




Ice skating



 FIGURE SKATING
PATINAGE ARTISTIQUE


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Today I would like to tell about sport. Sport is a hot topic today. Everyone wants to be healthy, to keep fit etc. It seems to me that to grasp this topic need a lot of time. But as I don't have any time, I took a certain kind of sport. I like many kinds of sport. But as I told before the soul and heart at me want to dance very much. Dances are the center of my life. But today we will not talk about them, and about such kind of sport as ice skating.

Generally, I took this topic not easily. These kinds of sport have something in common. Firstly, both of them need to feel the music and rhythm. Secondly, in ice skating there are dances. Therefore this kind of sport is the closest to me. We will begin that such it is ice skating?





Ice skating it is speed skating kind of sport. The basic idea is moving athlete or a couple athletes on skates on the ice with the change of sliding direction and execution of additional elements to the music. Ice skating as a separate sport emerged in the 1860s, and in 1871 was recognized at the I Congress of the skaters. The first competition took place in Vienna in 1882 among men skaters.

Types of ice skating:

1. Men's and women's single skating



- 2. Pair skating
- 3. Dancing



4. Synchronized skating





The basic elements of ice skating:

- 1.steps
- 2.spiral
- 3.rotation
- 4.jumping



Whether skating or not?



Taking up ice skating, you:

1. Accelerate

Ice is accelerated not only the skater, but all the internal processes in the body.

2. Strengthen legs

3. Get rid of motion sickness

Ice skating well coach vestibular apparatus.

4. Develop your musical hearing

But don't get on your skates if you have:

- Problems of the musculoskeletal system. Figure skating is amongst the most traumatic kinds of sport, because sometimes the skater speed exceeds 60 km/h. Even one bad fall can lead to serious consequences.
- High myopia and any degree of myopia on the background of changes in the fundus. Need recommendation of a doctor because there is a risk of retinal detachment.
- Diseases of the cardiovascular system .
- Severe disease of the nervous system . In this case, you're not allowed any energy-consuming activities.
- Disease of the respiratory system

A pair of white ice skates with black blades and laces, one featuring a blue floral design on the side. The skates are positioned on a reflective surface, creating a clear reflection below them. The background is a plain, light gray.

THANK YOU FOR ATTENTION!!!