



 20 mins



Family member to help you

High Five



Aim: To practise taking one hand off the handlebars

Instructions: Start cycling around, and as you pass the person helping, give them a high five.

Easier: Just lift your fingers off the handlebars to give a 'wave' as you go past. As you get more confident lift your hand off the handlebars for a second or two.

Extensions: Make sure you can high five with your left and right hand—get the person helping to stand on the other side as you cycle past.

Moving high five: get your helper to move their hand so your high five could be high or low.

 30 mins



Bike, 2 cones, stopwatch. Video—<https://www.youtube.com/watch?v=V2V32uH9XD0>

Figure of 8

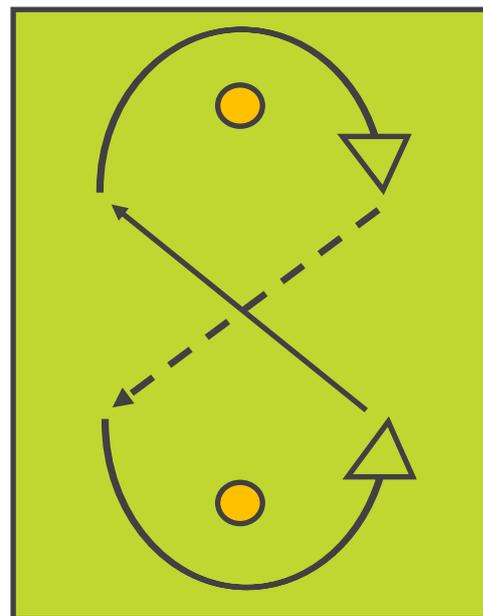
Aim: The winner is the person who can complete the most complete 'figure of 8' circuits in 1 minute.

Instructions: Pick somewhere that is smooth and flat like a patio or driveway and check that it's clear and free from debris e.g. stones etc. It should also be in a traffic-free area!

Place 2 cones or markers about 3 large strides apart from each other.

Start and finish at the same point and try not to touch the cones/markers whilst cycling around them in a figure of 8 fashion.

Extension: Over time, shorten the distance between the two markers to make it more difficult (or lengthen to make it easier!).



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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