

SCECS Learn to Ride Centre Worksheet

Name: _____

This worksheet is designed for children to work on with a parent or carer. Read the information together and then help them to do the activity.



Have a look around the Facility. Look at the mural on the wall. Count the bikes and scooters in the artwork.



Practice crossing the road at the "Zebra Crossing". Remember to look right and left and right again.



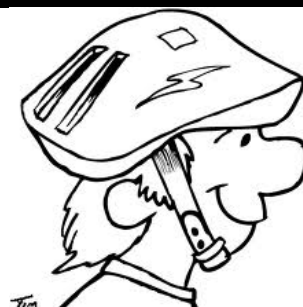
Look at the Traffic Light. Talk about the colours of the lights and what they mean.



Look at the roundabout. Talk about keeping to the left on roundabouts and watching for traffic coming from the right.



Look at the Stop sign. Talk about what the sign means.



Put on a helmet. Make sure that the helmet is tightened correctly and that the front is level so that noses are protected.



Check that your bike or scooter is safe to ride. Check that the tyres are full of air.



Ride your bike or scooter around the "road". Make sure that you stop at the traffic light if it is red and at the Stop sign.



Have a drink of water. It is important to have lots of water, especially when exercising. (Use the fill station if you need too).

Songs and stories to share

Song: Twinkle, twinkle traffic light

Twinkle, twinkle traffic light
Standing on the corner bright
Red means stop
Green means go
Yellow means wait
We all know
Twinkle, twinkle traffic light
Standing on the corner bright

Song: Stop at the Lights

Stop at the lights
Look both ways
Look both ways again
Wait for the traffic
To come to a stop
Then cross the road, with a friend.