

I BIKE

WHEELIE GOOD GAMES 4



DURATION: 20 MINUTES



MATERIALS REQUIRED: A BEAN BAG OR SOMETHING ELSE YOU CAN BALANCE ON YOUR HEAD

Bean Bag Balance

Aim: To make sure you look ahead, not at your front wheel when riding.

Instructions: Cycle along whilst balancing the bean bag on your helmet.

Extension: Create an obstacle course for you to ride around whilst keeping the bean bag balanced on your head.



DURATION: 20 MINUTES

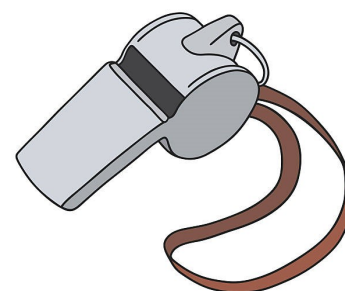


MATERIALS REQUIRED: WHISTLE (OPTIONAL)

Whistle Stops

Aim: To practice your ability to emergency stop and balance whilst on your bike.

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



Enjoy this activity? Tag us @SustransScot on [Facebook](#) and [Twitter](#).

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