



Calling all future skating superheroes! Get ready to train your superpowers and improve your skills with these superhero themed games.

Through these games, you'll not only demonstrate your skills but also build a strong sense of camaraderie and superhero spirit. Get ready to be a skating superhero in the making and embark on your heroic journey!

## **TITLE: SUPERHERO TRAINING CHALLENGE: THE POWER TOSS**

*(ORIGINAL TITLE: TOY TOSS)*

This warm-up game is the perfect way to kickstart your training. Assemble in pairs or form a mighty circle with all participants and let the power tossing begin!

Gather all participants and have them team up in pairs, like the dynamic duos of the superhero world. Alternatively, form a superhero circle with all participants standing shoulder to shoulder. Each superhero pair or participant in the circle will be armed with a small toy, representing your special superpower gadget. This is your tool to save the day!

With your super reflexes, toss the object back and forth to your partner(s) or around the circle. Every time you complete a toss, take one backward swizzle away from your partner(s) or around the circle. As the game progresses, the tossing distance will become increasingly challenging. Your super aim and precision will be put to the test!

For more experienced superheroes, take the challenge to the next level by attempting the toy toss while moving in a small circle with pumps or crossovers.

## **TITLE: SUPERHERO SKILL BUILDER: ASSEMBLE YOUR SUPER MOVES!**

*(ORIGINAL TITLE: ADD A SKILL)*

Assemble your skills and create the ultimate superhero team! Gather your fellow skaters and prepare to harness your inner superhero potential. Every great team begins with a solid foundation of individual skills.

The instructor will kick off the game by selecting a fundamental skill. As a team, you'll perform the chosen skill together. One by one, each skater will add a different skill of their choice, just like a superhero evolving and learning new powers.

Every participant will have a turn, ensuring that everyone has a chance to showcase their individual abilities. As the game progresses, the team will build a unique routine filled with various skills, just like a superhero team's signature moves. As you progress through the game, you're not just improving your individual abilities, you're also learning how to collaborate with your fellow heroes to create something extraordinary. Get ready to develop your unique set of super skills and become part of a legendary superhero team!

## **TITLE: SUPERHERO SPEED CHALLENGE: FREEZE TAG**

*(ORIGINAL TITLE: FREEZE TAG)*

Assemble your superhero league and choose the first participant to become "The Freezer." They are on a mission to freeze their fellow heroes with a touch! When "The Freezer" tags another player, that hero must stay frozen in place, mirroring a superhero who's momentarily immobilized. They'll need the help of their teammates to break free!

To unfreeze a fellow hero, another player must come to their rescue and un-tag them. The game continues with heroes freezing and

freeing one another, all while using their unique super skills. The last participant remaining, unfrozen and undefeated, earns the title of the victor. They now possess the powers to become the next tagger.

In "Superhero Freeze Tag," you'll not only have fun but also hone your teamwork and quick thinking, just like superheroes facing the unexpected. This game will help you develop your super reflexes and ability to work as a team.



## **TITLE: SUPERHERO AGILITY CHALLENGE: SAVE THE FALLING POWER ROD!**

*(ORIGINAL TITLE: TIMBER)*

Prepare for a display of agility and teamwork- In this game, skaters will line up in small groups and face the ultimate test of speed and coordination. The instructor holds a special power rod and it's your mission to save it from falling. Are you up for the challenge?

Form your superhero squad and line up in small groups. The instructor will stand across from the group, holding a mighty power rod (which can be a hockey stick, wooden dowel, or any superhero-themed object). The first skater in line will wait for the instructor to release the power rod. The mission is to skate forward with the speed of a superhero and grab the rod before it touches the ground.

After successfully saving the power rod, the skater becomes the

keeper and holds it for the next in line. The process repeats, ensuring that each participant has the opportunity to be a hero and save the power rod from falling. To intensify the game and test your superhero abilities further, the instructor can choose to stand further away from the participants.

For an extra challenge, participants can play individually, each with their own power rod. They'll balance the rod upright, spin it, and unleash their superhero abilities with a spin of their own, catching the rod before it falls. Whether in a team or as an individual, you'll emerge from this game with newfound superhero strength and agility.

## **TITLE: SUPERHERO SHOWDOWN: TEST YOUR SUPER SKILLS IN A SKILL COMPETITION!**

*(ORIGINAL TITLE: SKILL COMPETITION)*

It's time to put your super skills to the test in a friendly and encouraging competition! The instructor will lead you through a thrilling competition inspired by your level curriculum. Are you ready to prove that you have what it takes to become a skating superhero?

You're in the world of superhero skating training, where every skill you learn is essential for your mission. This friendly competition will focus on the skills you've acquired in your level curriculum. Get ready to showcase your super abilities!

The competition will challenge you to demonstrate your skills over an extended period. Think of it as an endurance test for superhe-

roes. How long can you hold your skills, just like heroes holding their powers? You might be tested on skills such as one-foot glides, spins, spirals, and more. Each of these represents a superpower in your skating arsenal.

Compete with your fellow skaters to see who can perform their chosen skill for the longest duration. This is your chance to shine and prove that you are the ultimate superhero on the ice. Just like in the superhero world, you'll have a cheering squad to encourage you. Friends, family, and fellow skaters can provide the motivation you need to push your limits.