PE KSI Cycle A - Autumn 2

Outdoor and Adventure - Active Travel

What should I already know?

- The importance of road safety.
- The importance of having an active life style
- The importance of warming up and cooling down before and after any exercise.

Gems of Knowledge

What will I do?

- · Develop my balance on a scooter.
- · Be able to change direction and turn.
- · Change speed.
- · Stop on instruction.

What will I know?

- . Understand scooter safety and how this is similar to bike safety.
- . Be aware of others when I am using active travel

Awesome Active Travellers



Tony Hawk Skateboarder



Bradley Wiggins Cyclist

Vocabulary FOCUS Scooter skills and safety

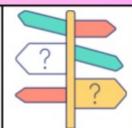
Road safety-

Staying safe on the road and around other travellers.



Direction -

The way in which something is moving towards.



Active lifestyle

Exercising and moving everyday



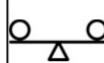
Speed -

How fast you are travelling_



Balance -

Being able to hold the scooter in an upright position and stay on the two wheels.



Awareness -

Knowing what is happening around you.

