



Scooterboard activities

Shuttle Run: Teach teamwork, cooperation and thinking skills using a scooter board shuttle run activity. Divide your group into sets of four. Place a basket at one end of the room and a starting line on the other. Give each set of students a scooter board with a pull handle and four soft objects such as sponges or bean bags. Have students make practice runs pulling each other across the floor. Explain that each student may only carry one item on each trip with the scooter board across and back. Each student can only "ride" the scooter board one time. The winner is the team with the fewest trips. Four trips will be made by uncooperative teams who do not discuss the matter. The teams which cooperate and use thinking skills will figure out that if one of the team members pulls the scooter carrying an item while pulling someone with a second item, they only need two trips total.

Arm Work: Young students often run around in daily play strengthening their legs. The arms typically do not get as much exercise. Use the scooter board to build arm strength. Students lay on their stomach on the scooter boards. Line the participants at one end of the area. Instruct them to push themselves with both arms simultaneously to propel them across the floor. Change the instruction to use a swimming motion for movement. One arm, then the other is used for pushing. Finally, instruct the students to use only one arm to cross the floor

Puzzle activity: Using different colours of construction paper cut a crescent shape from each colour. Place the pieces at one end of the room. Have the child lie prone (on

stomach) on the scooter board. Ask the child to pick up one piece at a time and pull himself forward to the other end of the room. Then have the child go back as he's sitting on the scooter board to pick up another piece. Repeat the activity until the child transferred all the pieces and created a picture of a rainbow.

You can also use a rainbow puzzle for this activity.

The child can also use a rope tied to a pole/table to pull himself forward.



Scooting the Path: * Using a scooter board, have the child become the animals while lying forward on the scooter board
* Have the child be the animal lying on his back, using the scooter board to get along the path
* Have the child be a beetle crawling on scooter board along path
* Have the child be a tugboat who is pulled by holding onto a rope (you are pulling the child along the path) or have the child pull the scooter board with a rope along the path

When pulling along the floor, you could knock things down e.g. blocks, boxes, bowling pins.

Rocket Blastoff: the child pushes off the wall with their feet

Rocket Blastoff with hands

Knee Ride: the child kneels on the scooterboard inside a hoop, you pull the hoop

Tummy Spin: the child lies on the board on their tummy and spins themselves

Swish Swash: child kneels on the scooterboard with the hoop around them. You kneel behind and chant 'swish, swash, who's in the wash?' as you turn them back and forth.

Scooter Board football: One team starts with the ball at centre. Dribbling the ball with feet (or hands, hands and feet can also be allowed) and passing to team mates using feet are allowed. Students cannot pick up ball. Variations include changing the size of the ball, using more than one ball.