

To ride a bike

Reflection Points	What we expect to see EY professionals do	Some of the provision we may provide to support	Links*
First point of reflection- child sits on a trike and uses their feet to scoot along	As children become more confident at scooting, they will develop more control through steering and stopping/starting. They will not crash into so many things.	<ul style="list-style-type: none"> - 2 year olds: focus on muscle development – climbing/balancing, walking upstairs, using trikes and scooters – using lots of praise. Commenting on what they do. Use soft play and opportunity to explore different ways for moving. 	
Second point of reflection- children pedal and steer their trike	As children become better at co-ordinating pedalling and steering, they will be able to navigate challenges e.g. riding in and out of cones, or over a set of hollow blocks.	<ul style="list-style-type: none"> - more complex balancing equipment, opportunities to run and explore different ways of moving. I - Introducing verbs: fast, slow, make obstacle courses, - use wheelbarrows. Increased focus on hand-eye co-ordination. 	Birth to 3 DM links- PD 3to 4 DM links- PD
Third point of reflection:- children sit on a Balance bike with good balance with both feet on the ground	Once children become confident at balancing, they scoot slowly along keeping one or both feet on the floor. They begin to use the handlebars to avoid obstacles and other children. Adults will slowly raise the seat to encourage balancing.	<ul style="list-style-type: none"> - Provide opportunity for heavy lifting, trapeze, rope walk - Cooperative play equipment - Risk talking, talking to children. Describing their experiences and feeling. 	3-4 DM links- PD
Final point of reflection- children ride a Balance Bike, balancing with both feet off the ground, and maintaining control by steering and being able to slow down or speed up. They can ride a Balance Bike safely along the pavement.			