

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: BALANCE

ACTIVITY: *Biking*²⁰

Description: Child balances and rides on a bicycle without falling over

Number of participants



<https://www.youtube.com/embed/imPQ3lysWnU?feature=oembed>

Skills

Physical: balance while riding a bicycle, upper and lower limb coordination

Cognitive: sustained attention, selective attention

Social: awareness of personal space if doing with other children

Equipment

- Bicycle
- OPTIONAL: training wheels

Goal examples:

- The child is able to pedal for 3 revolutions without support from mother and training wheels.
- I can ride my strider bike.

My personal goal:

Next Assessment Date:

²⁰ REI: <https://www.rei.com/learn/expert-advice/teach-child-to-ride-a-bike.html>

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Modifications

To make the activity easier	To make the activity harder
Change the task	
<ul style="list-style-type: none">• Have the child “stride” the bike (sit on the bike and walk it forward – no pedals) to decrease physical and cognitive demand	<ul style="list-style-type: none">• Demonstrate steering control by weaving between cones to increase physical and cognitive demand
Change the environment	
<ul style="list-style-type: none">• Have a parent or coach hold the child’s body to decrease physical demand	

²⁰ REI: <https://www.rei.com/learn/expert-advice/teach-child-to-ride-a-bike.html>