

TAC SPORTS

Biking Games

BEGINNER

Red Light Green Light

- **Level:** Beginner or Intermediate
- **Description:** Call out Green, Red or Yellow. Green has the student pedaling at full speed. Yellow means they need to slow down to a very slow speed, red means they must immediately stop.
- **Increasing Difficulty:** Increasing difficulty by have them go faster while keeping all in the same line
- **Objective:** Stability, Steering, Braking, Control, Communication, Bike Safety

Stay Straight (15min)

- **Level:** Beginner
- **Description:** Staying in a straight line using football lines on the field or pylons. Staying in a straight line while signaling
- **Objective:** Stability, Steering, Braking, Control

Turbo Turning - (15min)

- **Level:** Beginner
- Create ski-like slalom course. Students go around the cone
- **Increase Difficulty:** More difficult depending on time for the obstacles and speed

Zigzag

- **Level:** Beginner
- **Description:** Place the cones in a complete zigzag, having the students do sharp turns once they come around the pylon
- **Increase Difficulty:** Time them to have it under 30 seconds of a difficult round robin course.
- **Objective:** Stability, Steering, Braking, Control

Group riding (15min)

- Level: Beginner or Intermediate
- **Description:** Riding in a straight line with each other. The line must be horizontal.
- Increasing Difficulty
- **Objective:** Stability, Steering, Braking, Control, Communication, Bike Safety

INTERMEDIATE

Figure 8's (15min)

- Level: Beginner or Intermediate
- Equipment: Pylons outlining figure 8
- **Description:** Students execute a figure 8
- **Increasing Difficulty:** Make it a race around the track, time each person as they complete a figure 8
- **Objective:** Stability, Steering, Braking, Control

Bike Obstacle Course

- **Level:** Beginner or Intermediate
- **Equipment:** Pylons outlining figure 8
- **Description:** For this game, use pylons to create a wavy lane on your driveway or at the local park. Use obstacles, or tape balloons to the ground. The aim of the game is for players to ride as quickly as they can along the lane without going outside of it and popping any of the balloons.
- **Increasing Difficulty:** Make more obstacles, have them timed
- **Objective:** Steering, Braking, Control, Communication, Bike Safety

Wheel tapping (15 Minutes)

- **Level:** Intermediate
- **Equipment:** Just the bikes
- **Description:** Tap the rear wheel of the bike while riding, keeping one hand on the wheel while riding in front
- **Objective:** Stability, Steering, Control,

Vocal Dominance - Line Riding (15 Minutes)

- **Level:** Intermediate
- **Equipment:** Just the bikes
- **Description:** **All the students are in a line**, the person in the back calls out which direction the line should go in. The leader has to do the appropriate signal, and all the rest of the students must follow in the line.
- **Objective:** Communication, Bike Safety

Tightrope: 15 minutes

- Level:** Beginner or Intermediate
- **Equipment:** Pylons outlining the line - with a pot at the end
 - **Description:** Using the side of a piece of chalk, draw a line that is about three inches wide and 50 feet long. The aim is for your child to ride the tightrope, keeping both of their tires on top of the line
 - **Increasing Difficulty:** You can make this more difficult by placing an empty pot halfway down the line. Your child then has to drop a penny into the pot without coming off the 'tightrope'.

Balance Contest: (15min)

- **Level:** Intermediate
- **Description:** Stay in the box, moving as little as possible, balancing without falling over.
- **Increasing Difficulty:** Try to move as little as possible. Try it with competition, tracking how long people can last!

How Slow Can You Go? (30 Minutes)

Level: Beginner or Intermediate

Equipment: Pylons

Description: Place some pylons in the line straight, some curvy and come in a figure of eight. Using a timer, time the children to go as slow as they can without putting their foot down. If they put their foot down they have to start again. Use a chart to keep tab on how everyone does.

Follow the leader (Snake) (15min)

Level: Intermediate

Equipment: Large space open ended, plenty of room for many different people to execute their lessons

Description: Have a leader of the bike snake drive wherever they'd like to go, the followers must stay within 1 meter behind the next person in front

Increasing Difficulty: Have the leader have to 'eat' a pylon you throw down, increasing complexity.

Objective: Stability, Steering, Braking, Control, Communication

Stop Sign: Avoid Bumper Cars

Level: Intermediate

Equipment: Large space open ended, plenty of room for many different people to execute their lessons

Description: Players can drive around to various pylons placed around the various zones around the field or coned zone. Students must signal to avoid bumping into someone else.

Increasing Difficulty: Have them doing it with more and more speed.

Objective: Stability, Steering, Braking, Control, Communication

ADVANCED

Ramp it UP! (15 minutes)

Level: Advanced

Equipment: Balance beams or small ramps

Description: For this game, you'll need a small ramp 1 foot in height,. Lay the flat on a grassy surface. The objective of the game is for your child to get atop the board on their bike, slowly ride the length, then ride off the end.

Increasing Difficulty: As it get easier, swap the flat for narrower ramps, or add another ramp at the end to increase the distance.

Objective: Stability, Steering, Braking, Control, Balance

Cone Cornering

Level: Advanced

Equipment: Cones

This game involves leaning the bike over a bit, so be close to hand in case of any accidents. To start off with, place four or five cones in a straight line, about eight feet apart, and have your child weave in and out of them. As their skills improve, move the cones out of a straight line so that they're staggered and they have to turn more to get around each cone.

Objective: Stability, Steering, Braking, Control,

Bottle Pickup (15min)

- Level: Beginner or Intermediate
- Description: Place bottles, flags or other large objects around the field, so that you can. Students will ride and lean down and pick up a bottle
- Easy version: Pick up a flag, more difficult to lean down and pick up the small bottle

Elbow Bumping

- Level: Advanced
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- Easy version: Pick up a flag, more difficult to lean down and pick up the small bottle

Ramp Wars

- **Level:** Advanced
- **Equipment:** Ramps - multiple ramps
- **Description:** Students will ride over many different ramps and combinations of various difficulty.
- **Make more Difficult:** Put many ramps far from each other, students have to reach and go over a ramp as fast and as safely as they can. Each student will go on their own.

RAINY DAY ACTIVITIES

Photograph Competition

For this game, each child Give them half an hour to go off on their bikes and photograph ten different things. When they return, upload the photos onto a computer and judge which photo is the funniest, the most creative, the most artistic, the silliest, the wackiest, etc. Award prizes to the winners. Ensure that at least one photo from each child wins a prize.

Name the Bike Part

Students will be required to name the different parts of the bike, whoever can name them all wins!

Bike Decoration

Students get to decorate their bikes with pipe cleaners, ribbons and giving their bikes different names.

Traffic Signs

Avoid all the cars, spot the danger, spot the different signs available.