

### 3. To be able to ride a balance bike

#### Milestone 3.1

The child can propel a vehicle forwards with feet on the floor.

#### Milestone 3.2

The child can sit on a trike with good balance and scoot along.

#### Milestone 3.3

The child can pedal and steer their trike.

#### Milestone 3.4

The child can sit on a balance bike with good balance with feet on the ground.

#### Possible sequence of learning:

- Holds adults' hands when accessing equipment i.e. climbing equipment
- Runs on whole foot
- Squats with complete steadiness to rest or play with objects on the ground and rises to feet without using hands.
- Pushes and pulls large wheeled toys easily forward, backwards and is able to start and stop
- Sits on wheeled toys unaided
- Aware of the need for safety with adults' support, i.e. wearing a helmet when riding a wheeled toy
- Tolerates waiting with adult support
- Propels vehicles forwards with feet on the floor
- Becomes more confident at steering, shows an awareness of objects around them
- Understands stop & go, fast & slow
- Balances on one foot to climb on to the trike
- Sits on small tricycle but cannot use pedals
- Develops more control through starting/stopping, not crashing into things
- Shows confidence in attempting new challenge, pushing pedals of a trike
- Runs with control and changes direction to avoid obstacles
- Pedals a tricycle
- Steers safely in desired direction and negotiates space
- Walk across balancing beams independently
- Uses core strength, balance and co-ordination to travel on scooters/different size tricycles
- Uses and understands directional language
- Sits on the balance bike, feet on the ground
- Uses feet to propel bike to go in desired direction, picking up speed
- Shares and takes turns using a timer independently
- Rides with confidence, being able to slow down and stop safely

#### Final Milestone

The child can ride a balance bike safely, with both feet off the ground and maintain control and confidence by steering in the correct direction.