

Aspiration 3:

To learn to ride a balance bike independently through an obstacle course.



To achieve this, I am going to...

I can turn on my balance bike and weave in and out of obstacles. I understand that the effect of steering will cause me to turn.

I can mount and dismount the bike safely.

I can stop my balance bike by controlled slowing and braking.

I can transfer weight from one leg to the other.

I am becoming more aware of others and objects around me when using my balance bike.

I know the footwork pattern to create propulsion when sat on bikes, using right-left-right-left steps.

I can manoeuvre my balance bike safely from A to B whilst walking beside it.

I can react and respond to verbal instructions from my teacher.

I have experienced the feeling of 'gliding' (lifting legs whilst seated) along a bench and on my balance bike.

I will use a range of wheeled resources in the environment, e.g., scooter boards, balance bikes, scooters.

I have fun during 'balanceability' sessions and know regular physical activity is good for my body.

How does this aspiration fit with our curriculum at Weeke?

We are excited to be able to offer 'Balanceability' training to all children in Early Years at Weeke. This training links in with many aspects in our curriculum, from learning about safety (PSED), to developing balance and spatial awareness (PD), to following instructions (C&L), working together as a team and persevering in the face of challenge (PSED). 'Balanceability' will set children up with an important life skill of riding a bike and having fun whilst exercising!

All stepping stones along our pathway in blue are special to Weeke.

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