

Notes for Mind map

Speed skating

Race against clock (long distance) – 2 skaters at a time. Lots of heats. Fastest time wins.

Race against others (short distance) – up to 6 skaters at a time. First person over line wins.

Long track circuit = 400m, short track circuit = c. 110m. Long track race in lanes – swap lanes at end of each circuit. Short-circuit = no lanes. Block mark edge of rink.

Wear tight Lycra suits – increases speed. Helmets and goggles for protection.

Hinged blades on skates – increase stride. Skate boot solid – supports and protects ankle

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