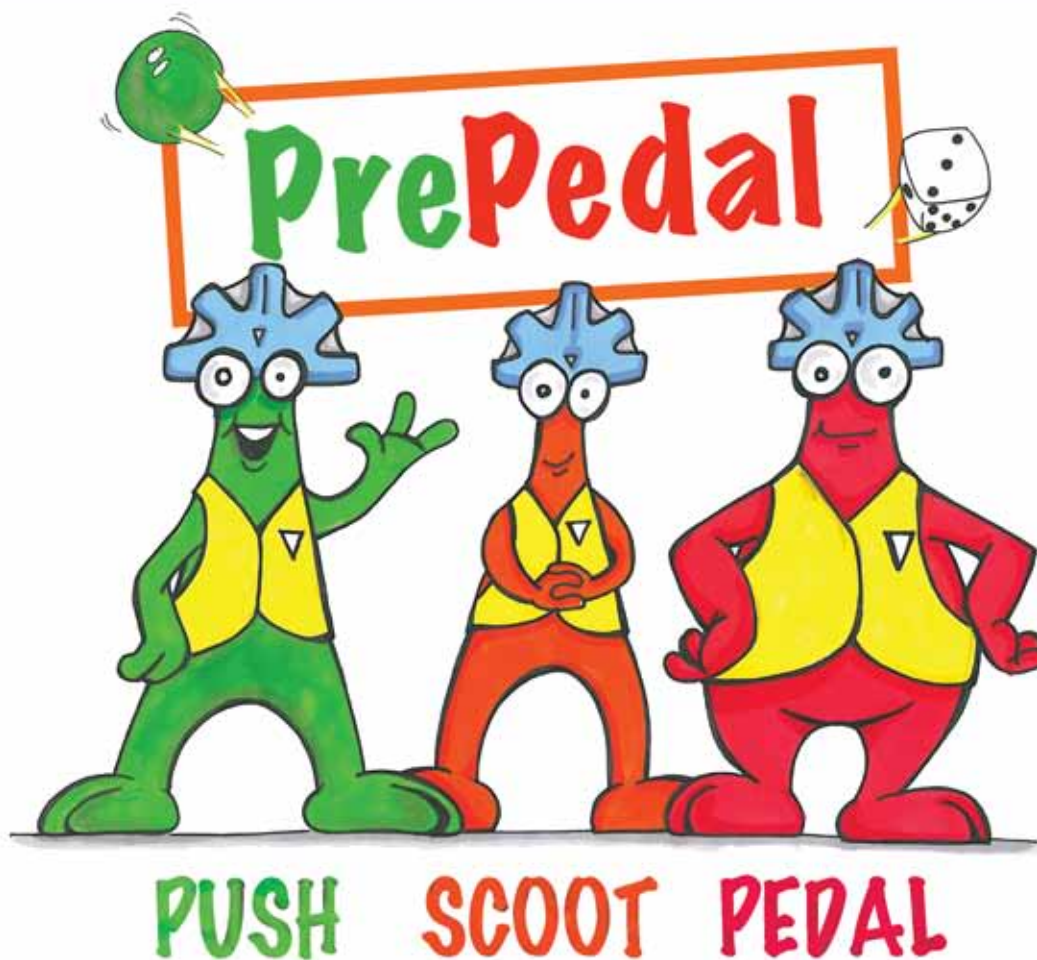


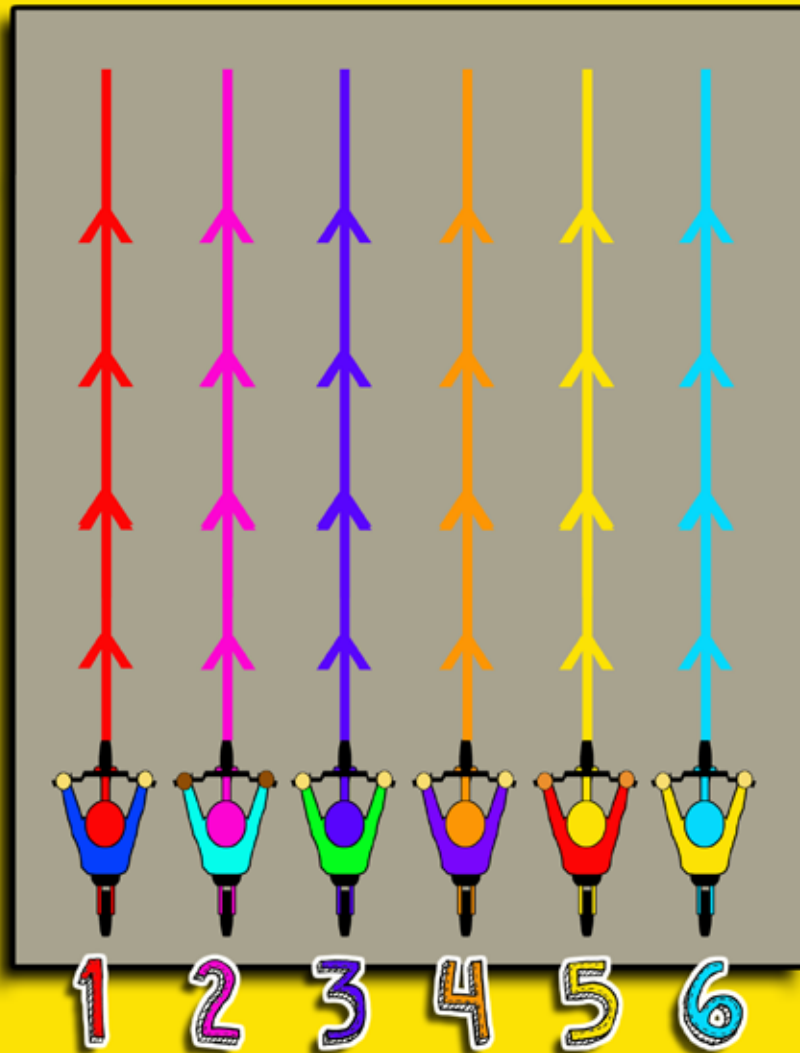
Join **Push**, **Scoot** and **Pedal** for a great, fun way to get kids active and help keep them fit while they learn to cycle



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BASIC SCOOTING SKILLS



A fun way to move the zoom bike for the first time whilst the child lifts their feet off the ground!

1 - Basic Scooting Skills

Equipment

- Balance Bikes
- Cones
- Helmets

Setting up the game

Fit each child with a helmet prior to the game beginning.

Create a start line and ask the children to line up side by side this can be created using disc cones with a balance bike placed alongside each cone

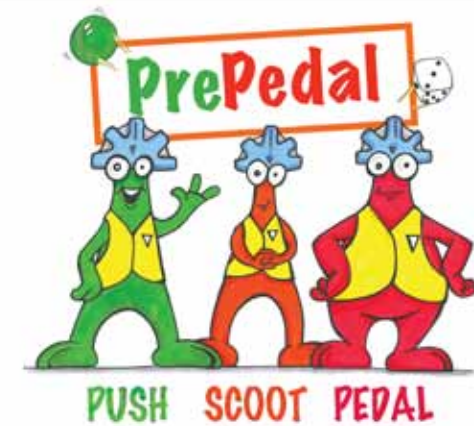
Gameplay

Each child is asked to stand on the left hand side of a balance bike and pick it up. The instructor will need to help adjust the seat on the bike.

The child will sit on the bike and follow the instruction on scooting given out by the instructor. For this game the aim is to get all children moving on the bike and getting used to it.

Outcomes achieved (against lesson plan)

- Will allow or can put on a helmet
- Able to stop when told
- Can operate the brake
- Start off and move without help
- Make the bike go where they want
- Get on and off the bike without help



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BALL IN BOX



Children have a fun game to encourage to scoot and lift a hand off whilst trying to get the ball in the box.

2 - Ball in Box

Equipment

- Balls with holes
- Crate
- Disc Cones
- Balance Bikes

Setting up the game

Fit each child with a helmet prior to the game beginning. Create a start line and ask the children to line up side by side. Set two disc cones at the start point 0.8m apart to act as a gate for the children to ride through.

Around 3m from the start cones place the box. Another 1m on from the box place two disc cones in line with those at the start to act as an end gate for the children to ride through.

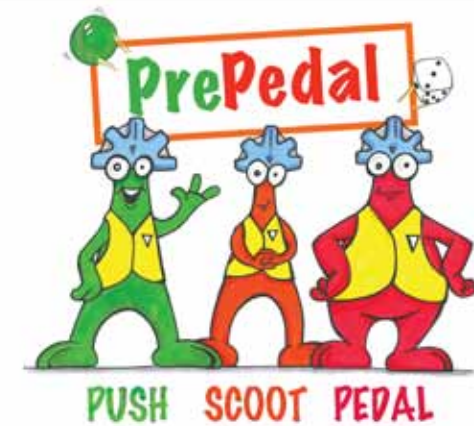
Gameplay

Give each child a ball to hold. Children take it in turns to scoot up to the box and throw their ball, attempting to get it in the box whilst still moving. Once they have thrown the ball they go through the end disc cones and the next child has a go.

Continue this until every child has had a go and got a ball in.

Outcomes achieved (against lesson plan)

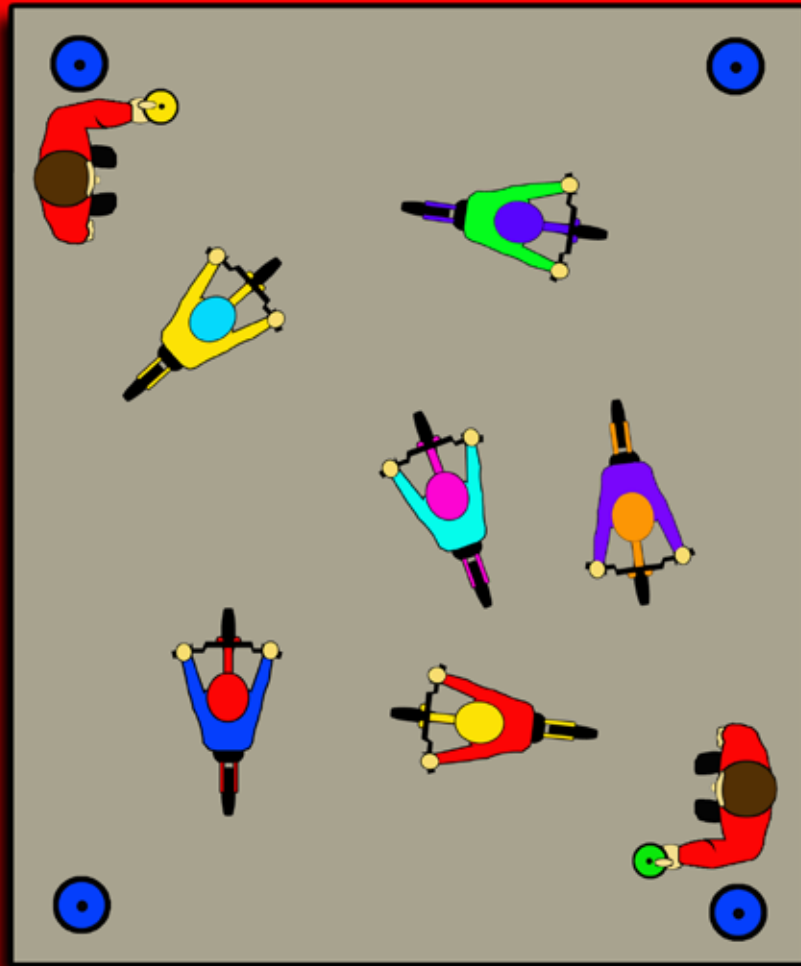
- Start off and move without help
- Make the bike go where they want
- Can lift right and left hands off handlebars whilst moving
- Can balance the bike with both legs up for 3 seconds or more



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COLOURED CONES



Developing scooting skills further, the children will move wherever they like with the focus away from scooting.

3. Coloured Cones

Equipment

- Balance Bikes
- Disc Cones

Setting up the game

Fit each child with a helmet prior to the game.

Create a 6m by 6m square using four same coloured disk cones.

Select three or four different coloured disk cones to use during the game.

Gameplay

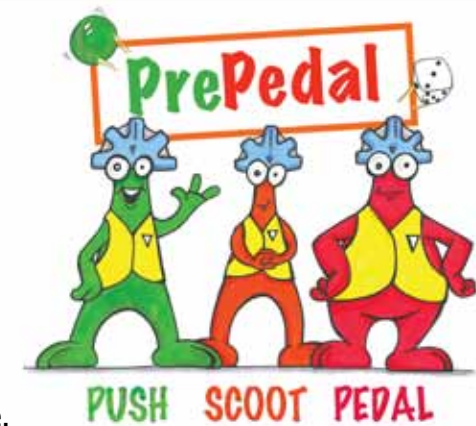
Ask all the children to zoom into the square and find a space away from the others. The children will be asked to zoom around the square staying on the inside and ensuring they avoid the other children.

Whilst the children are zooming around the instructor will shout look and hold aloft a coloured cone. The children have to look from wherever they are and shout the colour.

The game continues until all children have correctly identified all the coloured cones.

Outcomes achieved (against lesson plan)

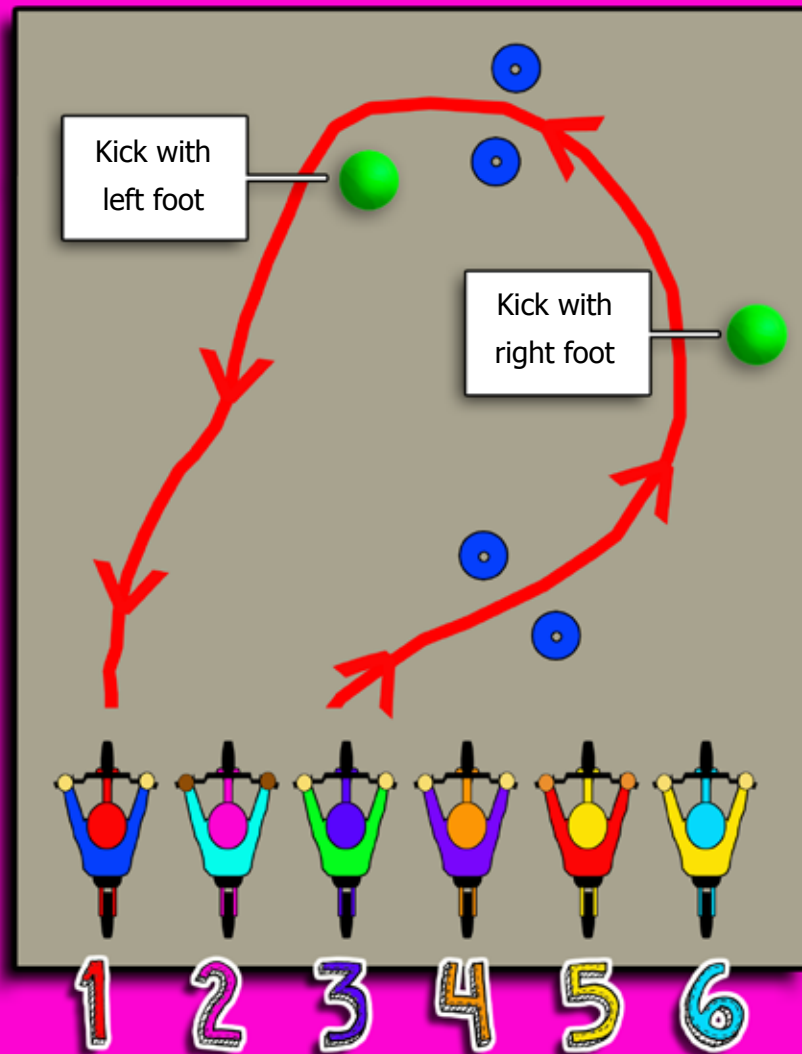
- Start off and move without help
- Make the bike go where they want
- Look all around, including behind, whilst moving
- Can balance the bike with both legs up for 3 seconds or more



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ALTERNATE KICKING GAME



Kicking the ball off can be fun but it will also encourage children to lift their feet off the ground whilst moving.

4 - Alternate Kicking

Equipment

- Balance Bikes
- Disc Cones
- Balls with holes

Setting up the game

Fit each child with a helmet prior to the game beginning. Create a start line and ask the children to line up side by side. Set two disc cones at the start point 0.8m apart to act as a gate for the children to ride through.

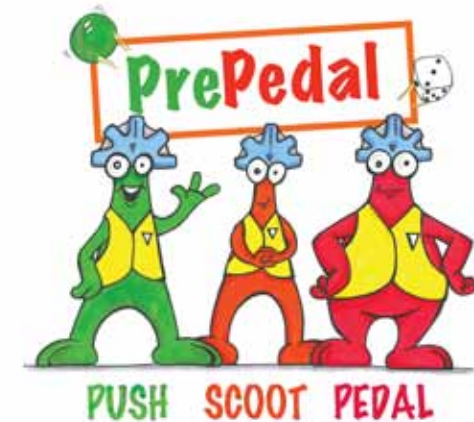
2m from the start place a disc cone in line with either start cone and a further 1m on from that cone place another slightly to the left. Place a ball on top of each of those. Another 1m on from the final cone place two disc cones in line with those at the start to act as an end gate for the children to ride through.

Gameplay

Children take it in turns to scoot up to each cone and kick the ball off whilst moving. The cones are positioned in such a way the child will kick one ball off with their right foot and the other ball off with the left foot. Each child will have multiple attempts to encourage them to lift their feet whilst scooting.

Outcomes achieved (against lesson plan)

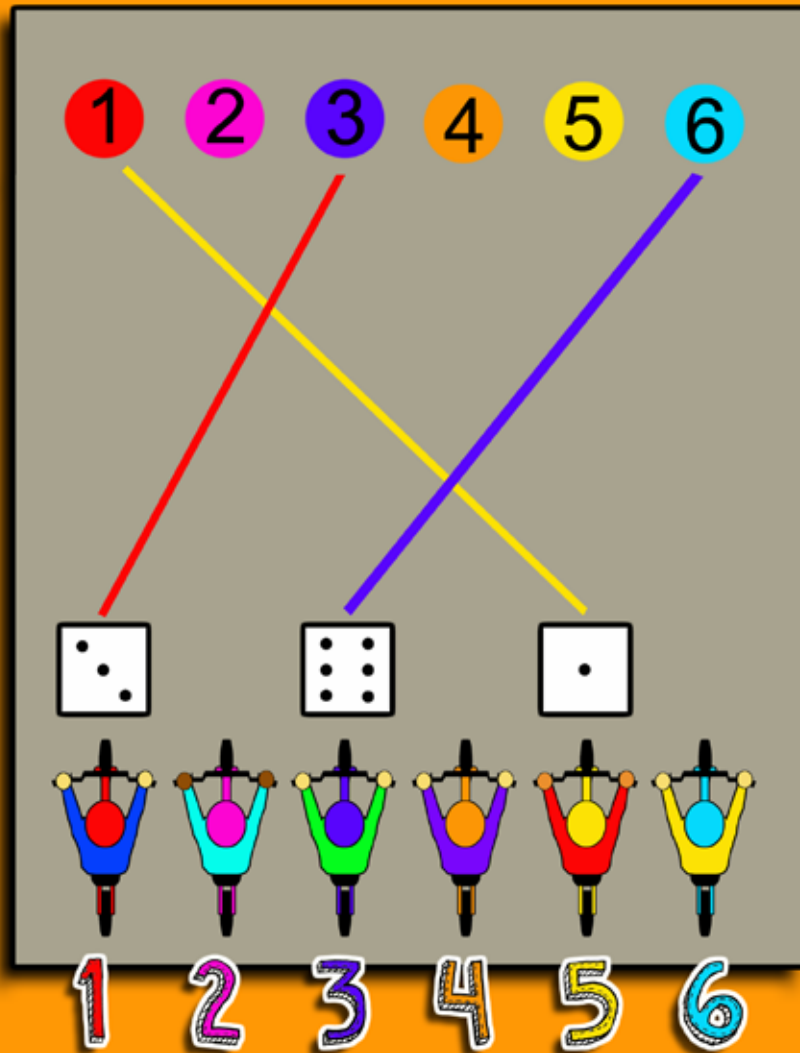
- Start off and move without help
- Can operate the brake
- Make the bike go where they want
- Look all around, including behind, whilst moving
- Can balance the bike with both legs up for 3 seconds or more



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THE DICE GAME



A fun game for the children to practise scooting. Throwing the soft dice, shouting the number and scooting as fast as they can to the matching cone.

5 - Dice Game

Equipment

- Soft dice
- Disc Cones
- Balance Bikes

Setting up the game

Fit each child with a helmet prior to the game beginning. Create a start line and ask the children to line up side by side.

Around 5m on from the start line place 6 different coloured disk cones in line with the six start cones. Number each cone to match a number on the dice (Verbally or stick a number on the cone).

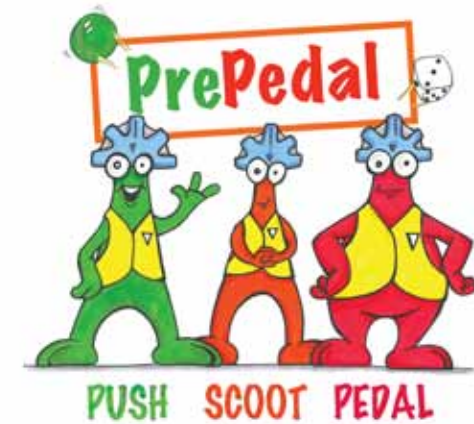
Gameplay

Each child will hold and throw the dice. When the dice has finished rolling the child will shout out the number and matching colour cone and using the scooting technique will scoot towards that cone.

This game can be played as many times as the children always have a chance of rolling a different number.

Outcomes achieved (against lesson plan)

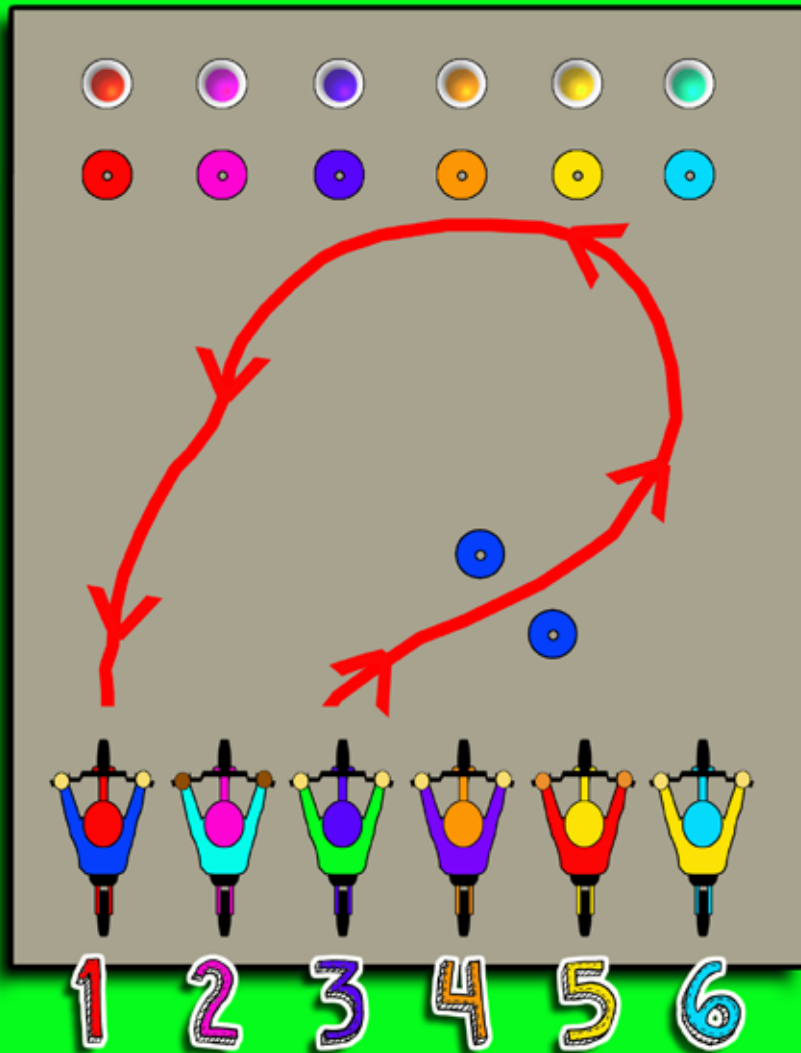
- Start off and move without help
- Make the bike go where they want
- Can balance the bike with both legs up for 3 seconds or more
- Able to stop when told
- Operating the brakes



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COCONUT THROW



This is a fun way to further develop a child's balance, practising scooting from previous games

6 - Coconut Throw

Equipment

- Balls with holes
- Disc Cones
- Balance Bikes
- Bean Bags

Setting up the game

Fit each child with a helmet prior to the game beginning. Create a start line and ask the children to line up side by side. Set two disk cones at the start point 0.8m apart to act as a gate for the children to ride through.

Around 4m from the start set out 6 different coloured cones in a line 0.5m apart.

0.5m further away place another row of cones with a ball on top of each.

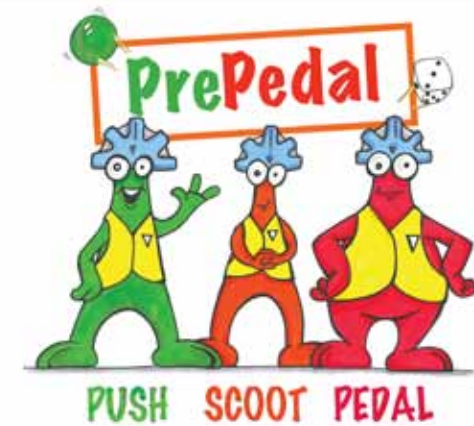
Gameplay

Give each child a beanbag to hold.

Children take it in turns to scoot up to the first row of cones and throw their beanbag at the ball, attempting to knock it off. Once they have thrown the beanbag they return to the end of the line and the next child has a go. Continue this until every child has had a go or all the balls have been dislodged.

Outcomes achieved (against lesson plan)

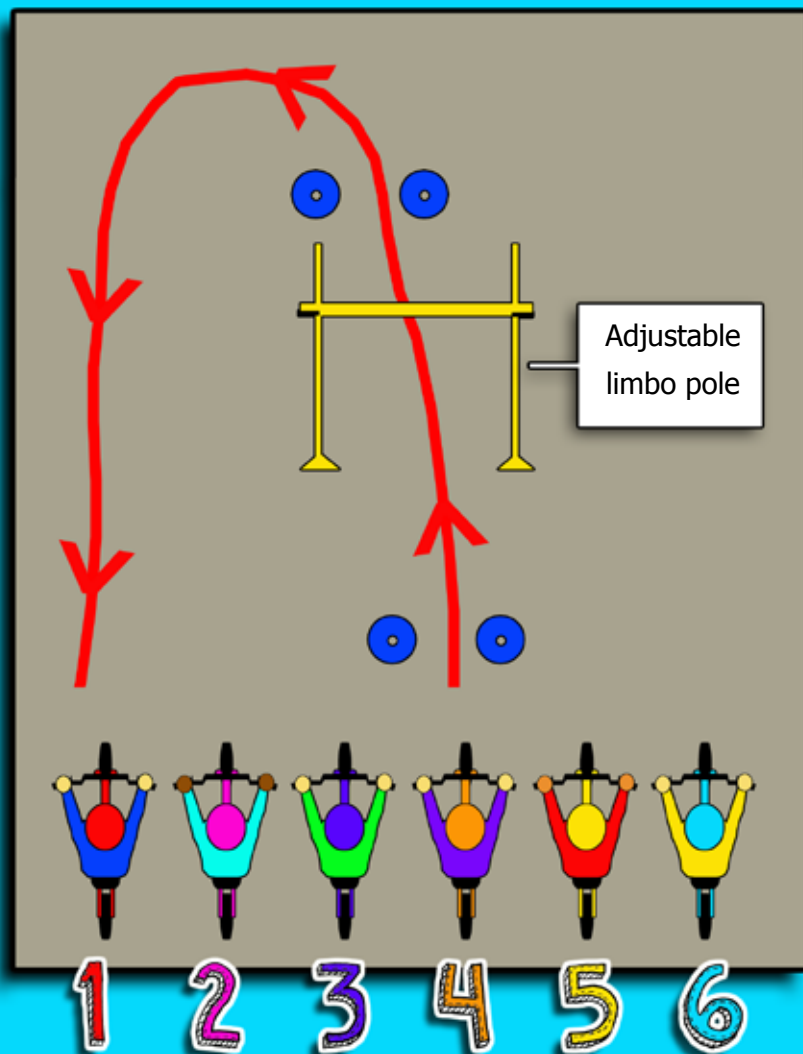
- Can lift right and left hands off handlebars whilst moving
- Can balance the bike with either leg up for 3 seconds or more
- Look all around, including behind, whilst moving



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LIMBO SCOOTING



A fun game to manoeuvre the bike whilst avoiding knocking the limbo pole down putting all the skills learnt into practice.

7 - Limbo Scooting

Equipment

- Balance Bikes
- Cones
- Limbo Equipment
- Duck Laminate

Setting up the game

Fit each child with a helmet prior to the game beginning.

Create a start line and ask the children to line up side by side. Set two disk cones at the start point 0.8m apart to act as a gate for the children to ride through.

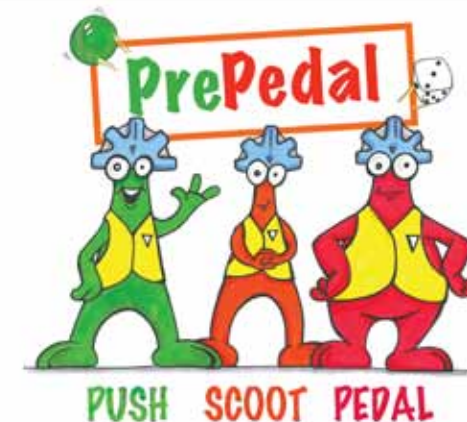
3m further on set up the limbo equipment in line with the start gates. 2m on from the limbo equipment set up the another two disk cones 0.8m apart to act as end gates.

Gameplay

Children take it in turns to scoot up to the limbo pole and attempt to go through without knocking off the pole. After all children have had a go the instructor will lower the limbo pole to make it slightly more difficult. Ensure all the children complete it successfully before moving on

Outcomes achieved (against lesson plan)

- Manoeuvre to avoid objects
- Look all around, including behind, whilst moving
- Can balance the bike with both legs up for 3 seconds or more



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