

# Useful Links:

- 🚲 Paediatric Occupational Therapy Service:  
[www.ekhuft.nhs.uk/patients-and-visitors/services/a-z-of-services/child-health/paediatric-ot](http://www.ekhuft.nhs.uk/patients-and-visitors/services/a-z-of-services/child-health/paediatric-ot)
- 🚲 Spokes Map of cycle routes - Ashford, Folkestone, Dover, & Deal: <http://www.spokeseastkent.org.uk/maps/>
- 🚲 Dyspraxia foundation - Hints and tips for bike riding:  
<http://www.dyspraxiafoundation.org.uk/dyspraxia-children/bike-riding-tips/>
- 🚲 Canchild bike riding advice sheet:  
[http://canchild.ca/elearning/dcd\\_pt\\_workshop/assets/evidence-based-practice/cycling-handouts.pdf](http://canchild.ca/elearning/dcd_pt_workshop/assets/evidence-based-practice/cycling-handouts.pdf)



Remember learning to ride a bike is hard work but worth it!

## Bike Group

### Skill Progression Advice

#### Stage 2



# Scooting:

**Skill:** Able to scoot on bike sitting on the saddle, not standing up, taking 'walking steps' (Pedals removed) in a straight line and round a corner.

## Tips:

-  Removing the pedals makes scooting easier.
-  This is the start of learning how to balance on the bike.
-  Encourage sitting on the saddle (not standing) while scooting.
-  Continue to encourage safe stopping.

**Skill:** Able to scoot on bike, lifting 2 feet together, to balance briefly (pedals removed).

**Tip:** Encourage LOOKING ahead just in front of the wheel, but also checking if the route is safe and clear.

**Skill:** Able to scoot on bike, lifting 2 feet together, gaining speed by tapping one or other foot to the ground. (Pedals removed.)

**Tip:** Continue to promote safe stopping.

**Skill:** Able to stop bike safely if starting to lose control while scooting, both Brakes on, both feet down.

**Tip:** Prompt child with - *What do you do if you wobble?*

# Pushing Off:

**Skill:** Able to prepare pedal position ready to push off.

## Tip:

-  Your child will probably choose the foot that feels easiest for them to use to push off.
-  Explain or demonstrate how to lift the pedal into position by placing toes underneath the pedal.
-  Making sure the opposite leg is not blocking the pedals from turning.

**Skill:** Able to 'push off' using pedal with support to balance and to keep moving, while placing second foot onto pedal.

## Tip:

-  The helper should hold the bike underneath the back of the saddle and will need to keep the bike upright.
-  Some help may be needed initially to steer, by placing a hand on the handlebars briefly.

