

# 1 Skills 2 Ride - Balance

## Wibble wobble

✓ Now I can...  
Lift my feet up  
and balance

Sit up tall

Knees up high



### Things you may need

- Nothing!

## Let's go!

- Sit on the bike.
- Walk feet out to the sides as wide as possible using small steps, keeping upper body and bike still.
- Walk feet back in and repeat.
- Try running on the spot while seated.

### Safety

- Ensure individuals play to their own level.
- Ensure there is space either side in case of loss of balance.

### Easier

- Take smaller steps outwards and inwards.
- Keep feet closer to the bike.

### Harder

- Place a bean bag on your head while playing.
- Try up, up and away (see over).



### Watch the video!

You can see this activity in action at [readysetrider.co.uk/balance](https://readysetrider.co.uk/balance).



### If you need more help with this game

Try the **Swipe and swap** and **Step it up** games from the **Prepare 2 Ride** activities.

## Skills 2 Ride - Balance

# Wibble wobble

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!



### Thinking Me

Why should you use small steps when walking feet out to the side in this game?



### Social Me

Why is it good to ask for help if you are struggling to balance during this game?



### Healthy Me

Which parts of this game do you enjoy most and why?



### Physical Me

What can you do with your body to keep it from wobbling?



### Creative Me

How can you set yourself a challenge when playing this?

## What else are riders learning from the wibble wobble game?

- ✓ Listening skills
- ✓ Making judgements

- ✓ Self-challenge

## If playing with a group

Play in a larger space.

Play in pairs opposite each other, one leading the other, copying.

### Create a challenge:

Who can balance for the longest without putting their foot down?



## Out and about

Try both these games when stationary, waiting at school, in the park or garden.

## Next: Up, up and away

- Try lifting both feet up at the same time and see how long you can balance for, when hearing “Up, up and away”, with knees bent and lifted upwards. Balance for as long as possible with the bike still stationary.