

It would be great!

Finally, **Saturday morning! Time to get up!** I thought the week would never end. I have the whole weekend to make a plan. I wonder how I could make it look more real. Let's see...! A day has three parts; the morning, the afternoon and the evening.

Mmmmm, it would be great to learn everything about skating. **Where to start!?**

I know! I can watch some tutorials on the internet, I'll start with getting to know about skates. Then I could search for information about warming up before hard skating. It may also be necessary that I listen to professional people talking about techniques and tricks.

Ufff! Sounds like hard work, but it doesn't matter! I want to discover what it takes to be a good skater!

"Gabrielle spent the next two hours browsing websites. She was so into it that she didn't notice the time passing by!"

Wow! This site is great! I need to write down this list in my notebook!

Bearings: This is what supports the axles.

Toe caps: This part of the skate is hard and helps you protect your toes from shocks.

Shoe: It is the body of the skate.

Plate: This part holds the toe stop on the skate.

The tightening: This is what you do using laces to keep the skates firm on your feet.

Wheels: These are the circular parts that make them move.

Toe stop: This is the part at the front of a skate that helps you stop moving.

Axle: This is the bar that connects the wheels.

"Gabrielle found this information so interesting that she made a poster – a drawing of her skates – and wrote all the parts that skates have! Gabrielle thought up using the poster to memorise the names of the parts easily!"

Done! It looks great! I am going to ask mum if I can put it on the wall.

"Diana, Gabrielle's mum, said it was OK. She even helped Gabrielle choose the best area to display it at."

Well, first step "Check!" Now it is time to get to know how to warm up!

"Gabrielle thought it would be complicated routines. However, all the activity recommended on the website was actually the same she already did before skating; the only thing she had to do was put it in the form of a drill. And... after some serious thinking, she started writing the drill."

Here is the drill...

Jogging

Several movements in the track – direction is not important

Some squats – touching right and left

Side to side lunges

Some burn kicks

Some slalom

Well, second step "Check!" Now it is time to go out and practice my brand-new warm up drill!!!

