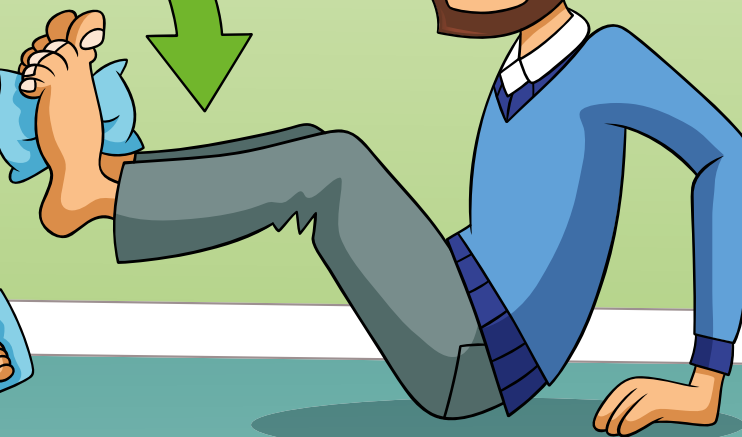


3

Prepare 2 Ride

Swipe and swap

Body position



✓ Now I can...
Move objects from side to side across my body

Squeeze knees and feet together

Hold tummy in tightly

Things you may need

- Bean bags, scrunched up t-shirt, soft toy, kitchen roll tube.

Easier

- Place objects to front of body. Pick up and release without moving from side to side.
- Use hands instead of feet.

Harder

- Try it with hands off the floor.

Safety

- Avoid heavy objects.
- Use correct posture.

Let's go!

- Sit on the floor, hands facing forwards behind the body.
- Place a pile of objects at one side.
- Use the feet to pick up the objects and move them to the other side.
- Once all the objects have been moved, try moving them back to where they started.

Prepare 2 Ride

Swipe and swap

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



Thinking Me

How can you use your body to move the objects even faster?



Social Me

What can you do to let others know you've finished?



Healthy Me

Which part of this game makes you feel good and why?



Physical Me

Is it harder to use your feet or hands? Why?



Creative Me

What music could you use with this game?

Out and about

Think about sitting or standing tall every day to help your core. While sitting can you take your socks off using just your feet?

If playing with a group

Pass the objects from side to side with a partner.

Pass all the objects along a chain of players.

Use more than one group and make this a race.

Create a challenge:

Which pair or team can move all their objects first?

Did you know?

This game will help to develop a strong core, helping with posture and movement.

