



UP TO YOU!



YOUR BIKE, CONES/CHALK/SOMETHING TO USE AS A MARKER

CYCLE SKILLS

Aim: To have some fun while practising and improving your bike handling skills.

Instructions: Have a look at the various activities on the following worksheets. You can try them all or choose the ones that look most fun. Most start off fairly basic then have suggestions for how to make them harder, so you should find some to suit you. Challenge yourself to get better—keep practising and see if over time you can improve so you are able to complete some of the trickier challenges.

These challenges are suitable for your garden, or even better if you can head out on your daily exercise to somewhere with a large fairly flat area. Grass or hard-standing are both fine, although grass that isn't recently cut will make it trickier to complete some of the challenges.

Almost all of these challenges are also good to practise your scooter skills.

Let us know which activity was your favourite, or tell us about any new activities you came up with, using the links at the bottom of this page.

For a short video introducing this activity, click

[HERE](#)



BEFORE YOU START

Remember to use the ABC check we learnt last week to make sure your bike is safe to ride before you start these activities, and find your helmet.

If you missed last week, you can follow this [LINK](#) to find a short video showing you how to do a quick and easy check on your bike.

Enjoy this activity? Use #stayhomestayactive and tag us @SustransNI on [Facebook](#) and [Twitter](#)

The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at www.sustrans.org.uk/NIschools

STOP IN THE BOX

Aim: To practise stopping

What you need: Cones or chalk to mark out a square box on the ground

Instructions: Cycle up to the box and stop inside it.

Extensions: - Cycle towards the box faster and see if you can control your braking to still stop in the box.

- Make the box smaller, or just mark a spot that your front tyre should stop on
- Track stand—stop in the box then see if you can balance on your bike without putting your foot down. Keep practising and see if you can balance for longer. Or make it a family challenge.

BIG WAVE

Aim: To practise taking one hand off the handlebars

What you need: Someone to wave to

Instructions: Start cycling round, and as you pass the person helping, give them a big wave.

Easier: Just lift your fingers off the handlebars to give a 'wave' as you go past. As you get more confident lift your hand off the handlebars for a second or two.

Extensions: - Make sure you can high five with your left and right hand—get the person helping to stand on the other side as you cycle past.

SLOW BIKE RACE

Aim: To practise controlling your bike while going slowly

What you need: Something to mark out a start and finish line

Instructions: Cycle your bike from start to finish line, as slowly as you can. If there is more than one person, the *last* person over the line wins.

Rules are: you must cycle forwards (no going round in circles); if you put a foot down you are out; no touching/bumping into anyone else's bike.

BIKE JOUSTING

Aim: To practise cycling one handed, while getting wet!

What you need: Cones or chalk, two water pistols (the simple type that only needs one hand to work) or water bottles with a hole pierced in the lid (get an adult to do this)

Instructions: Mark out a line down the middle of the 'course', plus one start point at each end. Riders start at opposite ends, and can't cross into the other person's side. Both starting riding towards each other, and try to hit the other person by firing their water pistol.