

CONNECT – A – SCOOTER SET - 16”

Item # 12222



Scooters are an all-time favorite among students. They can be used individually, in partners or in groups. They provide vestibular activity, aid in hip, leg and arm strength, and encourage cooperative movement.

- **Leg & Hip Strength:** Have students sit on scooters and push backward with their legs. Laying on their stomachs, or holding the handles, push scooters forward with their legs. Follow floor lines to practice tracking as well.
- **Arm Strength:** As students lay on their stomachs, ask them to push with their hands against the floor to propel themselves forward. Floor lines can be followed for tracking.
- **Partner Activity:** Have one student sit cross-legged on scooter while their partner pushes them through an obstacle course of cones or mats.
- **Group Activity:** Hook multiple scooters together. Ask students to sit in straddle on scooters and “row the boat” together to move forward across the floor.
- **Group Activity:** Hook multiple scooters together. Ask students to lay on their stomachs, holding the handles in front of them. As a team, have them push the scooters across the floor with their legs.

Beth Gardiner brings an impressive array of experience and professional affiliations in the gymnastics world, spanning three decades. As owner of Heart of Texas Gymnastics Beth specializes in preschool gymnastics, recreational, compulsory team and special needs gymnastics. Her child-first philosophy and skill-based curriculum have proven effective in building dynamic and highly successful gymnastics programs. Through these, and as a volunteer with Special Olympics and other private organizations, she regularly works with children and adults who have disabilities, researching ways to serve the special needs population in the gym environment. Beth has also served as a USA Gymnastics National Instructor since 1997 and is a 1983 graduate of Texas A&M University.