

### C1: Gliding

1. How far can you glide?
2. Give one big push and glide.
3. Try standing with both feet on the scooter and see how far you can go.

**Top tip:** Bend your knees to help you balance.  
Be ready to stop, if anyone else crosses your path!





### C2: Using the other foot

1. Use your favourite foot on the scooter and stop.
2. Now try using your other foot to push the scooter.

**Top tip:** It feels difficult and strange at first, but soon you will become just as good pushing with either leg. You will be able to scoot for longer.





### C3: Changing feet as you scoot

1. Push off with one foot and then place both feet on the scooter as you glide.
2. Now put the other foot down to do your next push and glide. Repeat again.
3. Can you find a good "rhythm" to scoot  
e.g Scoot right foot,  
glide feet together,  
scoot left foot, glide feet together, scoot  
right foot.... Etc.

**Top tip:** You will be able to scoot for longer if you use both feet.



right foot



Glide together



right foot

Extension:

- When you turn left-try pushing with your left foot.
- When you turn right-try pushing with your right foot.





### Challenge 4: Quick braking

1. Can you press the brake on the back wheel with one foot (with your pushing foot).
2. Now without looking down, see if you can brake more quickly, by stretching your arms backwards and bending your legs slightly
  - this puts more of your weight over the back wheel and ensures the scooter slows up even more quickly.

#### Extension:

- Can you press the brake on the back wheel with your other foot (with your pushing foot).



**Top tip:** Always brake with your pushing foot. Using the brake on the back wheel takes a bit of practice.







### C5: Looking behind as you scoot, before you turn corners

1. Can you scoot round a course, or round the edge of the playground – each time you are about to turn a corner, check over your shoulder, in the same direction as you are about to turn – right shoulder for a right turn, left shoulder for left turn.
2. Try the course clockwise
3. Now try the course anti clockwise.



**Top tip:** Turning your head helps you turn the corner. It also ensures you can see if someone is about to overtake you





### G1: Glide race two or more

1. Challenge your friends to a Gliding race!
2. One great big push and see who gets the furthest.
3. Try swapping scooters and see which scooter is the best one to glide on.
4. Now try and use the other foot.
5. Can you measure how far you can glide?

**Top tip:** Bend your standing leg so you get a really big push off.





### Challenge 2: Under the branches (1 plus a helper)

1. Teacher or Young Leader to put their arm out low (like a branch on a tree) – Can you scoot along and duck under their arm.
2. Try varying the height of the branch
3. Can you create a Scooterbility course where you have to duck under different size branches?

Top tip: Lean back as well as ducking down.



Start



### C3: Look out!

1. Set up a follow my leader group. The one at the front can look behind and gain eye contact with the person behind.
2. The 2nd person looks back and passes eye contact to the 3rd ... Etc all the way down the line.
3. Challenge yourself to see if you can pass the eye contact from the back of the line to the front -harder to do!



Start





### C4: Funnel (2 or more)

1. Set up two diagonal lines of cones to make a gap (2m apart) big enough for 2 scooters to scoot through.
2. Set up in pairs to go through at the same time - You can both scoot back on the outside of the funnel back to the beginning to meet again.

Extension: Gradually decrease the gap!

**Top tip:** Be aware of how fast your partner is scooting and try to match speeds to go through the gap together.  
Use your peripheral vision.



