# EYFS

Area of PE: Balance Bikes

New Vocabulary	
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

## New Key Knowledge - Bike



Hold the bike handlebars from the

side, squeezing the brakes (if the

your body and lift your leg nearest

Lean the bike slightly towards

Bend your standing leg slightly while your other leg is lifted and

swing it over the back of the bike

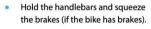
seat to reach the other side.

bike has brakes).

the bike.



#### Off



#### 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

Wibble 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.