

Bik

27 September – 1 October

Objective

Practise and perfect your bike skills.

Instructions

First of all make sure your helmet is fastened securely.

Tip – if you move your head side to side the helmet should not wobble.

As a warm-up place your markers at either length or your garden drive, or playground. Cycle from one to the other and practice your braking skills.

Now place all your markers in two straight lines with a small gap between them, try cycling through that gap.

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Resources and tools needed:

Helmet

Bike

Something to use as markers. This could be socks, cones or a rolled up jumper.

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Scooter skills — exercises

You can print and cut out these exercises, or write them out yourself.

-  Stop by using your brake
- Glide, have both feet on your scooter, for as far as possible
- Scoot in a zig-zag pattern
- Scoot with your opposite leg
- Scoot sitting down, holding your legs up
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- Stop as quickly as you can – by jumping off the scooter with both feet together on one side of your scooter
- Try taking one hand off the handlebar, if only for a second, then the other