



Bike to School Week 2021

27 September – 1 October

Bike skills

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. This is your lava bridge so make sure you don't fall in!

An earthquake has happened and caused the bridge to bend into a semi-circle. Move your markers into a bend and try to cycle through that.

Now try placing three of your markers in a straight line with a gap between them. Can you zig-zag through each cone?

Finally, place all your markers in a circle and cycle around the inside of it. Could you make your circle smaller each time?

 [Watch the video](#)



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

Objective

Scooting is a great way to improve your balance and coordination, and most importantly to have fun.

Instructions

Write each of the skills below on a separate piece of paper, (or print them and cut them out from the page below):

- 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
- Scooting while balancing something flat on your helmet
- 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

Fold them up individually and place them into a bowl.

Pick out one piece of paper at a time and have a go at doing that skill.

Extension

What other fun things can you do on a scooter? Try and have a go at these two skills:

▶ [How to bunny hop on a scooter](#)

▶ [How to fakie \(scoot backwards\)](#)



Resources and tools needed:

Scooter

Helmet

Pen

Paper

Bowl

Somewhere to scoot, eg pavement, yard or even a small space indoors.






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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**
- Scooting while balancing something flat on your helmet**
- 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**