

# I Bike

## WHEELIE GOOD GAMES



 Duration: 10 Mins



Materials Required: **Bike or Scooter**

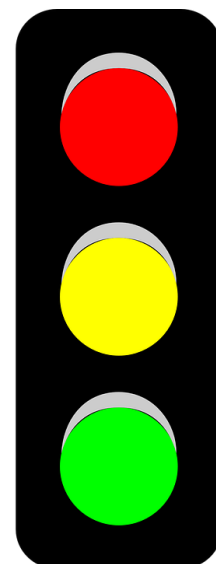
### Red light, green

**Aim:** To practise starting and stopping

**What you need:** Someone to shout commands

**Instructions:** Start cycling round, and when you hear 'red light' stop quickly but safely using both brakes; 'green light' means go.

**Extensions:** - You can hold up something coloured instead of shouting instructions-. Add in 'amber light' to practise controlling your bike while cycling slowly



 20 mins



**Bike**

### Track stand

**Aim:** To Improve your balance whilst on your bike

**Instructions:** Whilst standing up on the pedals of your bike, see how long you can balance without moving your bike forwards or backwards. Check out our 'track stand' instructional video for help!

**Extension:** Keep practicing and see if you can beat your best time!



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Make sure you get permission first!

Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at [www.ibike.sustrans.org.uk](http://www.ibike.sustrans.org.uk)

  
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