

I can ride a bike

Points of reflection	What you may see me do	How familiar adults can support me	
<p>First point of reflection- child sits on a trike and uses their feet to scoot along</p>	<p>As I become more confident at scooting, I will develop more control through steering and stopping/starting.</p> <p>I can stop and start, and I am able to avoid crashing into obstacles.</p> <p>I pull myself along with my feet</p>	<p>-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.</p>	<p>Birth to 3 DM links- PD</p> <p>OP&L 30 months and 36 months</p>
<p>Second point of reflection- children pedal and steer their trike</p> <p>Children can scoot along on a balance bike with both feet on the ground</p>	<p>As I 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.</p> <p>I can pedal a trike</p>	<p>- more complex balancing equipment, opportunities to run and explore different ways of moving. I</p> <p>- Introducing verbs: fast, slow, make obstacle courses,</p> <p>- use wheelbarrows. Increased focus on hand-eye co-ordination.</p>	<p>Birth to 3 DM links- PD</p> <p>3to 4 DM links- PD</p> <p>OP&L 42 and 48 months</p>
<p>Third point of reflection:-children can scoot along on a balance bike lifting up their feet for longer periods</p>	<p>I can lift my feet up and use my core strength to hold up the balance bike.</p> <p>I begin to use the handlebars to avoid obstacles and other children.</p> <p>Some children will be introduced to a pedal bike.</p> <p>I know that I must wear a helmet to keep me safe</p>	<p>- Provide opportunity for heavy lifting, trapeze, rope walk</p> <p>- Cooperative play equipment</p> <p>- Risk talking, talking to children. Describing their experiences and feeling.</p>	<p>3-4 DM links- PD</p> <p>OP&L 54 and 60 months</p>
<p>Final point of reflection- children ride a Bike, balancing with both feet off the ground, pedalling and steering simultaneously.</p>			