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Prepare 2 Ride

Steady as you go!

Steering



Keep looking ahead

Keep hands level

✓ Now I can...
Walk, balance
and look

Things you may need

- Tray, ball, box, water bottle, pencil, scrunched up foil, empty cereal box.

Safety

- Avoid heavy objects.
- Use objects that won't break if dropped.

Easier

- Walk in a straight line.
- Travel slowly.
- Use fewer and/or non-rolling objects.

Harder

- Travel in different ways (jog, march, tiptoe).
- Travel faster.
- Create an obstacle course/stepping stones to travel over.

Let's go!

- Balance a variety of objects on a tray or similar.
- Carrying the tray in both hands, travel from one point to another aiming not to drop anything.
- Try carrying the tray on the left of the body and on the right.



Steady as you go!

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



Thinking Me

What can you do to keep the objects on the tray?



Social Me

How could you play this game with others?



Healthy Me

Why is it important to be active every day?



Physical Me

How else could you travel when playing this?



Creative Me

How could you create obstacles or routes to travel over and around?

If playing with a group

Mark out lots of different routes for players to move along. Create a number of slaloms with players following each other a safe distance apart.

Create a challenge:

Which team demonstrates good communication and teamwork?

Did you know?

This game will help to develop a sense of where the body is in a space without looking at it (known as proprioception).



Out and about

Think about when you walk and control something else at the same time.