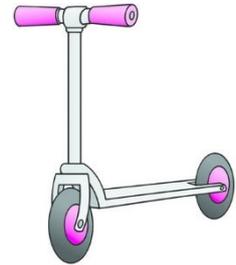




Charley's guide to scootering

Hi, let's go. My name's Charley and I'm a scooter champion. The first rule of scootering is to always be safe. Good trainers, a helmet, knee pads and elbow pads are very important for stopping you getting hurt. If you want to go scootering, make sure that there's a grown-up nearby in case you need help.

Video zone



Scooter riders get in the air by ramps or bunny-hopping. This is how I bunny-hop. I put my feet up on the scooter like this and hold my handlebars evenly and tightly. Then I jump and pull my arms and feet up smoothly.

Another trick I learned when I first started is a tail-whip. On a scooter, the bit where your feet go is called a deck. I ride forward with both feet on the deck. Then I hop into the air and kick the deck round with my toes and use my hands to help. Once the deck spins in a full circle I catch it with both of my feet, land and roll away.

When I got confident at scooter riding, I knew it was time to learn the dropping. I position myself at the top of the ramp and make sure the scooter is slightly hanging over the edge. I put my feet so that one foot is on the scooter. When I'm ready, I lean my body forward and push. The key is to stay confident.

The most important thing about scootering is to have fun. If you want to get started, why not practise on your driveway, in your garden or in a park like this one? Thanks for joining me and learning all about scootering. I'm Charley and I love to scooter. Catch you at the ramp!

Watch this video <https://learnenglishkids.britishcouncil.org/en/video-zone/charleys-guide-scootering>