



## Skill Levels – Unicycling

This is a really effective way of breaking down a difficult skill and making it seem achievable for children. You should test children as they go along and not wait until they can do everything.

Disclaimer – You need to have a good understanding of unicycling to teach this skill as it is potentially dangerous. These are skill levels and do not explain risk or how to undertake tasks safely. Circus into Schools recommends helmets and wrist guards, and risk assessing all activities. You are welcome to contact us for advice. Tick when a child completes each skill.

Advice on teaching the unicycle;

<http://www.unicycle.uk.com/faq/howtoride.html/>

Pre Skills for to learning to ride a unicycle;

P1	Get on a unicycle correctly	
P2	Unicycle the length of the hall holding on to two people's hands on either side	
P3	Unicycle the length of the hall holding on to one person's hand on one side	
P4	Unicycle the length of the hall holding onto the wall	
P5	Sit with back against the wall and push off (lean forward )	
P6	Unicycle 2 metres	
P7	Unicycle 5 metres	
P8	Demonstrate how to dismount from a unicycle safely	

### Basic

B1	Ride the length of the hall	
B2	Unicycle across hall holding another child's hand	
B3	Unicycle in a figure of 8	
B4	Perform a right or left hand star with another child	

### Intermediate

I1	Free Mount	
I2	Bunny hop or idle 5 times without falling off	
I3	Learn a trick online	
I4	Make up a routine on your own or with another person linking 3 moves or demonstrate 3 tricks	

Advanced

A1	Learn 3 tricks	
A2	Bunny hop or Idle 10 times	
A3	Make up a routine on your own or with another person linking 5 moves or demonstrate 5 tricks	
A4	Understand and explain, health & safety / risk in unicycling in hall, outside on road, off road, teaching a beginner.	
A5	Assist teaching a beginner to unicycle	