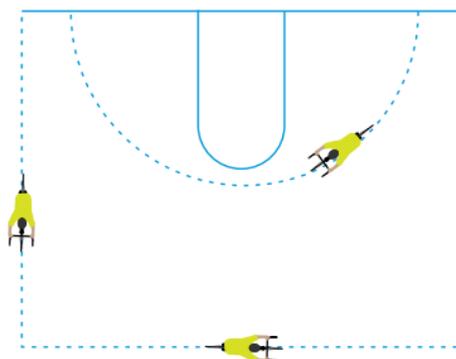


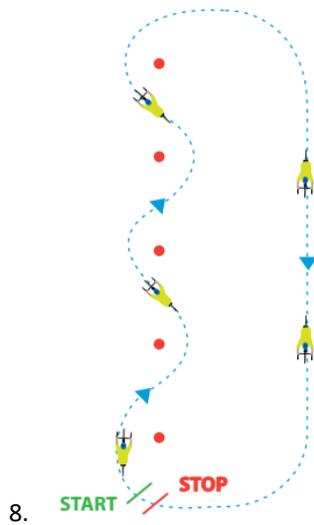


10 games and skills for cyclists which can be practised at home using common household objects – enjoy!

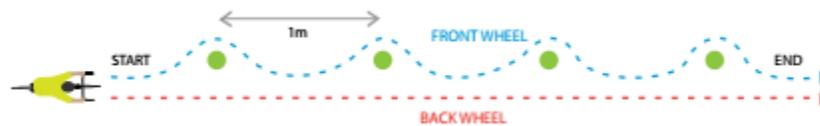
1. Starting with an easy one – **BIKE TWISTER!** One person holds the handlebars to support the bike and calls out parts of the bike which the others have to identify and keep touch with, in turns – Bike Twister! Can be done both indoors and out, just make sure the bike is nice and clean.
2. **HIGH FIVE** With one person in the middle, off the bike, the person cycling moves in a big circle round them, taking their hand off the handlebar to use their fingers to high five the outstretched hand of the person in the middle. Great practice for signalling when on the road in the future! Vary the direction to get used to doing with both hands!
3. **HOW SLOW CAN YOU GO** The aim here is to go as slow as possible without actually stopping the bike or putting a foot to the ground. This can be really fun to do when out cycling with someone else who's walking slowly and is done by see-sawing the feet on the pedals and moving the handlebars gently from side to side to keep the bike balanced, while looking ahead.
4. **Over the Shoulder** This is another good one when someone on a bike is out cycling with someone walking. The cyclist should be in front and when the walker calls out the cyclist should look back, and without moving off line, should be able to call out whether the walker's arm is up or down. Again, good practice for shoulder checking when on the road!
5. **Tight Rope** The goal is to keep control of the bike by keeping the wheels on a line. A quiet carpark or the lines marked out in a school yard are ideal for this and the trick is to look well ahead further along the line rather than down at the pedals, the wheels or the line itself!



6. **One-legged Cycling** This is a real challenge and the trick is to make sure that the foot stays in firm contact with the pedal to help with the upswing of the pedal to keep the bike going! Try first with one foot then the other!
7. **Slalom** Moving in and out from side to side through obstacles. Try folded up jumpers, toilet or kitchen rolls as markers and if you want to add to the challenge either move them closer together to give less time to turn, or set them to the sides left and right to make the turns bigger! See how many pedals it takes to make it through a whole slalom course or how few it can be done in! Make sure to keep looking ahead!



8. **Front Wheel Slalom** With this slalom only the front wheel moves either side of the obstacles (jumpers, toilet or kitchen rolls etc.) while the back wheel stays steady. While keeping the bike slow and the front wheel close to the obstacle, a quick movement of the handlebars towards it and back again, to take the wheel round, will complete the front wheel slalom!



9. **Simon Says** Just like the traditional game except on a bike with commands like Simon says put your right hand on your helmet, Simon says lift your left hand off the handlebar, lift your right foot off the pedal ... gotcha!!
10. **Ball Pick Up** All you need for this game is some toilet rolls or kitchen rolls to create two stacks and a ball. A table tennis ball could be small and light to start with, perhaps progressing to a balloon the size of a fist filled with water or a tennis ball. If there's no ball around, scrunch paper tightly into a ball and use tape to keep it firm. The ball is placed on top of one stack and must be picked up by the cyclist and carried to be placed on the other stack ... slowly and carefully! To make things more difficult, maybe place a slalom of obstacles in between? Or have a time trial? Anyway, have fun!

