

Special Olympics Badge Program Curriculum

The Special Olympics Sports Skills Program is designed for people with intellectual disabilities who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

Badge 1



- A. Stand unassisted for 5 seconds
- B. Sit on ice or fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward 10 steps assisted

Badge 2



- A. March forward 10 steps unassisted
- B. Swizzles, standing still – three repetitions
- C. Backward wiggle or march assisted
- D. Two-foot glide forward for distance of at least length of body

Badge 3



- A. Backward wiggle or march
- B. Five forward swizzles covering at least 10 feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body – L and R

Badge 4



- A. Backward two-foot glide covering at least length of body
- B. Two-foot jump in place
- C. One-foot snowplow stop – L and R
- D. Forward one-foot glide covering at least length of body – L and R

Badge 5



- A. Forward stroking across rink
- B. Five backward swizzles covering at least 10 feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot turn front to back, on the spot

Badge 6



- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle – L and R
- C. Backward one-foot glide length of body – L and R
- D. Forward pivot

Badge 7



- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left of right
- D. Forward two-foot turn on a circle – L and R

Badge 8



- A. Five consecutive forward crossovers: L and R
- B. Forward outside edge – L and R
- C. Five consecutive backward half swizzles on a circle: – L and R
- D. Two-foot spin

Badge 9



- A. Forward outside three-turn – L and R
- B. Forward inside edge – L and R
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

Badge 10



- A. Forward inside three-turn – L and R
- B. Five consecutive backward crossovers – L and R
- C. Hockey stop
- D. Forward spiral three times length of body

Badge 11



- A. Consecutive forward outside edges – minimum two on each foot
- B. Consecutive forward inside edges – minimum two on each foot
- C. Forward inside Mohawk – L and R
- D. Consecutive backward outside edges – minimum two on each foot
- E. Consecutive backward inside edges – minimum two on each foot

Badge 12



- A. Waltz jump
- B. One-foot spin – minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward – step sequence should be repeated clockwise and counterclockwise
- D. Combination of three moves chosen from badges 9-12 Special Olympics

ADAPTIVE SKATING - THERAPEUTIC

The Therapeutic Badge Program is designed to help physically challenged skaters develop skills and enhance their skating experience. The program encourages skaters to continue in the sport of skating for physical recreation and activity while taking limitations into consideration. Assisted is with the help of a person. If skaters use an assistive device without a person, they are unassisted.

Personal Goal Badge : Accomplished by setting and achieving a personal goal that is a personal challenge for the skater

THERAPEUTIC 1

| THERAPEUTIC 1 (OFF ICE IN SKATES) | |
|-----------------------------------|---|
| A | Stand in skates |
| B | Review falling and standing up |
| C | Dip/moderate knee bend |
| D | Review safety position |
| E | March forward 4-5 steps |
| F | One foot balance, R & L (2 counts each) |

THERAPEUTIC 2

| THERAPEUTIC 2 | |
|---------------|---------------------------------------|
| A | Stand on ice |
| B | Review falling and standing up |
| C | March forward 4-5 steps |
| D | Dip/moderate knee bend in place |
| E | Forward two-foot glide from 3 marches |

THERAPEUTIC 3

| THERAPEUTIC 3 | |
|---------------|---|
| A | Forward two-foot glide from 5 marches |
| B | Forward swizzles - 3 in a row |
| C | Backward wiggle or walk - 3 in a row |
| D | Beginning snowplow stop - one or two feet |

THERAPEUTIC 4

| THERAPEUTIC 4 | |
|---------------|--|
| A | Scooter pushes - R & L, 3-4 each foot |
| B | Forward one-foot glides - R & L |
| C | Backward wiggles into backward two-foot glide - 3 counts |
| D | Rocking horse - repeat twice |

THERAPEUTIC 5

| THERAPEUTIC 5 | |
|---------------|---|
| A | Backward swizzles - 3 in a row |
| B | Two-foot turn, forward to backwards in place - clockwise and counterclockwise |
| C | Curves |
| D | Moving snowplow stop - one or two feet |

THERAPEUTIC 6

| THERAPEUTIC 6 | |
|---------------|--|
| A | Backward skating into backward two-foot glide - 5 counts |
| B | Beginning forward stroking |
| C | Forward ½ swizzle pumps on a circle - 3-4 consecutive, clockwise and counterclockwise |
| D | Moving two-foot turn, forward to backward on a circle - clockwise and counterclockwise |

THERAPEUTIC 7

| THERAPEUTIC 7 | |
|---------------|--|
| A | Forward slalom |
| B | Beginning backward one-foot glide, R&L (2 counts each) |
| C | Backward ½ swizzle pumps on a circle - 3-4 consecutive, clockwise and counterclockwise |
| D | Forward pivot - clockwise or counterclockwise |
| E | Backward snowplow stop - R or L |

THERAPEUTIC 8

| THERAPEUTIC 8 | |
|---------------|--|
| A | Forward outside edge on a circle - R & L (3 counts each) |
| B | Forward inside edge on a circle - R & L (3 counts each) |
| C | Forward crossovers - clockwise and counterclockwise |
| D | Backward one-foot glide - R & L (4-5 counts each) |
| E | Beginning two-foot spin - up to 2 revolutions |

THERAPEUTIC 9

| THERAPEUTIC 9 | |
|---------------|---|
| A | Backward outside edge on a circle - R & L (3 counts each) |
| B | Backward inside edge on a circle - R & L (3 counts each) |
| C | Introductory forward outside 3-turn - R & L |
| D | Backward crossovers - clockwise and counterclockwise |

THERAPEUTIC 10

| THERAPEUTIC 10 | |
|----------------|--|
| A | Forward outside three-turn, R and L |
| B | Back outside edge on a circle, R and L |
| C | Back inside edge on a circle, R and L |
| D | Forward lunge, shoot the duck or bunny hop |

THERAPEUTIC 11

| THERAPEUTIC 11 | |
|----------------|--------------------------------------|
| A | Forward outside 3-turn - R & L |
| B | Backward alternating ½ swizzle pumps |
| C | Side toe hop/Side stepping - R & L |
| D | Two-foot spin - 2-3 revolutions |
| E | Hockey stop - both directions |

THERAPEUTIC 12

| THERAPEUTIC 12 | |
|----------------|---|
| A | Forward inside 3-turn - R & L |
| B | Bunny hop, lunge, or shoot the duck - skater's choice, R or L |
| C | Forward spiral or forward extension on a straight line - R or L |
| D | One foot spin - 2 or more revolutions |
| E | T-stop - R or L |