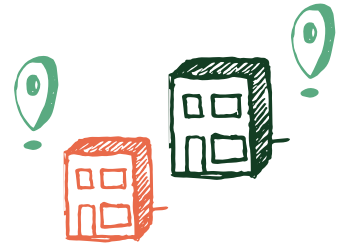
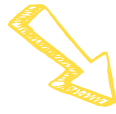




SCOOTING

Can you scoot the safest?

A-Z



HOW TO PLAY GET SCOOTING!

- > Put on your helmet
- > Make sure its tight enough to protect your head!
- > Check your scooter before riding it
- > Tighten the wheels and handlebars with an Allen key
- > Get scooting!
- > Start off on your drive to get some good practice
- > See how many laps you can do on your driveway!

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Space outside (like a driveway)
- > Your scooter
- > A helmet
- > Allen key



REMEMBER

This is a family activity – you can ask an adult to walk while you scoot if you decide to go further than the driveway!



SAFETY...

As with any activity consider the space and make sure you wear your helmet! If you're on a pavement scoot in the middle of the path. If you need to cross a road wait by the side of your scooter until it's safe to cross and look both ways before crossing!



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



CHALLENGE!

Try scooting around your nearby park with an adult – can you scoot safely and do the same number of laps you did in the driveway?

