

CYCLE SKILLS



DURATION: AS LONG AS YOU WANT!



MATERIALS REQUIRED: BICYCLE, A PARTNER

Cycle Skills-Boost your Skill Level!

Aim:

The aim of this week's activity is to boost your skill level on the bike by playing some great fun Cycle Skills games.

Instructions:

- Make sure that your bike is safe to ride before playing these games. Watch my video [ABC Quick Bike Check](#) to know how.
- Check you have a clear and safe area to play the games.
- Please be sure to wear a helmet to keep you safe.



Social Media

Why not get some great photos of you, in action, having fun on your bike? If you are posting them on social media don't forget to tag us at:

@sustransni

#stayhomestayactive

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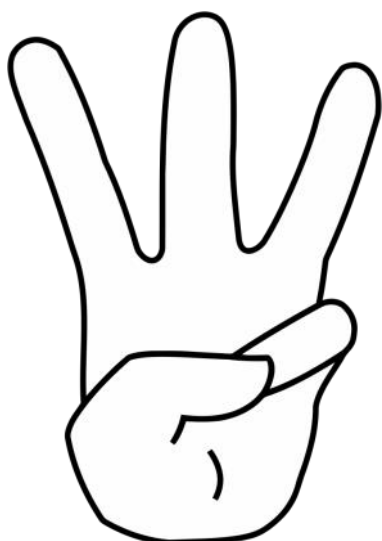
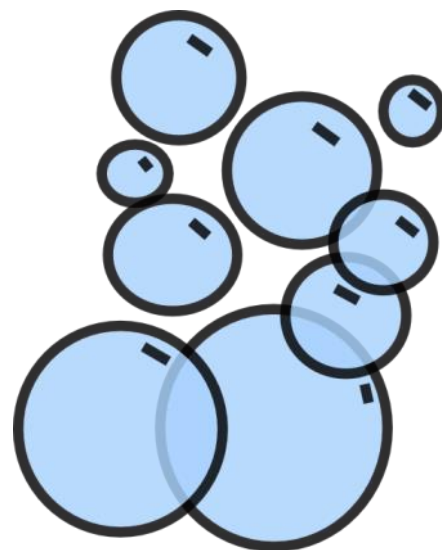


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Game 1 Bubble Pop:

- Make sure you have a clear area to play this game on!
- Have your partner blow bubbles (shop-bought or home-made with washing-up liquid).
- Try to pop the bubbles, while cycling your bike, by using your hands, head and feet!



Game 2 Look Back:

- Make sure you have a clear area to play this game on!
- Cycle past your partner then look back over your shoulder.
- How many fingers is your partner holding up?

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Game 3 Figure of 8:

- Set up two cones/jumpers/objects about 3m apart.
- Ride a Figure of 8 around the objects but make sure your front and back wheels don't touch them!
- Make this game harder by moving the objects closer to each other!



Game 4 Whistle Stops:

- Ride along and have your partner blow a whistle/clap hands/shout 'Stop' at random times.
- You must then come safely to a complete stop but don't put your feet down!
- Hold the balance for 3 seconds then pedal on.



Game 5 Track Stand:

- See how long you can balance on your bike while not moving. Can you beat your best time?