

I BIKE

FAMILY CHALLENGE



 30 MINS +

 PEN, PAPER

This week, can you get your family involved in our challenges? There is a list of suggestions on the next page. How many can you complete?

If you have another idea—why not write it down below ...

Special Thanks goes to Abernethy Primary school for their fabulous ideas—we hope you enjoy this week's challenge!

Name	Challenge Number	How long / how far?

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

Make sure you get permission first and remember to follow social distancing guidelines to keep safe when completing the activity.

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



1. Go up and down the stairs 100 times



2. Who can throw a ball the furthest with 3 fingers?



3. Who can run around the room the most in a minute?



4. Balance an apple on your head and run/jog or walk as fast as you can round the house



5. Ride your bike, get off do 10 star jumps and 5 press ups then ride back



6. Get a big bit of rope and do some skipping with your family



7. Swap a journey where you normally travel by car to make it an active journey. Walk, bike, scoot instead and feel good!



8. Timed outdoor scavenger hunts: who can find 5 different tree leaves the fastest?



9. Make Strava art when you are out in your local area!