

Big Pedal 2021

# Scooter skills lucky dip



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

## Instructions

1. Write each of the skills below on a separate piece of paper:
  - 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
2. Fold them up individually and place them into a bowl.
3. Pick out one piece of paper at a time and have a go at doing that skill.



### What you'll need:

Scooter  
Helmet  
Pen  
Paper  
Bowl

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

### Top tip

If you are learning a new skill for the first time take it slow.



## 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 \(scoot backwards\)](#)

## Scooter challenge

Why not challenge someone in your household to a Scoot Off. Allocate points to each skill depending on how difficult it is. Eg Stopping = 1 point, Bunny hop = 10 points.

See how many points each person can score.