



EYFS



Area of PE: Balance Bikes

New Vocabulary

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| brakes | Stop the bike from moving. |
| saddle | What you sit on. |
| stride | Stepping forward when on the bike. |
| glide | Move on the bike with feet up when you've pushed off. |
| scoot | Pushing off the ground with both feet. |
| obstacle | Something in your way. |
| direction | The way you are travelling e.g. forward, left, right. |

By the end of EYFS the children will know the following knowledge about balance bikes

New Key Knowledge – Bike



On

- Hold the bike handlebars from the side, squeezing the brakes (if the bike has brakes).
- Lean the bike slightly towards your body and lift your leg nearest the bike.
- Bend your standing leg slightly while your other leg is lifted and swing it over the back of the bike seat to reach the other side.

Off

- Hold the handlebars and squeeze the brakes (if the bike has brakes).
- Place both feet flat on the floor and stand up.
- Bend one leg slightly and lean the bike slightly towards the bent leg.
- Lift your other leg, swinging it over the back of the bike and bike seat to reach the other side.



New Key Knowledge – Movement / Practical

Wobble wobble – Lift my feet up and balance.
 Scoot, stride and glide – Scoot, stride and glide.
 Speed it up and slow it down – Speed up and slow down.
 Box the lot – Scoot and/or stride and stop accurately.
 Criss cross – Scoot or stride in different directions.
 Dot to dot – Scoot or stride changing direction and stop.
 I spy – Scoot and stride and look forwards.
 Scoot and limbo – Glide and duck.