

NAME of activity	Learning of unicycle
duration	Hours on several days
audience	From 6 years old, group size according to the number of unicycles. Possibility to start with groups of 3.
Pedagogical goal	Develop the feeling of balance Physical exercise risk taking
Description	To start, it is important that unicycles are adapted to the size of the participants. The seats are adjustable. Unicycles exist with children sizes. To get balanced on it, you can use crutches, or ski sticks in each hand. You can also be supporter by a wall, in a corridor, or be helped by two friends, one on each side and try to ride. It is important to keep straight on the unicycle.
Material	You can start with an easier tool : the 4 wheels pedal (see pic). Unicycle. 4 wheels pedal, ski sticks.
Space	Flat ground, outside, or corridor
Comments	Once the balance is acquired, it is possible to add an artistic discipline on the unicycle (as juggling). It is also possible to build unicycle from bikes. See video : <a href="http://www.youtube.com/watch?v=gfDs2htC4sU">http://www.youtube.com/watch?v=gfDs2htC4sU</a>
Restitution	If we get several unicycles, it is possible to create a « ballet », or to create an act with a character that only moves with riding, or to mix disciplines (unicycle + juggling, + music, + puppet...)