



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 child has completed.

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	Unicycle width of hall	
P9	Demonstrate how to dismount from a unicycle safely	

Basic

If you want to develop unicycle hockey, you will need a unicycle hockey stick and tennis ball.

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	
B5	Throw and catch a ball 5 times when unicycling	
B6	Unicycle the length of hall with your hands on your head	
B7	Free mount	

B8	Bunny hop twice without falling off	
B9	Not on a unicycle – dribble a ball to end of hall and back	
B10	Not on a unicycle – dribble a ball around 3 objects and back	
B11	Unicycle holding stick correctly (do not put in front of or in other wheels, or hold end above waist)	
B12	Dribble ball to end of hall and back	

Intermediate

I2	Mount with both feet	
I3	Bunny hop 10 times without falling off	
I4	Idle 5 times	
I5	Throw and catch a ball with someone else on a unicycle, riding down the hall	
I6	Right hand star, turn left hand star	
I7	Unicycle backwards whilst holding both hands with someone unicycling forward	
I8	Unicycle off a drop similar to that of the pavement – either straight off or bunny hop	
I9	Push off unicycling backwards	
I10	Make up a routine with another person linking 3 moves or demonstrate 3 tricks	
I11	Dribble ball with hockey stick to end of the hall and shoot	
I12	Pass ball with hockey stick to another person twice whilst riding along	
I13	Dribble ball around 3 objects and back.	

Advanced

A1	Bunny hop over an object ,	
A2	Idle 15 times	
A3	Make up a routine with another person linking 5 moves or demonstrate 5 tricks	
A4	Bunny hop 20 times	
A5	Understand and explain, health & safety / risk in unicycling in hall, outside on road, off road, teaching a beginner.	
A6	Plan and unicycle an off road route off at least a mile	
A7	Assist teaching a beginner to unicycle	
A8	Set yourself a trick or challenge you have found online and complete it.	
A9	Unicycle backwards for 5 metres	
A10	Help teach unicycle hockey to beginners	