Figure skating

by: Zima Daria Sergeevna

- **Figure skating** is a sport and activity in which individuals, duos, or groups perform on figure skates on ice. It formed as a sport in 1860s.
- **Figure skating** is the first winter sport included in the Olympics, in 1908

Disciplines

- The four Olympic disciplines are *men's singles, ladies' singles, pair skating*, and *ice dancing*.

- Skaters generally perform two programs (short and long) which may include *spins, jumps, moves in the field, lifts, throw jumps, death spirals*, etc.

Famous figure skaters

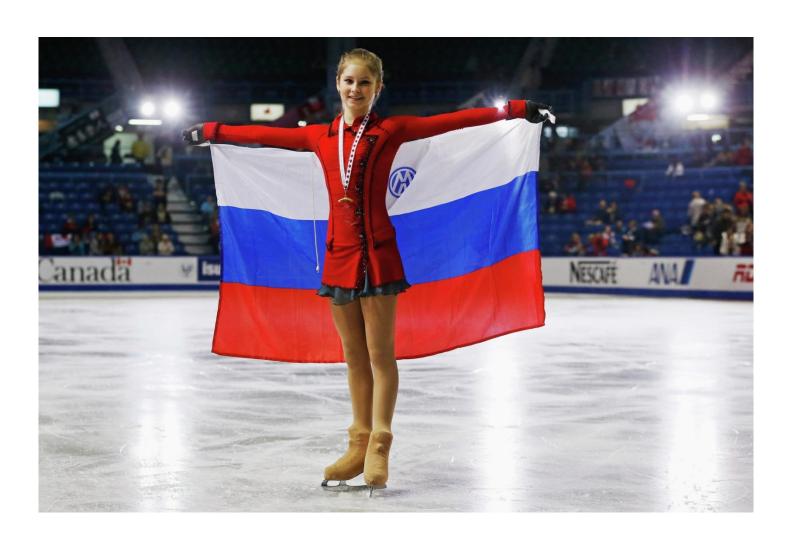- The most famous Russian figure skaters are:

Evgeny Plushenko

Ilya Averbukh

Adelina Sotnikova

Julia Lipnitskaya

Tatiana Volosozhar and Maxim Tran'kov.

Thank you
for the