



SPEED SKATING

Relay race on an oval track where you move while seated on a skateboard and pass the baton with a controlled push. The goal is to cover the distance faster than the other teams. This activity helps develop cooperation, motor endurance, and coordination.



SET UP

- Mark out an oval track with cones, including a relay zone and a waiting area inside the track.
- Divide the group into teams according to the available space.
- Assign a skateboard to each participant.
- Place the first skater from each team seated on their board at the starting line, while their partners wait in the waiting area.
- The number of teams depends on the dimensions of the track in order to ensure safe operation.

MATERIAL

- One skateboard per participant.
- Cones or lines to delimit the oval track, the relay zone and the waiting area.
- Gloves or mittens to protect the hands.



Procedure

1. At the signal, you propel yourself with your hands and complete one lap while remaining seated on the skateboard. 2. Upon arriving in the relay zone, you Give a controlled push to your teammate's lower back to pass the baton.
3. Your teammate who received the push immediately continues the race and completes a full lap of the track.
4. The skater who passed the baton returns to inside the track, in the waiting area, to rest.
5. If you are waiting, stay in the designated area until you are called for your relay.
6. The race continues until all team members have completed their turn.
7. The team that crosses the finish line in The first one wins the event.

Variants

- Modify the lap distance or the track shape: wider oval, tighter oval, adding turns.
- Alternate propulsion methods: one hand only, alternating left/right propulsion, long push propulsion.
- Propose a staggered start: each team starts with a slight delay and tries to catch up with the others.
- Propose an "endurance" race where each skater completes several laps before passing the baton.
- Propose a chase race: two teams start at opposite ends of the oval track and try to catch the opposing team.
- Organize a timed race rather than a head-to-head race.





Speed skating



Speed skating is an **ice** sport where athletes, individually or in teams, must complete a **predetermined number of laps** as quickly as possible in order to finish the race before their competitors. The sport is divided into two types of competitions: **short track** speed skating and **long track** speed skating .

As their name suggests, the track, or rink, on which athletes compete differs depending on the type of competition. In short track, athletes skate on a 111.12-meter oval placed on an ice rink similar to those used for ice hockey. In long track, athletes race on a 400-meter oval, the same size as a track for athletics.

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

Short track

- 500m men and women 1000m
- men and women
- 1500m men and women
- Women's 3000m Team Relay
- Men's 5000m Team Relay
- Mixed 2000m Team Relay

Long track 500m

- men and women 1000m men and
- women
- 1500m men and women
- 5,000m women
- 10,000m men
- Men's 2400m Team Pursuit and women
- Group start 6, 400m men and women



Did you know?

Did you know that historians have traced the first ice skates back to the early 1000s BC?

(So, around 3000 years ago) in Finland, and that the blades were made from animal bones? The bones were sharpened and attached to the feet with leather straps. It wasn't until the 13th century, in the Netherlands, that metal blades appeared.





PATINAGE DE VITESSE

