

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

FOCUS - Scooter skills and safety

Vocabulary

<p>Road safety - Staying safe on the road and around other travellers.</p>		<p>Direction - The way in which something is moving towards.</p>	
<p>Active lifestyle - Exercising and moving everyday</p>		<p>Speed - How fast you are travelling.</p>	
<p>Balance - Being able to hold the scooter in an upright position and stay on the two wheels.</p>		<p>Awareness - Knowing what is happening around you.</p>	