

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

Therapeutic Skating

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 – OFF ICE (in skates)



- A. Stand in skates
- B. Fall and stand up
- C. Knee dip standing still
- D. March forward 10 steps

Therapeutic 8



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

Therapeutic 2 – ON ICE



- A. Stand on ice
- B. Fall and stand up
- C. Knee dip in place
- D. March forward 10 steps

Therapeutic 9



- A. Forward outside edge on a circle
- B. Forward inside edge on a circle
- C. Five forward crossovers
- D. Five backward half swizzles, R or L

Therapeutic 3



- A. Three swizzles standing still
- B. March forward 10 steps
- C. Forward two-foot glide
- D. Backward wiggle and march assisted

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 4



- A. Forward skating
- B. Five forward swizzles
- C. Forward gliding dip
- D. Backward wiggle or march

Therapeutic 11



- A. Forward inside three-turn, R and L
- B. Five backward crossovers, R and L
- C. Two-foot spin
- D. Hockey stop

Therapeutic 5



- A. Forward one-foot glide
- B. Two-foot jump in place
- C. Backward two-foot glide
- D. One-foot snowplow stop, R or L

Therapeutic 12



- A. Two forward outside edges, R and L
- B. Two forward inside edges, R and L
- C. Forward Mohawk, R and L
- D. Forward spiral

Therapeutic 6



- A. Forward stroking across the rink
- B. Forward two-foot curves
- C. Five backward swizzles
- D. Two-foot turn front to back standing still

Therapeutic 13



- A. Backward outside edges
- B. Two backward inside edges, R and L
- C. Two-foot to one-foot spin
- D. Side toe hop, R or L

Therapeutic 7



- A. Five forward one-foot swizzles, R or L
- B. Gliding forward to backward two-foot turn
- C. Backward one-foot glide, R or L
- D. Forward pivot

Therapeutic 14



- A. One-foot spin
- B. Forward crossover, inside Mohawk, backward crossover, step forward
- C. Backward crossovers to a back outside edge
- D. Waltz jump from a standing or moving position