



Prerequisite

Children must be able to ride a bike on easy terrain.

Criteria

In the second level, the children apply the technique they have learned in easy terrain to more demanding terrain. The obstacles to be overcome are higher and so are the demands on balance and coordination. They learn to ride a given distance with one hand and in a controlled manner and to pedal standing up. They will also learn how to shift gears on the bike and ride simple waves and hollows.