



 30 mins



Cones or something similar i.e. beanbags or chalk

Scooter/Bike Obstacle Course

Aim: To practise controlling your bike or scooter

Instructions: Choose some of the ideas below and set out your course. Be creative and come up with your own ideas for your obstacle course.

- * Slalom—lay out a line of cones which you have to snake in and out of. Make it harder by putting the cones closer together.
- * Tightrope—mark a line in chalk which you have to keep your front tyre on. Make it harder by drawing a curving line.
- * In between—lay down cones in pairs, with the pairs getting closer together, then cycle between the cones. Put the cones closer to make it harder.
- * Dismount—mark a point where you have to get off your bike, then run with it for a short distance, before getting back on for the next challenge. Or place a hula hoop that you have to climb through.



 10 Mins

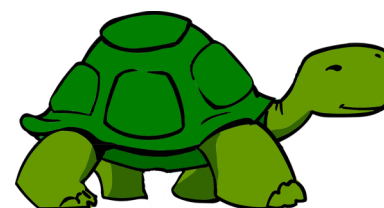
Slow Race

Aim: To practise controlling your bike while going slowly

What you need: Something to mark out a start and finish line

Instructions: Cycle your bike from start to finish line, as slowly as you can. If there is more than one person, the *last* person over the line wins.

Rules: You must cycle forwards (no going round in circles); if you put a foot down you are out; no touching/bumping into anyone else's bike.



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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