



 20 mins

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



 30 mins

Target Practice



Aim: To practise cycling one-handed, without getting wet!

What you need: Something to aim at (cones, a chalk mark or even a stick), a water pistol (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 a start/finish line. Halfway down your 'course' mark out a target using chalk or place the object you have chosen to be your target on the ground. As you ride between the start and finish lines, try to hit the target by firing your water pistol.

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