

Exercise at Home

Update June 9th 2020

Hello everyone

Firstly I hope you are well. It was good to be in school this week helping to organise our version of the Tour de Woodside! I have seen so many families in the roads near my home making the most of less traffic and riding on their bikes. It does worry me when I see them without crash helmets though, I always wear mine and in school students must wear a helmet.



Teaching your child to ride a bike

The majority of our students can ride bikes by Key Stage 4. I am not a fan of stabilizers but much more these days of those wonderful wooden balance bikes. Cycling is all about balance and if you want to teach your older to child to ride, they need to be pushing themselves along with their feet. I have attached a video link of an adult being taught.

<https://www.youtube.com/watch?v=wqmzwVrkTU4>

I would add that if there are co-ordination or fear issues with your child this may be difficult. Essentially the learner must 'want' to ride. The pleasure and freedom they get when they are successful is wonderful to see. The bikes at Woodside are very popular.

The Daily Mile from home

www.dailymile.co.uk or find the Twitter link

This week's challenges are:

Challenge 1: Wave and smile as you pass people (with parental permission of course)

Challenge 2: Start your mile like Usain Bolt!

Challenge 3: Count in: 2's, 3's or 7's or 100's

Have fun!

Mrs Leadbetter