></p> <p><i>Back foot on the tail, with toes hanging off the side edge slightly.</i></p> <p><i>Transfer weight (keeping weight centered) and stomp front foot down to ground.</i></p> <p><i>Roll Away</i></p> <p><i>Progress to larger transitions when comfortable</i></p>	
10-30 Mins FREE SKATE TO REINFORCE NEW SKILLS AND PROMOTE SELF-EXPLORATION				
Cool Down / Debrief	5 Min	<p><i>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:</i></p> <p><i>What was the experience like?</i> <i>What went well?</i></p>	<p><i>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.</i></p>	

		<p><i>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? What can you do between now and the next lesson to improve?</i></p> <p><i>Questions could likely be improved/targeted more.</i></p> <p><i>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.</i></p>		
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