OBSTACLE CHALLENGE

Scooter training games and ideas

Green-Committee Guidelines

OBSTACLE COURSE CHALLENGE

The 'Obstacle Course Challenge' invites you to design your own scooter obstacle course in your school yard. This course must include at least three of the scooter activities listed below:

- Straight Scooting
- Slalom
- Funnel
- Snake
- Crossing a road
- Emergency Stop

What to do?

- Study the obstacle course activities and choose which games you would like to include in your obstacle course.

- Draw a map of the obstacle course in your school yard using this worksheet and discuss how it would work

- Identify jobs for each member of the committee to make sure everything works ok

- Set a date to try out your obstacle course with classes

- Raise awareness about your event by delivering the safety tips presentation in classes before your event

On the day

Once you have agreed on your design, discuss how you will deliver it to a class. We would love to see how you get on! Please send photos or videos of your event to travel@greenschoolsireland.org or tag @greenschoolsire #Scoot2SchoolWeek on your school social media platforms.
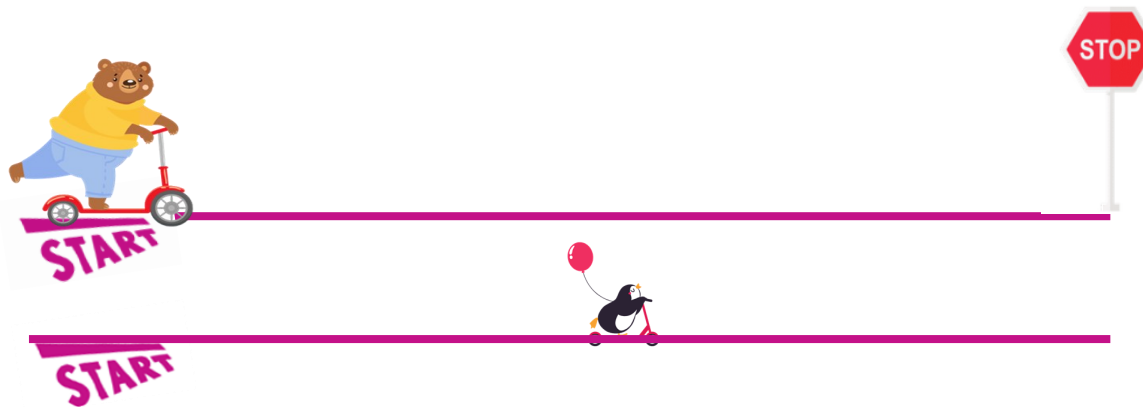
Straight Scooting

It is important to try to scoot in a <u>straight line</u> so that you don't upset or scare pedestrians.

What to do?

- Using cones/bollards or whatever is available set up a 'start' and a 'finish/stop' line.
- Organise students to try to scoot straight either one by one or all together
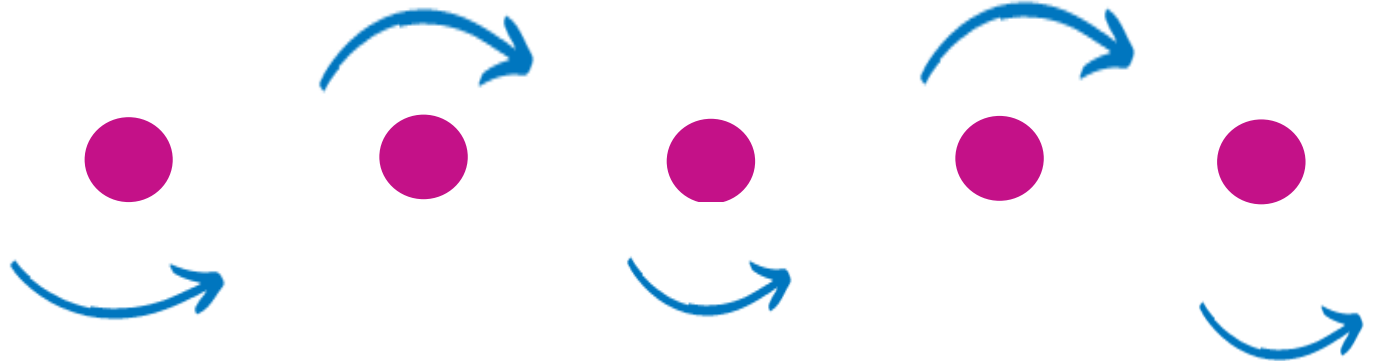

Rules

- Scoot slowly in a straight line, anyone that goes diagonal is out.
- Remind everyone that they have to stop at the STOP line

Idea: You could ask students to see how far they could go with ONE push or using their other leg

Slalom

Improve your scooter control with this 'Slalom' course

What to do?

Set up cones so that students can weave in and out. Make sure they are not too close together
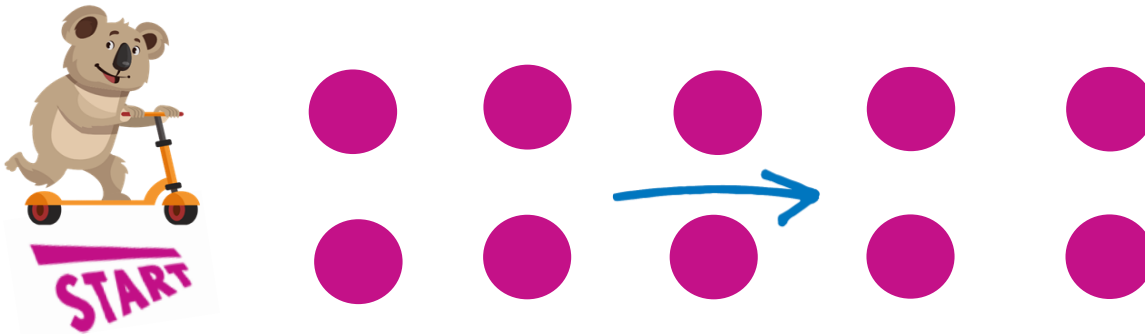
Rules

If students touch a cone they are out or they 'lose a life'

You could add the rule that they have to complete this course with just 'One Push'

Funnel

Improve your scooter control with the 'funnel' course. This is like 'Slalom', but you must try to scoot between cones.

What to do?

- Set up cones so that students have to scoot through them without touching them.
- You could make this more difficult by adding a mix of the 'funnel' and 'Slalom' set up
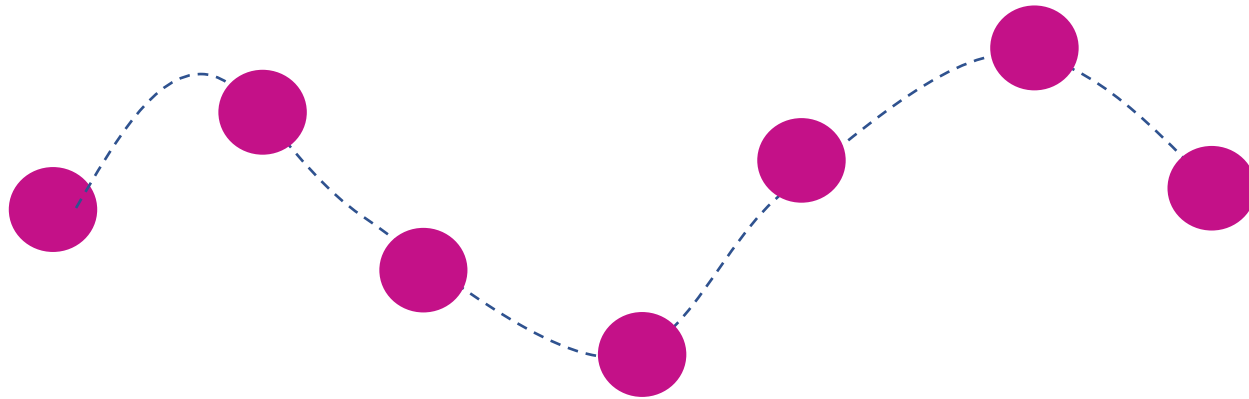
Rules

If students touch a cone they are out or they 'lose a life'

You could add the rule that they have to complete this course with just 'One Push'

Snake Game

We need to make sure we have enough space to scoot and be aware of others around us. This game is about 'pace' and spatial awareness.

What to do?

Set up cones like the diagram above and ask students to weave in and out of them one after the other like a 'snake'.

Rules

- Students must keep a distance from the person ahead of them
- If students touch a cone they are out or they 'lose a life'
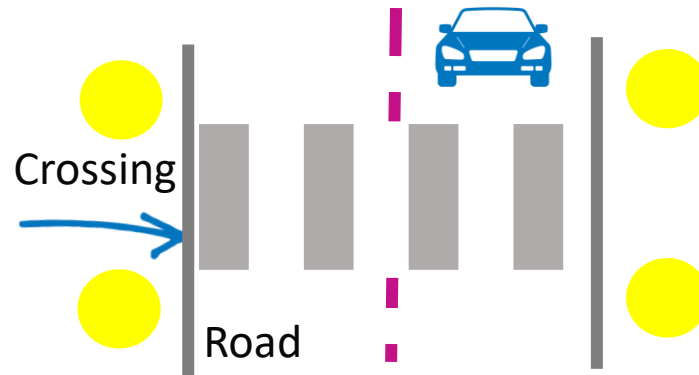- If students pass another student out they are out or they 'lose a life'

Crossing a road

NEVER scoot across a road or at a crossing. Always walk safely across.

STOP-LOOK-LISTEN

Crossing

Road

What to do?

Create an area within your obstacle course which represents a road where students must cross safely. Use chalk and different coloured bollards to the other parts of the course so students know what it is.

Rules

- Participants must always STOP-LOOK-LISTEN before they cross
- Participants must get off their scooter and walk with it across the road.

Idea : *Nominate some students to pretend to be cars/cyclists using the road*

Emergency Stop

Scooting Skills - Green-Schools Travel

- An emergency stop is where you jump off your scooter and plant both feet on the ground either side of your deck and keep hold of the handlebars.
- Don't land on your toes, keep your feet flat and squat as low as you can to be grounded. You can see an example of this here (2.18mins)
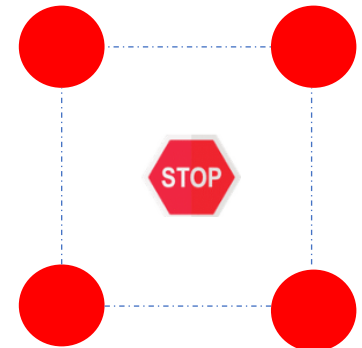
What to do?

- Mark out a stopping box within your course for an emergency stop. This is best placed at the end of your course.

- Show everyone how to do it

Rules

Students must stop in the box

Idea : *you could also just call out emergency stop at any point along the course where the student has to stop immediately*

OBSTACLE COURSE CHALLENGE

Design a scooter obstacle course for your school yard

SCOOT SAFE

Green-Committee
Scooter Safety Tips

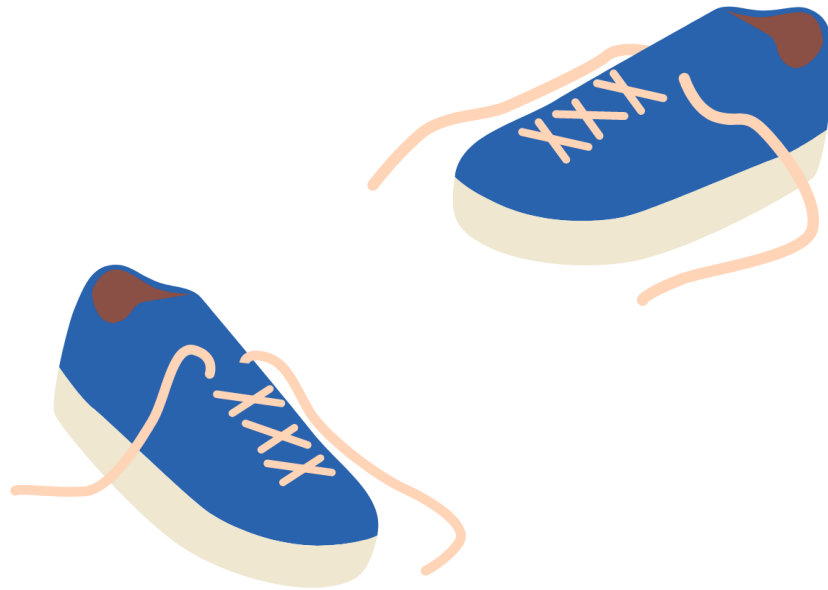# To be safe you need to wear

A helmet

Elbow and **knee** pads

If it is dark outside you need to wear a

Always make sure that your laces are tied

Always check your scooter

🎥 How to do an 'L-CHECK'

① **Handlebars**
Check that they are connected
Make sure they are not too high

② **Bar Plugs**
Make sure they are in place

③ **Quick release clips**
Make sure they are closed

④ **Deck**
Make sure it isn't slippy

⑤ **Brake**
Does it work?

⑥ **Wheels**
Make sure they are not loose or stuck

REMEMBER…

Other people use the footpath so do <u>not go too fast</u>

If there are too many people on the footpath <u>walk with your scooter</u>
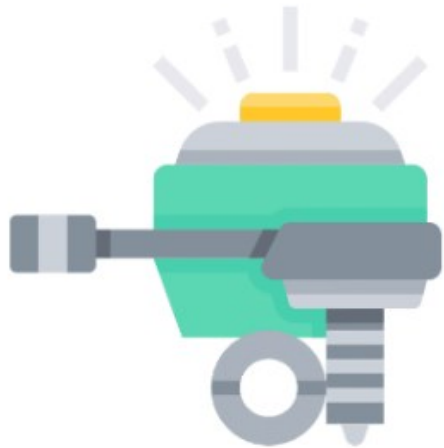
It is a good idea to have a **bell** on your scooter so you can warn people