



figure skating

An imitation game inspired by figure skating where you perform acrobatic moves that your partners must then copy. This activity promotes motor creativity, body control, and concentration.

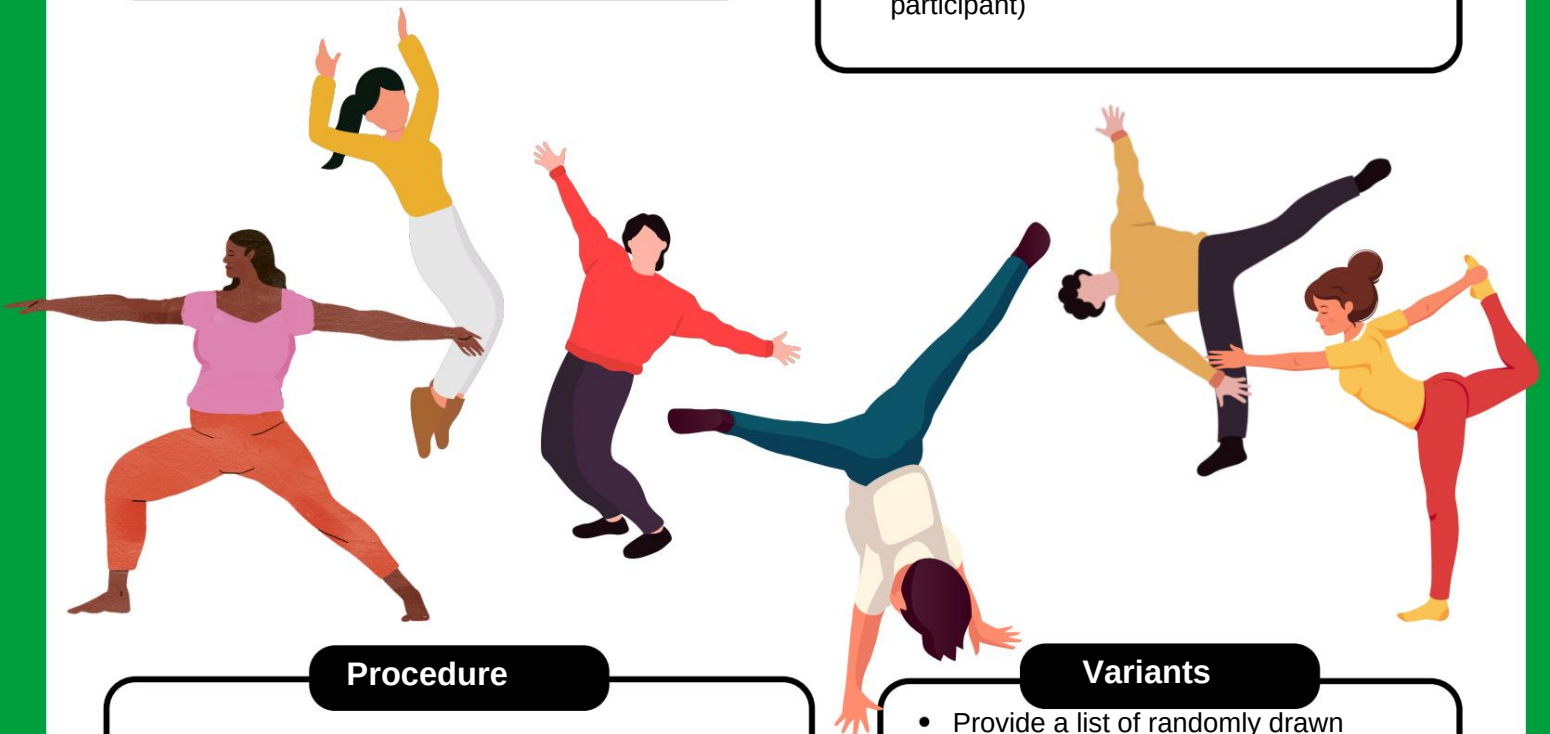


SET UP

- Forms duos or small groups.
- Prepare one gym mat per team.
- Determine the order in which the participants will speak.

MATERIAL

- One gym mat (one per team).
- Visual aids for artistic figures (images, paper cards or video clips) to inspire as needed.
- Cards with the letters PATIN (one word per participant)



Procedure

1. Start the game by performing an acrobatic move on the mat.
2. The other participant(s) must try to reproduce exactly the same figure.
3. If a participant fails to perform the figure, they receive a letter from the word PATIN.
4. In the next round, another participant proposes a figure in turn.
5. The game continues until a participant completes the word PATIN and loses the game.

Variants

- Provide a list of randomly drawn figures: cards, number wheel, etc.
- Allow the free creation of acrobatic figures.
- Vary the level of difficulty of the figures.
- Set a theme for each round: floor exercises, balances, jumps, acrobatic positions, etc.
- Timed version: participants must reproduce the figure within a limited time.
- Inclusive version: Allowing light assistance for certain figures: support hands, wall, partner.





Figure skating



Figure skating is an **ice** sport where individual or team athletes perform **choreographed routines** composed of **jumps** and/or dance movements . Athletes or teams are judged on the difficulty of their routine as well as the execution of each element during the performance.

At the 2026 Olympic Games, there will be several types of figure skating competitions. Here is the list: **Team**

- Ice dance - rhythm
- Ice dance - freestyle
- Pairs skating - short program
- Pairs skating - freestyle
- Men's and women's individual skating - short
- Men's and women's individual skating - freestyle

Individual

- Ice dance - rhythm
- Ice dance - freestyle
- Pairs skating - short program
- Pairs skating - freestyle
- Men's and women's individual skating - short
- Men's and women's individual skating - freestyle

In team competitions, several athletes from the same country accumulate points to achieve the best possible score. In individual competitions, athletes, either alone or in pairs, must achieve the best possible score, but this score is not combined with scores from other athletes from their country.

Did you know?

Did you know that figure skating became an Olympic sport even before the Winter Games existed? In fact, the first Olympic figure skating competition took place at the 1908 Summer Games in London, England. It wasn't until 1924, in Chamonix, France, that the first Winter Olympic Games were held.



Vaughn Ridley/COC





PATINAGE ARTISTIQUE





jump with a spin



splits jump



jump with a half turn



balance - splits



breakdancing



breakdancing



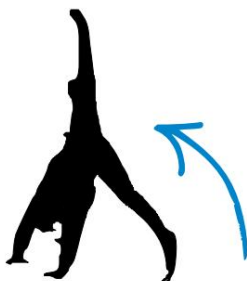
pirouette



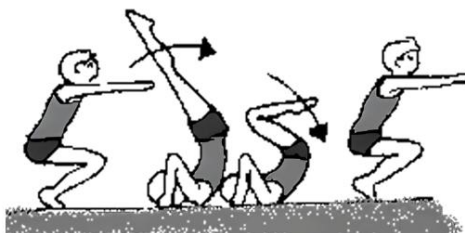
static
or spins on its head/hands



pirouette



movement
Side wheel (gymnastics)



movement
forward roll (gymnastics)



pirouette



static position



static position



static position



static position



static position



static position



balance split



balance



bridge



long jump



pirouette dive



jump leg change



static position



static position



static position



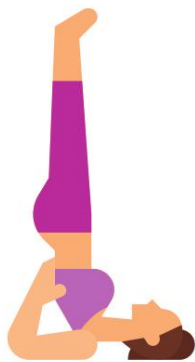
static position



static position



static position



static position



static position



static position



static position



static position



static position

SKA KAKA