

SCOOTER AND BIKE ACTIVITIES

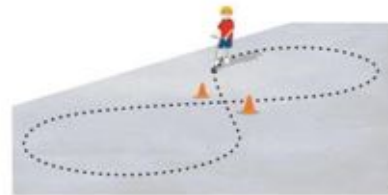
Complete the activities for 15 minutes, 2 times per week.

Down the Line



Kick and ride the scooter or bike along a straight line. The rider must kick/pedal only once at the start and remain on the line for as long as possible.

Lucky 8



Kick and ride the scooter or bike through a figure-eight course. The rider must attempt to complete the course as quickly as possible.

In the Box



Kick and ride the scooter or bike into a 2 m x 2 m square. In the square, the rider's feet must remain off the ground as they attempt to stay balanced on the scooter/bike for as long as possible.

Slalom Time



Kick and ride the scooter/bike through a zigzag obstacle course. The rider must attempt to avoid all obstacles and complete the course as quickly as possible.

Whoa... Stop



Kick and ride the scooter from start line to finish line. After the finish line, the rider must apply the brake continuously as they attempt to stop as close as possible to the set stop line.

Bunny Hop








From Mastering Mountain Bike Skills | Rider: Curtis Keene

Both feet remain on the scooter/bike while both wheels are lifted off the ground

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Complete the activities for 15 minutes, 2 times per week.

<p data-bbox="450 373 589 400">Hippy Jump</p>  <p data-bbox="221 660 817 715">Both wheels remain on the ground while the student jumps up with both feet</p>	<p data-bbox="1070 373 1160 400">Manual</p>   <p data-bbox="887 922 1348 1007">As the student leans back, they pull the handles up so the front wheel lifts off the ground</p>	<p data-bbox="1715 373 1783 400">Pogo</p>   <p data-bbox="1429 959 2069 1013">As the student leans back, they apply the brake and hop on the back wheel</p>
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Combine your scooter/bike-riding skills with basic tricks to create and perform an original scooter/bike sequence. Your sequence should demonstrate changes in speed, direction and body position. You will perform your sequence for one minute inside a 10 metre square.