

Let's Roll

Focus

This lesson offers participants the opportunity to experience a roller skating rink. They join in "skating" games and get some exercise. Accomplish this by:

- Making arrangements to visit a community roller skating rink
- Encouraging participants to join in skating games
- Encouraging participants to respond to the music and lights.

Goals

Sensory experience (touch)
 Auditory enrichment
 Range-of-motion exercise
 Fast and slow movement sensations
 Community outing experience

Location

A community roller skating rink

Materials

✓ Van transport

Staff required: All staff in the facility

Estimated time: 2 hours (including transport)

Process

1. Arrange to rent a roller skating rink for half a day. Ask the rink staff to provide different kinds of music to vary the experience for participants. Also, request a special group rate!
2. Welcome the participants warmly as you gather the group in a circle. If appropriate, ask where they wish to sit.
3. Tell participants that everyone will visit a roller skating rink and get some entertaining exercise.

Areas of Documentation

Socialization (community awareness)
 Physical experience (gross motor, kinesthetic process)
 Sensory experience
 Socialization

