

- 1 Moving forwards and stopping
- 2 Fall down & get up unaided
- 3 Bent knee exercise
- 4 Forward lemons

GRADE 1

- 1 Forward skating
- 2 Moving backwards
- 3 Forward two foot curves
- 4 Stationary two foot turns

GRADE 2

- 1 Backward skating and stop
- 2 Forward balancing on one leg
- 3 Forward chassés
- 4 Moving two foot turns

GRADE 3

- 1 Forward crossovers
- 2 Backward chassés
- 3 Backward balancing on one leg
- 4 Forward outside consecutive edges

GRADE 4

- 1 Backward crossovers
- 2 Forward outside 3 turns
- 3 Forward inside consecutive edges
- 3 Forward cross rolls

GRADE 5

- 1 Forward inside 3 turns
- 2 Forward spiral
- 3 Figure 8 crossovers
- 4 Backward outside/inside edges

GRADE 6

- 1 Bunny hop
- 2 Forward inside mohawks
- 3 Backward spiral
- 4 Stepping from backwards to forwards

GRADE 7

- 1 Forward drag
- 2 Forward outside change of edges
- 3 Continuous backward outside edges
- 4 Two foot spin

GRADE 8

- 1 Forward inside change of edges
- 2 Pivots
- 3 Continuous backward inside edges
- 4 Backward cross rolls

GRADE 9

- 1 Teapot
- 2 Three jump
- 3 One foot spin
- 4 Linking of 5 elements

GRADE 10