## **In-Class Lessons**

A new and exciting type of P.E. lesson that students love.





In-class lessons run by Aroha Skate on school grounds, offered as part of your PE curriculum. Students will be taken through the basics of skateboarding by experienced coaches who know how to minimise risk and prevent injury.

- All equipment included.
- Continuation options available.

## **Taster Pack**

- 3 Lessons per class
- Skateboarding basics + safety

This is a great opportunity for students to be able to give skateboarding a try. Physically these lessons will work on their balance, fitness, strength and coordination. Mentally these lessons will help students develop a growth mindset, resilience, perseverance and will be a great peer to peer bonding opportunity.

## **Progression Pack**

- 6 Lessons per class
- Skateboarding basics, entry level tricks + safety

Students have the opportunity to feel a sense of achievement after making a fair amount of progress whilst also receiving all the previously mentioned benefits including improved balance, fitness, strength, coordination, developing growth mindsets, resilience, perseverance and peer to peer bonding.

These are an invaluable addition to the sports curriculum, and a great way to introduce skateboarding to students who have never tried it before.