

Toddler lesson plan 6 (Trikes and bicycles)

Preparation -

Area to ride, Large flat surface such as local park

Equipment - 3 Wheeled trike, bicycle with stabilisers, safety helmet.

Learning -

- Encourages balance.
- Forming strength in legs.
- Using senses, asking why and how things happen.
- Good hand eye co-ordination.
- Building concentration.
- Being aware of surroundings.
- Steering correctly.
- Building confidence.
- Co-ordination around obstacles.

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