

2

Skills 2 Ride - Balance

Scoot, stride and glide

✓ Now I can...
 Scoot, stride and glide

Feet up high

Tuck feet in



Things you may need

- Chalk, jumper, water bottle as glide line marker.

Safety

- Start slowly and build up speed.
- Ensure there is plenty of room for stopping.

Easier

- Choose when to glide by not using the glide line.
- Use a small downward slope to help with movement.

Harder

- Use a wiggly route.
- Increase the distance to the start and try and go faster.

Let's go!

- Mark a 'glide start' point.
- Scoot or stride towards the 'glide start' point.
- On reaching the start, lift feet from the ground and glide as far as possible.



Watch the video!

You can see this activity in action at readysetrider.co.uk/balance.



If you need more help with this game

Try the **Stamp and slide** and **Swipe and swap** games from the **Prepare 2 Ride** activities.

Scoot, stride and glide

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!



Thinking Me

Why do we practise going from striding and then to gliding?



Social Me

How can you celebrate getting better?



Healthy Me

Which joints do you use when scooting and striding?



Physical Me

What can you do with your body to help you to glide for longer?



Creative Me

What else could we use to show when to start gliding?

What else are riders learning from the scoot, stride and glide game?

- ✓ Listening skills
- ✓ Planning

- ✓ Perseverance
- ✓ Observation

If playing with a group

Play in pairs alongside each other.

Set out a course with a number of glide points for riders to start gliding.

Allow riders to travel around and use a verbal cue for riders to start the glide phase.

Create a challenge:

Who can glide the furthest?

Out and about

Go out in the rain and glide through puddles without getting your feet wet.

