



Celebrate Scoot to School Week - just get on your scooter and push off!

Whether you are scooting to school, around where you live or in your local park, let us know how Scoot to School Week is going for you by tagging us on Twitter (@GreenSchoolsIre), Facebook or Instagram (@GreenSchoolsIre).

Be scooter ready!

- ✓ Use your bell to alert people you are scooting behind them!
- ✓ Always maintain social distance from people you are scooting with or by
- ✓ Remember people walking have priority on paths
- ✓ Pop on helmet
- ✓ Adjust handlebars so they are around hip to waist height
- ✓ Check quick fold release and handles are locked in position
- ✓ Check brakes and practise your emergency stop ->

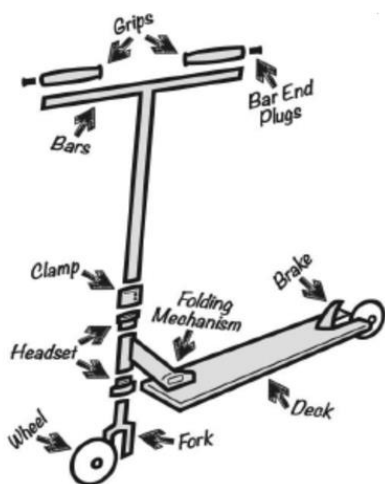
Emergency stop – stop as quick as you can by planting your two feet on the ground to the side of the deck that your 'push' foot was on and keep hold of the bar! When practising make sure no lifting or skidding of wheels



Scooter Challenges to enjoy at home or in your pod

Scooter Twister

Ask a member of your family to call out different scooter bits, one at a time using the diagram below. With each call, you must touch the scooter bit named with a part of you - a hand, foot, knee or nose! The next call, you must keep touching the previous called scooter bits but also touch the next one and so on until you are tied in a knot!



Super Glide Challenge

Have a flat area with lots of space in front of you. Take only one push from your start position and see how far you can glide before your scooter stops and you must put your foot down. Try another glide challenge with your 'weaker' leg. What can help you go further? Try ducking down to reduce wind resistance.

Emergency stop

Whether your scooter has brakes or not practice this. Use something soft to represent an obstacle e.g. ball. Scoot fast towards it and do an emergency stop as you reach it as if it's a car or person. In other words DON'T HIT THE OBSTACLE! Ensure no lifting or skidding of the wheels. Practise until perfect.

"Scooter master"

Set up an obstacle course using things you are allowed to play with outside. Be creative – have parts where you must weave, where you must scoot accurately along a narrow part (say a painted line or chalk mark on ground) and finish with an emergency stop. Time yourself and improve on how fast you complete your course.

Be safe and aware of COVID restrictions!

- Avoid sharing your scooter unless it's with someone who lives with you
- Scoot with your family or with your class pod (you'll be able to scoot with more friends once the restrictions are lifted)
- Remember the 2 meter rule: keeping a bit of distance from each other when scooting is always safer
- Make the most out of your 5km area, in these five days you could explore a different area each day!