

Objective

By the end of this lesson, you will have a better understanding of the basics of go-karting and how to control a go-kart effectively.

Materials and Prep

Materials needed: Go-kart, helmet, gloves, open space for driving.

Prep: Make sure the go-kart is in good working condition and that the driving area is safe and free of obstacles.

Activities

- **Go-Kart Inspection:** Learn how to inspect a go-kart before driving to ensure it is safe and ready to use.
- **Basic Controls:** Practice using the steering wheel, pedals, and brakes to get a feel for how the go-kart responds.
- **Obstacle Course:** Set up a simple course with cones or markers to practice turning and maneuvering the go-kart around obstacles.

Talking Points

- **Go-Kart Safety:** "Always wear your helmet and gloves when driving to protect yourself."
- **Steering the Go-Kart:** "Turn the steering wheel in the direction you want to go, and remember to keep your hands at the 9 and 3 o'clock positions."
- **Using the Pedals:** "Press the gas pedal to go faster and the brake pedal to slow down or stop. Start by practicing gentle acceleration and braking."
- **Turning Techniques:** "To make sharp turns, slow down before the turn, look where you want to go, and smoothly steer in that direction."
- **Practice Makes Perfect:** "Don't worry if you make mistakes, practice and patience are key to improving your go-karting skills."