

# Pedal power



Get sporty



30 mins



Give it a go



## Aim of activity

Wibbly wobbly or strong and steady? Get ready to improve your balance and pedalling skills in these fun cycling games.

## What you'll get out of it

- Try out balancing skills.
- Improve your coordination.
- Get inspired to cycle.

## What you'll need

- A large, clear space
- Cones, 2 per team
- Beanbags, 1 per girl
- A timer

There are loads of types of cycles. The most common is a bicycle, but cycles come in all different shapes and sizes depending on what people need, such as handcycles, tricycles and recumbent cycles. Lots of people learn to cycle in different ways.

### Balancing moves

**Giraffe:** stand on your tippy toes.

**Flamingo:** stand on one leg.

**Monkey:** sit with only your bottom touching the floor

## What to do

**1** Sit together and put your hand up if you can ride or are learning to ride a cycle. If your hand's up, tell the group your favourite thing about cycling.

**2** Altogether, chat about what you might need to be good at for cycling. Could it be balancing and pedalling?

**3** Balancing is very important as it's how we stay upright! Can you hold your balance? Test out your balancing skills using the story – your leader will read it out. Every time you hear the animals, balance like them for five seconds.

**4** Now you're no longer wobbly like jelly, let's try pedalling! On a cycle, you push the pedals forward to move. Get into groups. Your leader will make a goal with cones for each team. Your aim is to get your beanbag into the goal. But there's a catch – you must be facing away from your goal with your back to it...

### The story

There once was a Rainbow unit that visited the zoo. They were excited to see the animals. One girl's favourite animal was the **giraffe** because he had really a long neck. One girl loved the pink **flamingos**. They looked funny standing on one leg. Some of the other girls loved the **monkey**. He was very cheeky! They wondered if the **giraffe, flamingos or monkey** would like to join their unit. So, they wrote a really long letter to the **giraffe**, a letter on pink paper for the **flamingos** and wrote a funny joke for the **monkey** in the hope they'd like to be Rainbows too.

**5** Stand in a line facing away from your goal. One by one, place your beanbag on the floor. Lift your foot and bring it forward in a big circle as if you're pedalling. Stamp your foot on the beanbag and slide it backwards without looking. Which team can get the most goals in two minutes? They're the winners! Your leader will keep the score.

**6** Finally, altogether, chat about the games you've played today. How could they help you cycle? Could you use your new skills in any other sports?

## Take it further

Did you enjoy practising your cycling skills? Ask your leader to look at British Cycling for more fun resources.