



Learn to Ride in 12 simple steps!

The key to learning to ride is balance. Start by finding a safe open space, preferably somewhere that is quiet and has a tarmac surface

In preparation

- Remove the pedals (you'll need a 15mm spanner – the left pedal has a backwards thread!)
- Lower the saddle so they can just about get their feet flat on the ground

Now the fun begins!

1. Scoot along with both feet, getting them to go in all directions. You may want to put some cones down for them to weave in and out of.
2. Encourage them to scoot taking giant steps
3. Now introduce the kangaroo hops – encouraging them to lift their feet of the floor and glide for a few seconds
4. Practice using the brakes. Play a little game hop, hop, stop!
5. Once they are confident gliding for a few seconds it's time to introduce the first pedal – start with the right pedal
6. Practise scooting with the right foot on the pedal and the left foot pushing on the ground
7. Once they are confident scooting with one foot, get them to practise the 'pedal ready' position. Encourage them to scoop up the pedal so it's quite high and rest their foot on it, keeping balanced with their left foot on the ground
8. With a strong push forward, they should pedal down with the right foot and scoot with their left foot. Again, start with small steps then increase the size of the strides
9. As they gain confidence they should be able to lift up the left foot and glide as previously practised
10. Glide for 5! Once they can keep the right foot on the pedal and the left foot off the ground for 5 seconds it's time to put on pedal number 2
11. Practise getting 'pedal ready' and pushing off. This stage can be tricky to master, if this is proving a challenge try getting them to scoot start then lift their feet on the pedals when they are gliding
12. Turn those pedals and ride! 😊

