# **Scooter Training KS1 – Lesson 1**

## **Lo: Course Introduction. To learn to stop and slow down from moving speed**

**Location**: KS1 Playground

**Number**: 18-22 Children

**Warm Up**

Balance exercise: 1 foot, 2 feet, 5 seconds and then 10 seconds

**Stopping**

Why do we need to stop?

What do we use to stop?

Scoot around in a big circle:

1 whistle stop

2 whistles go

3 whistles change direction

**Chase Your Tail**

2 groups if not enough scooters

Scooter at front speeds off and catches tail at back of circle

Catcher will have to look early at approaching line and begin to apply brakes to slow down momentum

Rest of the line maintains a normal speed.

When all have done the exercise is over

**Snake Through Tyres**

Leader snakes a pathway through tyres, rest of the group follow leader. If time change the leader On whistle diverts to stopping point where line follows, and all must stop under control

**Warm Down and Recap:**

Scooting in different directions under control, just faster than walking speed